

## Cholesterol, cholesterol, cholesterol.....

...the truth about cholesterol. This conversation is usually started with the topic of the prescribed breakfast which features eggs. Contrary to popular belief, dietary cholesterol is not responsible for raising blood cholesterol levels in humans- saturated fat is. An organic, free-range egg contains 4.5 grams of fat, 1.5 grams of which are saturated. Foods high in saturated fat include butter, cheese, whole milk, and certain cuts of pork and beef.

The diet we prescribe (The Paleolithic Diet) avoids such foods that are high in saturated fat and instead focuses on foods that supply high concentrations of necessary nutrition which, in turn, provides the body with optimal health.

Eggs are not “dangerous” in a healthy diet. They ARE dangerous in the average American diet, which is laden with fried foods, laden with refined sugar, laden with refined flour, laden with dairy and laden with artificial food substances (also known as chemicals) such as partially hydrogenated oils, synthetic sweeteners and artificial dyes and flavors.

The most critical issue regarding cholesterol is where it is absorbed, how it gets absorbed, and the ultimate damage that is done to our bodies. Dangerous fats are absorbed into the bloodstream from the large intestine. The health and functioning of the large intestine is most critical. The wall of the intestine is made of villi, finger-like projections, which are meant to massage the remains of digested food while absorbing vital nutrients through to elimination. **THIS IS THE CRITICAL POINT. GET IT!** Consuming starchy (carbs), congesting (dairy) foods causes a horrible buildup of gunk that obliterate the villi. Imagine gluing your fingers together and trying to use your hands to perform any of their normal functions. Once the villi are rendered powerless to perform their most important task (moving food quickly through the bowel and, therefore, preventing absorption of fats), the bowel is not able to do its job efficiently and food sits longer than necessary, allowing fat and cholesterol to be absorbed.

A clean, healthy diet leads to lower cholesterol levels!