

'Heart Healthy' Diet Killing MILLIONS Every Year!

By Russell Blaylock, M.D. Neurosurgeon, Author, Health Advocate
April 2009

People find it difficult to believe that everything they have been told about cholesterol could be wrong. They especially have difficulty believing that their own doctors could be so wrong. After all, these doctors went to medical school, and they use a lot of fancy medical jargon. That's proof that they must know what they are talking about, isn't it?

My name is Dr. Russell Blaylock – I'm an M.D., a board-certified neurosurgeon and have been a practicing physician for more than 30 years. I'm part and parcel of the medical establishment, and for that very reason, I know the strengths and the weaknesses of conventional medicine, and I also know all the jargon. During most of my practice, I also believed what the medical establishment said about cholesterol – and I prescribed a lot of pharmaceutical drugs. I've also seen the dark side of conventional medicine as practiced in the United States:

*** Medical students and doctors being "indoctrinated" merely for financial gain . . .** Giant pharmaceutical machines spewing out billion-dollar propaganda for drugs of dubious benefit – or, worse, for drugs they knew had dangerous side effects . . .

*** Unnecessary surgeries being done when more conservative, less dangerous options were available . . .**

*** Claims of "evidence-based medicine,"** when, realistically, studies have shown that as little as 30% of conventional medical practice is backed by science. Most medical procedures, treatments and recommendations are based on nothing more than accepted custom . . . anecdotal evidence of what works . . . and recommendations from drug company reps. The term "evidence-based medicine" was invented largely to discredit all alternative treatments, since it implies that everything outside traditional medicine is not "evidence-based."

*** Expensive, invasive diagnostic tests being administered to patients who didn't need them, merely for "liability" reasons, and . . .**

*** Insurance companies telling doctors how to practice medicine.**

Every year, our government and a number of private institutions spend billions of dollars on research, yet a great deal of this research goes unread. Still worse, the information gleaned from the research is seldom used in treating and preventing human disease. Most doctors never read more than a few articles in popular medical journals, and they almost never read studies of basic science. This is why they think so-called alternative treatments do not work. But the truth is, today's "alternative" treatment often becomes tomorrow's standard of treatment.

One example: For decades, so-called alternative and nutritionally-oriented physicians like myself have advocated the omega-3 (fish) oils as a proven preventive for cardiovascular disease, and as a vital component for neurological development in the young. Yet for years many doctors dismissed such recommendations – and mainstream medical journals went out of their way to attack believers in fish oil supplements as misguided. (Now, of course, they all sing its praises as a preventive . . . yet it started out as an "alternative" treatment.)

Mainstream medicine often IGNORES the evidence! It wasn't until I really began to examine the scientific evidence in greater detail that I discovered that I, like so many of my colleagues, was misled. I was merely parroting a claim that was not true. I discovered not only that cholesterol is NOT a cause of heart disease and stroke . . . **but also that the "heart-healthy" diet that has been pushed on Americans for four decades is behind the cancer epidemic we've seen.**

Everything you've been told about cholesterol and heart disease is wrong, Wrong, WRONG! I know that sounds hard to believe, but it's true!

You're probably wondering how a neurosurgeon came to champion nutritional and other forms of alternative medicine. The truth is, I simply believe in good medicine. I believe in preventing disease if possible . . . and healing it whenever I can. Most people are convinced that heart disease and stroke result from a diet high in cholesterol and saturated fats. This notion is based on the flawed idea that cholesterol is the cause of atherosclerosis, or hardening of the arteries.

But the truth is, there is no direct cause-and-effect relationship between cholesterol levels and heart attack or stroke risk. And we've known this for decades!

When President Dwight "Ike" Eisenhower had his first heart attack, his cholesterol level was 164 mg/dl – a level considered "perfect" by today's standards. What's more, Ike had his cholesterol measured 10 times a year. He eliminated all saturated fats and ate supposed "heart-healthy" foods, such as corn oil. He did everything his cardiologists asked of him – and yet he suffered a number of new heart attacks and later died of heart disease.

What was true of Ike has been true of the general population as well. Americans have been eating a so-called "heart-healthy" diet for more than 40 years now, and yet we've seen no reduction in heart disease, stroke, or atherosclerosis. In fact, heart disease is worse today than it was 50 years ago! **The US government's dietary recommendations have killed more Americans than both world wars!** That's because the polyunsaturated vegetable oils that the government has been recommending are like powerful "fertilizers" for cancer tumors.

A recent report from the Framingham Heart Study, reported in the prestigious journal *The Lancet*, found that men with cholesterol below 190 mg/dl – considered "healthy" for their hearts – had **TRIPLE the risk of developing colon cancer** when compared to men with levels greater than 220 mg/dl. As for the risk of heart attack from the higher cholesterol, there was **NO DIFFERENCE** between the men with levels at 180 mg/dl and those with cholesterol greater than 250 mg/dl.

I strongly recommend that you consider the article entitled, *Fats That Can Save Your Life*, posted as **OR-ION Premier Essential Fatty Acids--MSC-Certified**, located in the **Nutritional Supplement** section of this website.

I would also recommend that you consider three related articles posted in the **Featured Health** articles section of this same website: *The Truth About Processed Foods, Today's Nutritional Crisis*, and *The Western Style Diet vs Supercharged Nutrition*.

As always, if you have questions, or want to discuss anything you read in this material, call or contact Lyle at 800-829-9913 or ultrahealth@cs.com.