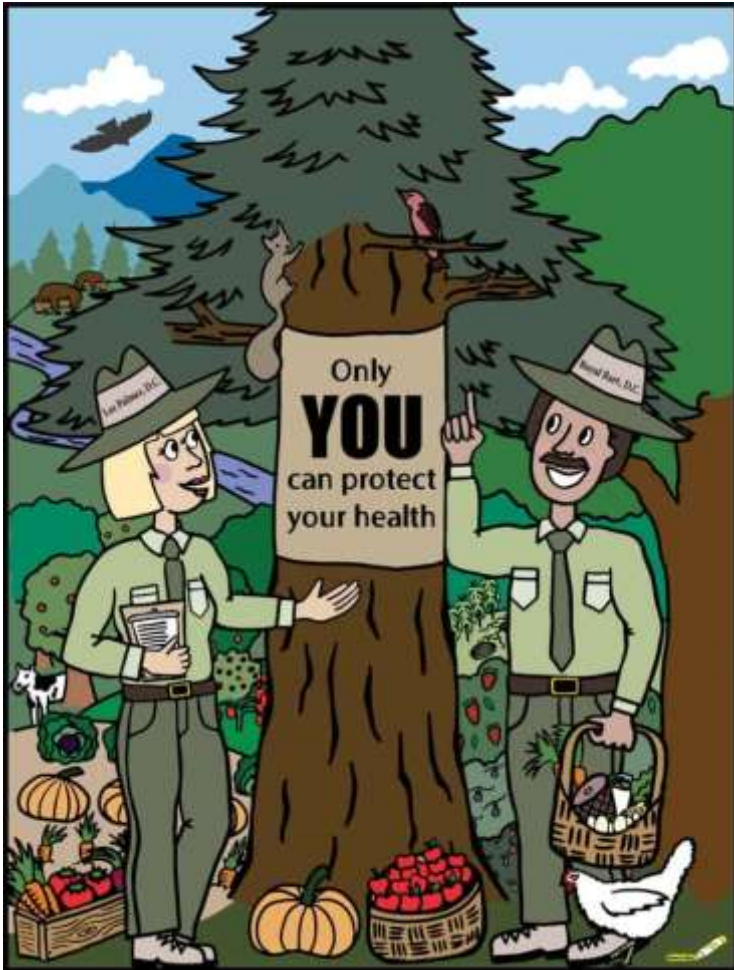


## Health Rangers #10: They Called Me Fat Head



Hi, this is Dr Royal Bart D.C. and I want to tell you about being a fat head. Growing up the other kids in my school called me a fat head because I did not read out loud very well. It was not nice, but now I know being a fat head is smart. You see, growing up on the farm we ate lots of eggs & bacon, beef, pork, bone broth my mom made and lots of butter made from the milk and cream from our milk cows. We had whole raw milk in our gravy and mashed potatoes as well as a glass of raw milk to wash it down. Now the experts (are they the fat heads now?) say that all that fat and cholesterol is really bad for us. Remember a lie told long enough becomes believable.

Current research shows that our brain is totally dependent on cholesterol to function in thought processes, memory, reading, reasoning, and relationship interactions. We now know from birth through late adolescence our brains will add billions of new cells and circuits from freshly made neurons as

the child and teen learns and interacts with their surroundings. As they mature and age their brain circuits are maintained by new cell growth able to support millions of synaptic impulses every second. High levels of cholesterol provide protection against mental decline by maintaining the nerve circuits in our brain as our children grow and age.

We can see how real food is so vital to the future of our children. We parents are in the job of producing healthy eggs and sperm. We have the total responsibility for the health of our child from pre-conception until they leave the nest. Don't starve their heads of fat!

For whole food supplement support, ask your practitioner about Standard Process Catalyn, Folic Acid-B12, Protefood, Symplex F (for women) Symplex M (for men), and Calcium Lactate. As a reading reference I encourage patients to read the book, [\*Feasting and Fasting with Lewis & Clark, A Food and Social History of the Early 1800s\*](#) by L. Z. Holland.