

“At Framingham, we found that the people who ate the most saturated fat, the most cholesterol and the most calories weighed the least, were more physically active and had the lowest serum cholesterol levels.” — William Castelli, M.D., Director of the Framingham Study, *The Archives of Internal Medicine*, July 1992, Vol 152, pp 1371-72

Chapter 10

The Truth About Cholesterol

If the vitamin C theory is correct, you may be wondering about the role of cholesterol in heart disease. As it turns out, there is a strong correlation between vitamin C and cholesterol. The total cholesterol level in the blood can be predicted based on how much vitamin C one ingests. The less vitamin C one takes, the higher his total cholesterol levels become. According to Dr. Thomas Levy:

Much of what we are told by our most trusted authorities turns out to be the exact OPPOSITE of what is true and what should be heeded. “Avoid foods that are high in cholesterol.” This is yet another example of thoroughly misguided advice from our so-called health authorities. — **Thomas E. Levy, M.D., J.D.**

A Cholesterol Primer

Far from being health destroyers, ordinary cholesterol molecules are miniature miracles of nature that are essential for good health. You will not feel well if your cholesterol is too