

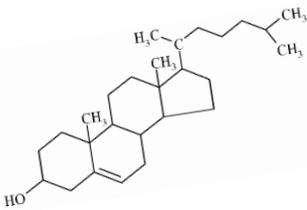


STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: CHOLESTEROL

Cholesterol: A Primer



“Here in Anatevka we have traditions for everything... how to eat, how to sleep, even, how to wear clothes... You may ask, how did this tradition start? I’ll tell you - I don’t know. But it’s a tradition...”

-Tevye; Fiddler on the Roof

With a recent article in *The Guardian* reporting that over 50% of the physicians in the United States still advise their patients to limit dietary cholesterol; it is no wonder patients and the populace at large are confused. That is especially so when you realize that the 2016 US Dietary Guidelines finally dropped the daily limit of cholesterol intake. The government finally

acknowledging the reality that dietary cholesterol (the amount you eat) has little to nothing to do with your blood cholesterol. But many doctors continue to practice tradition in spite of the science.



Check out the upcoming recipe featured on Culinary CPR with Dr. Mike and Chef Luca Paris in the next newsletter!

In fact, many consumers and even many healthcare professionals are unaware of the subtleties of the cholesterol story. As in understanding any tale, a knowledge of the players is useful.

Here are the things you need to know to make sense of the *The Cholesterol Tale*:

- Cholesterol is necessary for the proper functioning of every cell in the human body
- Cholesterol is particularly important for proper brain functioning as it allows proper

communication between brain cells (neurons)

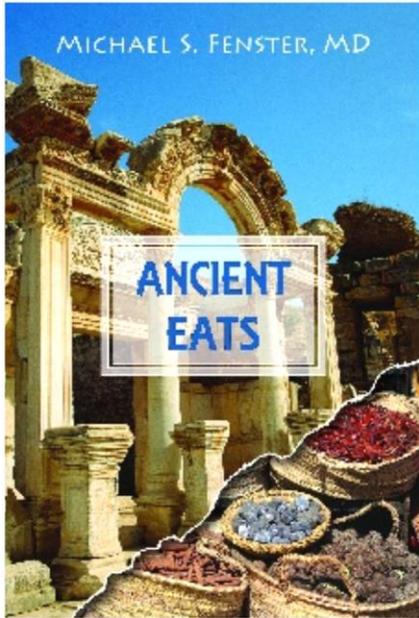
- Cholesterol is a building block (precursor) for vitamin D, sex hormones and a host of other important molecules
- Cholesterol is insoluble in the blood (they mix like oil and water) so the body transports it via special mechanisms

These mechanisms are called lipoproteins. Think of them as the vehicles that pick up the cholesterol and deliver it where it needs to be. The lipoproteins come in a variety of types; just like any sample of traffic on the road would reveal all manner of cars and trucks.

When cholesterol is being discussed it is these **lipoproteins** that one is generally referring to in the conversation. When reference is made to HDL or LDL (more on those in a minute); the final “L” refers to the lipoprotein fraction. In other words, it is not the cholesterol per se that causes the problem, but the vehicle that carries it.



passengers to get a measure of the number of busses on the highway. However, what is just as important as the quantity of LDL, is the quality or type of LDL. LDL comes in primarily two types, large or type A and small, dense type B. Type is for the most part, a benign form of LDL. The



Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#)



Low Density Lipoproteins (LDL):

When we measure LDL cholesterol we are measuring the amount of cholesterol in the low density lipoprotein fraction. This gives an indirect measure of the number of LDL particles. It is like counting the

Far from being a source of dietary distress, the latest research on eggs shows that eating up to three eggs a day improves blood lipid profiles!



small, dense type B LDL is associated with obesity, diabetes, inflammation and cardiovascular disease. If you had 100 passengers, you could fit them on two large busses that seat 50 people (like Type A Large LDL cholesterol) or place them on 50 small busses (like Small, dense Type B LDL cholesterol). When you count passengers you still have a hundred, but when you look on the road there is either 2 busses or 50; quite a difference in traffic! So it is more important to know what pattern (A or B) your cholesterol is than the actual LDL number.

High Density Lipoproteins (HDL):

HDL is generally regarded as the "good" cholesterol; this is a number that you want as high as possible. However, recent data as found that like with LDL, there are a number of subtypes of HDL. While HDL₂ is considered beneficial, HDL₃ has revealed itself to be a potentially bad actor and one that is believed to be involved in the inflammatory process associated with atherosclerosis and the other disabilities and diseases that face our modern society.

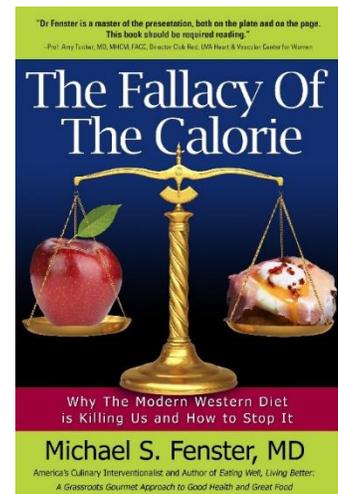
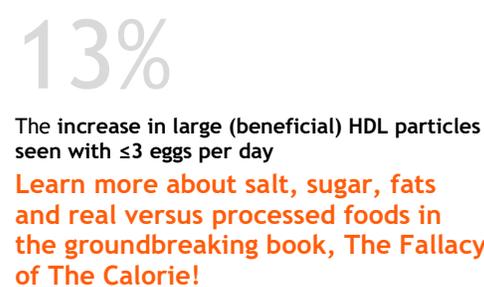
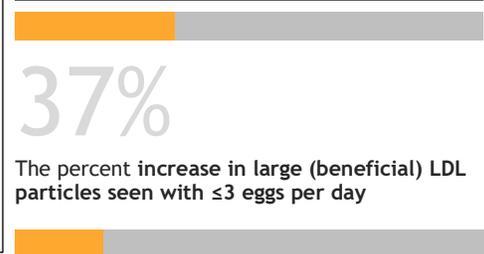
Total Cholesterol:

Total cholesterol is simply the total amount of cholesterol that is present in the LDL and HDL fractions. As mentioned earlier, cholesterol is required by every cell to function and is important in a number of biochemical pathways. Cholesterol itself causes no problems until:

- it is introduced into the arterial wall
- it becomes oxidized

This latter process is one that requires inflammatory mediators. Tune *into Code Delicious with Dr. Mike* where I discuss this and more with Dr. Jonny Bowden

HEALTHY BYTES BY THE NUMBERS



Pick up your copy of the critically acclaimed book at Amazon.com.