

# MYTH: HIGH CHOLESTEROL LEADS TO CARDIOVASCULAR DISEASES

People with low cholesterol levels are more likely to have a heart attack. This is shown by various studies from Scandinavia and Russia. In Sweden and Russia, local heart foundations warned against low cholesterol levels. Finnish research shows that people with a low cholesterol level are 5 times more likely to have a heart attack. In the Netherlands and the US, heart foundations warn for a higher cholesterol level. Everything indicates that high cholesterol does not lead to a heart attack or arteriosclerosis. The US, the Netherlands and the rest of the western world got it all wrong.

## Cholesterol content says nothing about the chance of heart attack

There is not any scientific correlation between high cholesterol levels and heart attack. Some people who died have a high cholesterol level, others have a low cholesterol level. There is scientific evidence though, that cholesterol and heart attack do not have a scientific correlation. In other words, a high cholesterol level never leads to a heart attack. This is in stark contrast to statements made by pharmaceutical companies, government leaders, doctors and food industry multinationals.

## Misunderstanding and lie

Margarine product Becel has been promoted for years as a means to prevent cardiovascular disease. Official bodies do not say a bad word about linoleic acid but many scientific researchers, of which writer and researcher dr. Ravnskov from Sweden is the most important one, are reporting that there is no scientific evidence that linoleic acid helps to prevent cardiovascular disease.

Is the fact that linoleic acid is good for the heart actually a fake-fact? According to researchers like Melchior Meier and Dr. Uffe Ravnskov, it is. Researcher Robert van Hoenselaar also raises major questions about the health aspect of linoleic acid against cholesterol. What is going on? (Former) margarine producer Unilever has been producing fake-plastic butterlike bread spreads with sickening trans fats for years. Trans fats are not good for humans, every scientist agrees. Unilever claimed for years that their transfat rich product was not unhealthy, a magical claim materialized by adding linoleic acid to the fakebutter product. The company promotes this Becel bread spread as being 'good for the heart'. It therefore has the Dutch organizations Nutrition Center and the Heart Foundation at its side. Now it is true that these two organizations are sponsored by Unilever, so

**THINCS**  
The International Network of Cholesterol Skeptics

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"The great tragedy of Science—the slaying of a beautiful hypothesis by an ugly fact."  
Thomas Huxley

"The growth of knowledge depends entirely on disagreement"  
Karl R. Popper

For decades, enormous human and financial resources have been wasted on the cholesterol campaign, more promising research areas have been neglected, producers and manufacturers of animal food all over the world have suffered economically, and millions of healthy people have been frightened and bedgered into eating a tedious and flavorless diet or into taking potentially dangerous drugs for the rest of their lives. As the scientific evidence in support of the cholesterol campaign is non-existent, we consider it important to stop it as soon as possible.

The International Network of Cholesterol Skeptics (THINCS) is a steadily growing group of scientists, physicians, other academicians and science writers from various countries. Members of this group represent different views about the causation of atherosclerosis and cardiovascular disease, some of them are in conflict with others, but this is a normal part of science. What we all oppose is that animal fat and high cholesterol play a role. The aim with this website is to inform our colleagues and the public that this idea is not supported by scientific evidence; in fact, for many years a huge number of scientific studies have directly contradicted it.

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they can not be called independent organizations. There are countless scientific evidence that Unilever closes his eyes for reality and deliberately spreads the lie through institutes sponsored by them such as the Nutrition Center, official dietists education and the Heart Foundation. Why does Unilever do that? The answer is simple: to create an aura around it that suggests that it is good for health, sells better. Since new regulations from Europe, the Codex Alimentarius, Unilever has been unable to sell its product with medical claims. In response to this, Unilever has changed the Becel logo into a 'heart' to make the link with the heart. That is allowed. Though the story ends in 2017. All the negative actions of Unilever around its fake butter product, lead to a bitter tear for the captains of food industry. they have to save the company by selling the fake butter division to greedy investors that have no clue what kind of problem they bought.

### **Linoleic acid causes heart attacks**

So, contrary to what Unilver has marketed, linoleic acid does not prevent people from heart attack, In fact, it is the linoleic acid that causes heart attacks, says Mary Enig of the University of Maryland. Promoting products containing linoleic acid as 'healthy for the heart' is not allowed in Canada because Canadian research has shown that linoleic acid is dangerous for public health. In the Netherlands, Unilever was allowed to continue producing products that increase the risk of a heart attack, while claiming the opposite. There are countless scientific reports with evidence that linoleic acid causes heart attacks.

