



The Spinal Column

Cholesterol..caught in the act

By Dr. Alfin Mitha, Hons. B.Sc., D.C.

Cholesterol is not the major culprit in heart disease.

Epidemiologic studies found no or little association between blood cholesterol levels and stroke (Dec2005: Current opinion.). The elevated levels of insulin and leptin (both hormones) have been proven to cause heart disease whereas those studies of cholesterol and heart disease only show an association between the two. Insulin and leptin resistance are what we as human beings need to worry about.

The last 15 years of science tells us the damage from sugars such as fructose and glucose on tissues, like the lining of your arteries is the cause of heart disease. How much of these substances you have in your blood stream based on your diet, your genes and your stress levels determines how likely you are to suffer from heart disease. It is not the total cholesterol number that is important on a blood test nor the number of small dense LDL particles for that matter. Although these small dense LDL particles can squeeze through the lining of the inside of the arteries and get stuck there they do not cause the injury. If the cholesterol becomes damaged (oxidized) it can irritate the tissue in which it is lodged, but so can the good fats like omega 3 and 6s that we have been told are good for us. So why does medicine try and bring these numbers down? The method of prevention utilized here would be the same as taking the Alzheimer's disease and trying to remove everyone's brain as prevention. Simply Ludicrous!!!!

Why would nature create LDLs if they kill us?

LDLs perform necessary functions such as carting around carotene and coenzyme Q10 which are helpful in inhibiting tumor cell growth among other vital components to your health like anti-aging, anti-oxidation, immune response, and antiinflammation. This also explains why lowering LDL cholesterol via drugs can promote cancer and also why the body makes more cholesterol after arterial damage and decreases it as the plaque is reversed.

Cholesterol does not participate in the damage to the walls of your arteries directly. In fact it may not pile up in your arteries or accumulate in your blood for months after your

artery has been injured. Rising levels of cholesterol, uric acid and others are among the body's natural defensive responses to an artery which has been injured. Think of cholesterol like a boy caught throwing a snow ball after a window was already broken. That's what cholesterol is. The high amounts of cholesterol found in your body after an arterial injury are signs of the disease and your body's response to it. Think of it like a runny nose for a cold which is not the disease or risk factor itself simply the product or symptom of the disease. Ask yourself how is lowering cholesterol by taking a drug (which would be like taking an aspirin to bring down your fever to cure pneumonia); going to help fix the problem when your body has released it as its own defense mechanism to bring down the inflammation within the arterial walls.

Lovastatin and statin analogues

Lovastatin and its analogues do lower cholesterol by stopping a vital enzyme (HMG-coA reductase), located in the liver. You need cholesterol for so many functions in the body that you cannot live without it. It is so important that your body makes 80% of its own requirements in the liver. However, the statin drugs not only stop cholesterol formation that your body needs but that same enzyme is used to produce co-enzyme Q10 (a powerful antioxidant that aids in heart function). The side effects of statin drugs are increases in arterial damage (by muscle damage and soreness) and stopping the body's own antiinflammatory defense, causing nerve damage (so your body can't heal as quickly), impairs memory and it suppresses the immune system. How ironic is that! Think about it' isn't the heart a muscle??? Aren't you taking the drug to deal with arterial damage and the damn drug may be causing arterial damage leading to plaque formation, leading to atherosclerosis and finally a heart attack of some sort!!!

Here is more stupidity to the story. The latest recommendation by the so-called panel of experts is to have a person's cholesterol be as low as possible. So we must give the cholesterol lowering drugs (statins) to anyone with a high risk of heart disease. Why oh why? Suffice it to say there was an additional \$26 billion in sales last year that came with this recommendation and 8/10 experts were employed by the drug companies.

Now what should you do about preventative measures of Heart disease? Simple exercise, lower stress and eat a vegetarian diet. USA today in 1999 stated that people with

heart disease who followed the relatively high fat Mediterranean diet lowered their risk of suffering a second heart attack by up to 70%. The Mediterranean diet consists of 30-40% of its total calories from fat but only 8% comes from saturated fat. How about the low fat diet of North America? I don't know, you tell me why we have more heart attacks than the Europeans and I'll tell you more studies have to be done.

may be asking yourself whether or not you should stay on your cholesterol medication. That is an educated choice you need to make for yourself. You may choose to consult your health care practitioners (medical doctor, Naturopath, Chiropractor, etc.) regarding this issue but whatever you decide, your lifestyle should include diet modification and cardiac vessel strengthening in order to nip high cholesterol in the bud.

Now that you know the facts regarding high cholesterol, you

About the Author:



As a life-long resident of Brampton (34 years), Dr. Alfin Mitha endeavors to provide this city with reliable, informative Chiropractic care. He lives here with his 2 kids, Aura and Zen, and his wife Rupi. Having completed his Bachelor of Science degree in both Biology and Pharmacology at McMaster University, Dr. Mitha had the opportunity to work with Eli Lilly pharmaceuticals in their Research and Development of Non-Small Cell Lung Cancer and Prozac. Deciding that the private sector in medicine was not for him, Dr. Mitha then took one year off to work in Ixtapa, Mexico as a land sports G.O for Club Med. Having considered Chiropractic in the past, it was only confirmed while having the chance to meet many Chiropractors during his time in Ixtapa.

The next part of his journey took him to the Canadian Memorial Chiropractic College in Toronto, Ontario. During his education, he still maintained an active physical lifestyle while working as a personal trainer. His internship year provided him the opportunity to work at 2 very different and unique places. The first part of his internship was at Anishnawbe Health and Native Wellness Center which serviced much of Toronto's aboriginal and homeless community. The second part of his internship allowed him the chance to treat players of the Canadian National Soccer Team, and other elite Canadian athletes. Both of these placements allowed Dr. Mitha to understand many aspects of illness, injury and health. A focus which remains in his clinic; In GoodHands.

Having returned back to Brampton (a resident of 34 years, he has since become an active member of the Rotary Club, Brampton Tennis Club, Brampton Volleyball League, Yoga instructor and more recently the Health Practioner Advisory Committee for the city. Dr. Mitha wishes to become a more integral part of Brampton's community. "It is imperative that we take care of our body and mind, it is our most valuable asset. The first step is education and if anything else, we provide that for our patients".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre
 Bramalea City Centre – Inside GoodLife Fitness
 Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

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- Massage Therapy
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Products:

- Athletic Braces & Splints
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- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
 Tues. and Thurs.: 10:00 am - 9:00 pm
 Fri.: 9:30 am - 7:00 pm
 Sat.: 9:30 am - 2:30 pm
 Sun.: Closed

In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall
 C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

Services:

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- Hair Analysis
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- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

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 Fri.: 9:00 am - 7:00 pm
 Sat.: 9:00 am - 5:00 pm
 Sun.: Closed