

## Diet and Health

If you are on medication you should consult your doctor before making a big change to your diet or lifestyle.

### I want to persuade you:

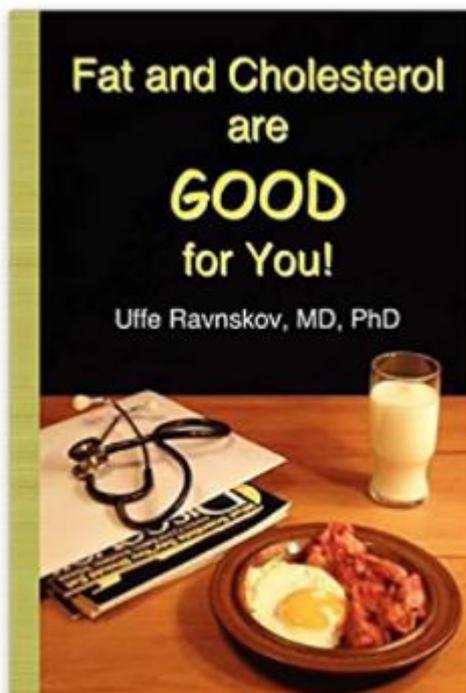
that saturated fat from animals is good for you

- that cholesterol is **good** for you
- that sugar, cereals, and starch are **bad** for you
- and that highly processed vegetable oils and foods are **very bad** for you.

Each of the following books cites many research papers to back up their claims.

### Swedish researcher Uffe Ravnskov, MD PhD

Dr Ravnskov in his book “Fat and Cholesterol are Good for You”, 2009, shows that the wrong information has been put out by health authorities and the food industry.

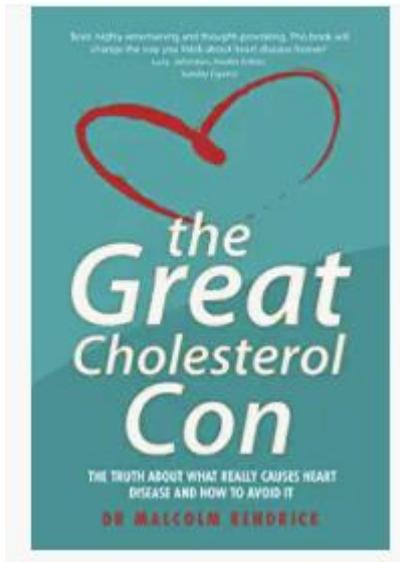


In the book Uffe claims:

- what really causes heart disease is **stress**
- that heart patients haven't eaten more saturated fat than other people and that stroke patients have eaten less
- that diabetics may be **cured** if they **replace** carbohydrates with saturated fat
- that people with low cholesterol become just as atherosclerotic as people with high cholesterol
- that high cholesterol is not a risk factor for women or diabetics
- that high cholesterol is not a risk factor for old people although by far most heart attacks occur after age 65
- that old people with **high** cholesterol live

longer than old people with **low** cholesterol.

Dr Malcolm Kendrick, a practising GP, blogger and author, who now lives in Cheshire.

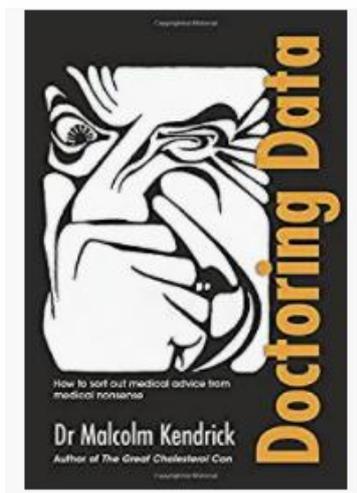


Dr Kendrick's best known book "The Great Cholesterol Con", 2008.

In the book Dr Kendrick claims:

- High cholesterol levels don't cause heart disease
- A high-fat diet – saturated or otherwise – does not affect blood cholesterol levels
- The protection provided by statins is so small as to be not worth bothering about for most men and all women
- Statins have many more side effects than has been admitted and their advocates should be treated with scepticism due to their links with drug manufacturers.

Dr Kendrick in his book "Doctoring Data", 2015, explains how authorities have given us incorrect facts on diet, medicine and health.



Dr Kendrick takes a scalpel to the world of medical research and dissects it for us. He reveals the tricks that are played to make minute risk look enormous. How the drug trials can be hyped, the data manipulated, the endless games that are played to scare us into doing what, in many cases, makes the most money for organisations providing research funding.