### **The International Network of Cholesterol Skeptics**

A whole association of scientists and scientific writers has emerged who deny the connection between cholesterol and cardiovascular disease because the scientific basis for this claim is lacking. This association is called "The International Network of Cholesterol Skeptics" and consists of scientists who have failed to hear their findings about the truth about cholesterol. Scientists who deny the link between cholesterol and cardiovascular disease are at risk of losing their jobs. That is a form of censorship. A well-known Dutch member is Melchior Meijer. He wrote an article stating that the link between cholesterol and cardiovascular disease has not been demonstrated. This article is not published after pressure from the Heart Foundation and the Nutrition Center. Both organizations were informed by Unilever of the upcoming planned appearance of the article. Because the article was a danger for the billions of profits and the reliability of the Unilever concern, they used their power to censor the article.

### **Cholesterol medication scam**

Some cardiac surgeons call the cholesterol drug scams bigger than Madoff's scam, which obscured \$ 50 billion. Treatment and research into statins, a so-called medication against cholesterol costs in the US alone 100 billion per year. Statins have never helped women and people over 65. It is therefore an inadequate medicine with a large range of dangerous side effects that repeatedly prescribed to patients (or should we say victims?).

### **Cholesterol wrongly demonized**

Cholesterol has been demonized by the medicine industry. All kinds of healthy foods such as eggs, cheese, coconut oil, butter and pure chocolate are also demonized. Eggs contain a lot of healthy substances, just like in butter, cheese and cocoa. Some people throw egg yolk away because it would be cholesterol-increasing. In fact, many people are affected by this misunderstanding created through the medicine industry, by developing higher risk of a shortage of important nutrients such as zinc, vitamin A, B3 and vitamin D. Four important scientific studies have shown, according to an article published in the scientific journal the Oxford Journals, that low cholesterol leads to intensifid risk of cancer. Other studies published in the same paper say that statin causes greater risk of developing diabetes. Worldwide hundreds of millions of people use statin as a cholesterol-lowering drug based



on obsolete research and fraudulent reflections of the industry. We live in a world where marketing lies spread faster than scientific truth.

brains contain 25% of the cholesterol level in the body. LDL cholesterol is often referred to as the big bogeyman who causes atherosclerosis and heart attacks. In fact, LDL cholesterol is a substance that carries vitamin D, fatty acids, antioxidants and cholesterol to all of the cell's tissue. It therefore ensures that other substances arrive at their place well. Medications that suppress LDL cholesterol counteract the overall health of the human body.

