

Hello everyone,

I know it's been a while since I sent out a newsletter but life has been a little busy lately. I hope you can all understand.

Since this is my first post in a few months, I just wanted to share a video I came across recently that I found fascinating, and I hope it sparks your interest in living a healthier lifestyle as it did for me.

A few days ago I came across this video on YouTube called "The Best Foods to Clean Out Your Arteries" by a doctor named Dr. Berg. The video reminded me of the real cause of high blood cholesterol: sugar.

This got me thinking. There's an old story that's been circulating in the chiropractic world for a while now. It goes something like this: Pharmaceutical companies know that sugar is the real culprit of high cholesterol and is responsible for clogging up arteries. But they couldn't make a medication to lower the amount of sugar intake in the body or stop the process of sugar entering the body in the first place. So what did they do? They blamed cholesterol and came up with a drug to block the body's ability to make it.

Cholesterol has been villainized for years as the source of high cholesterol, but that's not actually the case. Our bodies need cholesterol to live. All our hormones are made from cholesterol, so it's a vital, natural fat that our bodies make to function properly.

Contradicting what pharmaceutical companies have been trying to push on people for years, Dr. Berg explains clogged arteries are due to something called "Endothelial Dysfunction," which is an inflammation in the arteries. What causes this inflammation? You guessed it: sugar. This inflammation causes increased scar tissue and increased calcium and cholesterol build up. It's the sugar that, in fact, builds up the cholesterol, not the cholesterol itself. Yet Dr. Berg may have the solution to Endothelial Dysfunction. He explains this condition can be reversed simply by changing your diet.

I highly, highly recommend watching his full video, which I have linked below, but in short, here are his recommendations:

- **Decrease Sugar Intake.** Sugar causes an increase in blood cholesterol and insulin which causes inflammation inside the arteries that leads to thickening of the arteries' wall.
- **Decrease Omega 6 Fat.** This fat is mainly found in vegetable oil. Fat in and of itself is not a bad thing. In fact, our bodies need healthy sources of fat to function properly. Yet unhealthy fats, such as vegetable oil, have many added ingredients that make it more likely to clog up your arteries. I recommend replacing vegetable oil with olive, avocado oil, or coconut oil.

- **Increase Vitamin K2.** Vitamin K2 helps keep calcium out of the arteries. Normally, calcium is healthy for your body, but too much of a good thing can cause serious problems. Foods that are high in K2 are eggs yolk, grass-fed beef, and liver.
- **Increase Tocotrienols.** This is a form of Vitamin E, and it's a great antioxidant. Unfortunately, no foods naturally carry any significant amount of this vitamin, so I recommend taking a supplement to nourish your body with this vitamin.
- **Increase Potassium.** Potassium increases the elasticity of the arteries which prevents the arterial walls from building up and clogging the artery. I recommend getting potassium through your food intake or through a supplement.
- **Increase Vitamin D.** Vitamin D is vital to support your arteries and lower blood pressure.

I hope this information and awareness helps you all in your journey towards health!

Resources:

“The Best Foods to Clean Out Your Arteries” by Dr. Berg:

<https://www.youtube.com/watch?v=nsUIG5PSENQ&list=WL&index=48>

“Statin Deception (Truth about Cholesterol Medicines) New Study!!” by Dr. Ken Berry:

https://www.youtube.com/watch?v=B6IC9sfn_ZM&list=WL&index=60