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ARTICLE: EAT YOUR HEART OUT - EXPOSING THE 5 MYTHS OF DIET AND HEART DISEASE

Did you know that... saturated fats do not cause heart disease

...coconut oil is good for you

...we need fats in our diet to carry vitamins A,D,E,K around the body

...trans fats are linked to heart disease

...if heating or frying foods, use coconut oil or butter as they are stable at high temperatures

MYTH 1: SATURATED FATS CAUSE HEART DISEASE

TRUTH: According to Dr's Myhill, Mercola, and Ravnskov, there isn't a scrap of evidence to support this theory. The largest single culprits of heart disease are SUGARS, REFINED CARBOHYDRATES, and TRANS FATS. 80% of cholesterol is made in the liver as a result of SUGAR METABOLISM.

MYTH 2: CHOLESTEROL IS BAD FOR YOU

TRUTH: We could not survive without it. It helps produce adrenal and sex hormones, Vit D (which is highly protective against cancer and heart disease), serotonin receptors (which help protect against depression), and bile salts (essential for fat digestion). High concentrations of cholesterol are found in breast milk where it provides essential nourishment for babies.

MYTH 3: ALL FATS ARE BAD FOR YOU

TRUTH: The key is to eat high quality fats such as cold pressed virgin olive oil (but don't heat it!), and coconut oil (ok to heat), organic butter, oily fish, nuts and seeds, avocado, & egg yolks. Fats that have been heated or processed (eg chips, margarines, most vegetable oils), are not beneficial.

MYTH 4: I'M WORRIED...MY TOTAL CHOLESTEROL READING IS HIGH

TRUTH: The important result is the ratio between good (HDL) and bad (LDL) cholesterol. High total cholesterol in addition to a poor ratio may be caused by hypothyroidism, Vit D or B3 or copper deficiency. Check these out first, and don't panic into taking statin drugs to lower your cholesterol- there is much you can do with diet and lifestyle first.

MYTH 5: ONE SIZE FITS ALL

TRUTH: Everyone's needs are different - there is no such thing as the perfect diet. Some people feel better on a lower fat diet, others on a higher protein intake. Timing of foods, ethnicity, supplementation, environmental factors, metabolism etc all define your nutritional needs better than any "diet pyramid"/"height-weight charts"/or weight loss programs.