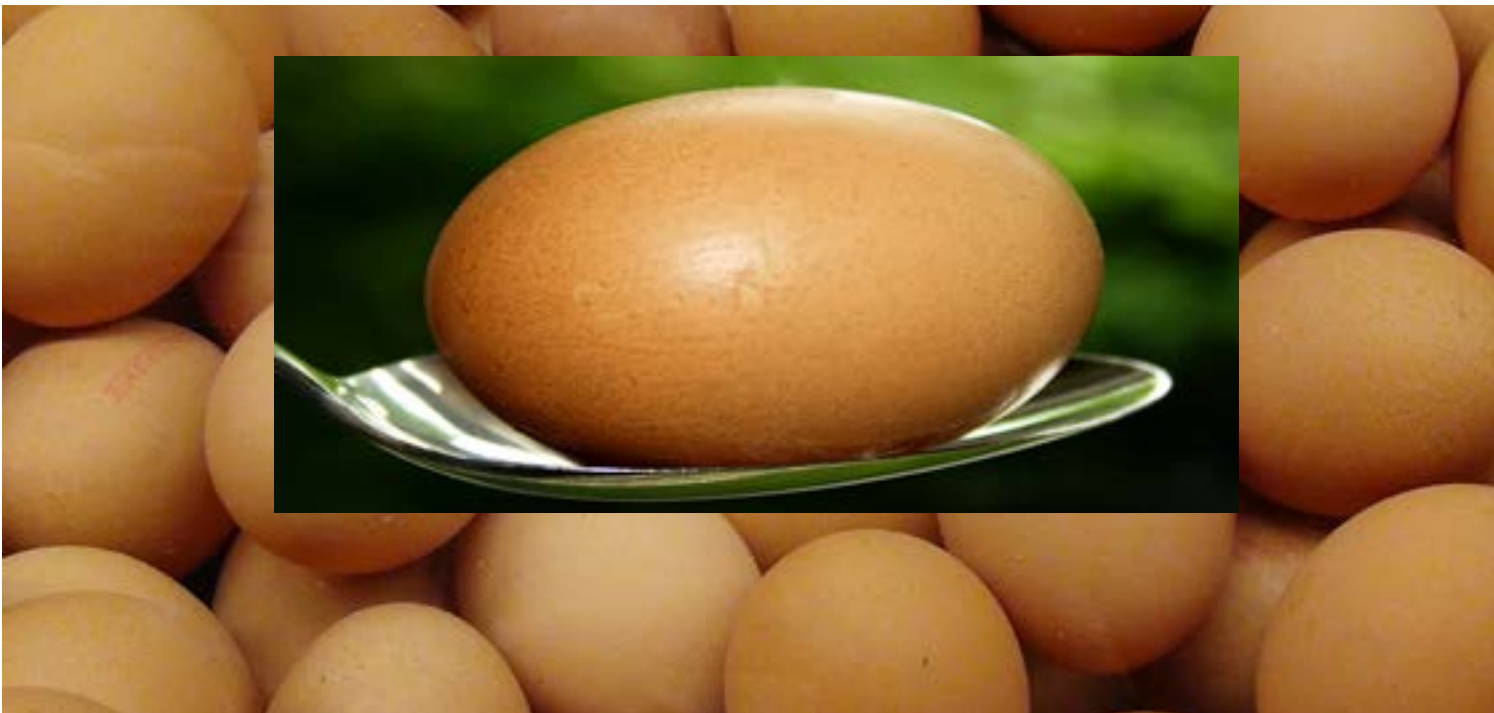
*The brain functions because of cholesterol. So, why would anyone want to lower his cholesterol and brain functioning?*

### **Industrial fructose is the cause of myocardial infarction, and diabetes**

This huge misconception about LDL cholesterol is turned into billions of profits from pharmaceutical companies. The real cause of myocardial infarctions and diabetes is fructose from corn syrup and other refined products produced by the industry. Fructose in fruits is a completely different story. It has the same name as industrial fructose but that is unjustified. Fructose is fruit sugar. Fructose that you ingest through eating fruits are just healthy. If fructose is labeled as food ingredient, companies refer to the the unhealthy industrial variety, which produces the illusion of a health substance.

### **Sponsoring is corruption**

Heart foundations in the US and the Netherlands receive money from the business community. That causes conflicts of interest. The sponsorship of a Heart Foundation by a food manufacturer is in fact corruption. A foundation will never bite the hand that feeds it. If a company gives 100,000 euros or dollars to a foundation, it actually buys a partnership. Buying a way of selling products and buying a vision that aims to support business interests. It is like giving people a matrix how to think about cholesterol. This matrix is told over and over again in schools and media.



## **CHOLESTEROL THE SCIENTIFIC FACTS AT A GLANCE:**

- Cholesterol-lowering drug statin is deadly, because carcinogenic. So, statines are supposed to reduce the risk of cardiovascular disease in the long run, while making unnecessary changes in the cholesterol balance in the short term, thereby causing a variety of medical problems.
- Cholesterol is not bad for the body, people need this essential element, especially for the brain. It seems that statines are just one of the many modern ways to lower brain capacity.
- High cholesterol levels of any kind, LDL or HDL, do not cause cardiovascular disease.
- Scientists have joined an association that denounces the vision and trade of the cholesterol industry,
- The cause of heart disease, vascular disease, cancer and diabetes are white bread, white sugar, white pasta and white rice. This is the food side of the causal factors, other causal factors are: stress, conflicts, tensions, arteriosclerosis, and using medication.
- Despite the fact that there is no scientific link between cholesterol levels and heart attack, the food and medicine industry continues to hammer on this, to keep people in the fear matrix of using specific commercial products which suppose to prevent disease, while in fact the commercial product itself causes major health issues.
- The fake medication statin increases the risk of diabetes.



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