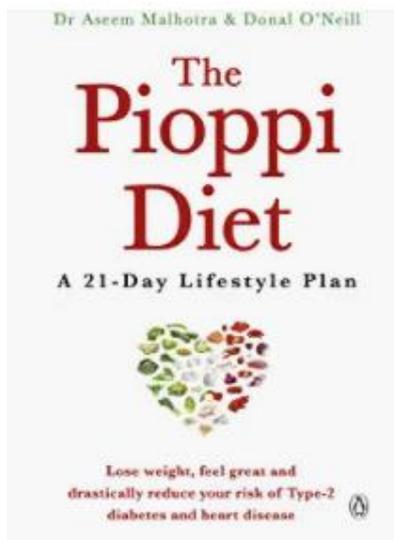
In Dr Kendrick's book "A Statin Nation" 2018 he gives an update on the science surrounding statins and how you are better off taking supplements such as vitamin D.

Dr Kendrick endorses a low-carb, high-fat diet (LCHF). He has defended the Atkins diet.

He has worked with NICE and the European Society of Cardiology (ESC) and the Centre for Evidence Based Medicine in Oxford. Dr Kendrick has now been permanently deleted from Wikipedia because some apparently anonymous person says he is a quack.

## Dr Aseem Malhotra a practising cardiologist

He was an adviser to the government and persuaded them to introduce the sugar tax.



In the book “The Pioppi Diet”, 2017 Dr Malhotra also explains how authorities have given us incorrect facts on diet, medicine and health.

Dr Malhotra claims:

- The body has no biological requirement for added sugar
  - Significantly cutting your intake of sugar can have a positive health impact within days
  - The 90% of increase in calories in the American diet between 1961 and 2011 has come from refined carbohydrates and industrial seed oils
  - Fat in unprocessed food is a crucial provider of essential fats vital to health
- Dietary fat has the least impact on raising glucose and insulin
  - Saturated fat does not clog the heart arteries
  - Cholesterol is one of the most vital molecules in the body; without it, we would die
  - If you're over 60, high LDL cholesterol is not associated with cardiovascular disease and is inversely associated with mortality from any cause
  - 75% of people admitted with a heart attack have normal total and LDL cholesterol, but 66% have metabolic syndrome (diabetes, high blood pressure and obesity)
  - If you haven't had a heart attack, and you don't suffer with heart disease, taking a statin pill will not prolong your life by one day
  - Insulin resistance is caused by carbohydrates and highly processed foods
  - Insulin resistance has been shown to be an independent risk factor for stroke, high blood pressure and cancer and the number-one risk factor for heart attack.

## Extracts from Diabetes.co.uk Website

### Low Carb High Fat Diet

#### What is the low carb, high fat diet?

As the name suggests, the diet suggests eating high fat and low carbohydrate foods.

#### Who is the diet for?

The diet, because of its low requirement for insulin, has been recognised by the Swedish government as being suitable for people with type 2 diabetes and as helpful to individuals looking to lose weight or maintain a healthy weight.

## Which foods can I eat on the LCHF diet? - Green light foods

The following foods are compliant with the diet:

- Dairy : natural yoghurt, cheese, cream, butter
- Meat
- Fish
- Eggs
- Vegetables
- Olive oil (organically grown and cold-pressed)

The recommendation of the low carb, high fat diet is that people eat full fat versions of dairy food in preference to low fat options.

The diet does not rule out fatty meats and instead encourages people to leave the fat on rather than removing it.

Organic versions of foods are suggested where possible.

## What food can I have up to moderate amounts? - Amber light foods

The following foods can be eaten in moderate amounts:

- Beans and lentils
- Nuts, almonds and sunflower seeds
- Fruit (not including dried fruit)
- Chocolate with a high cocoa quantity (65 to 90%)

Sausages can be eaten occasionally but can include undesirable additives.

Alcohol can be included with the note that it is fattening and can lead to imbalances in blood sugar.

## What should be avoided on the diet? - Red light foods

The diet suggests that only a minimal amount of the following should be eaten:

- Potato, rice, bread, flour and corn based products
- Other cereal-based products - such as pasta, pastry, biscuits and breakfast cereals.
- Dried fruit
- Sweets and cakes
- Sugary drinks
- Margarines
- Omega-6 based oils - such as corn, sunflower, safflower, soybean and peanut oil

## For more information search online for:

Dr David Unwin, English GP.

Dr Robert Lustig. Professor Emeritus of Paediatrics.

Dr Zoë Harcombe PhD, Researcher in the field of diet and health.