

Bad Cholesterol: The Biggest Medical Scam of All Time

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Food myths are the beliefs or perceptions related to nutritional aspects of certain food items having poor justification due to lack of scientific proofs or evidences. Many food products and their nutritive significances are misunderstood by consumers because of no proper nutrition education as well as spreading of some wrong information. The concept of bad and good cholesterol is such a popular food myth which affects the food consumption pattern and dietary habits of people of almost all countries worldwide. The complexity of nutrition science and the lack of definitive research contributed to such confusions and resulted people's avoidance of eggs in their daily diet, especially in USA and other Western countries in fear of catching cardiovascular diseases since 1970s. In present scenario, the cholesterol has been removed from the Naughty List of foods that are believed to harm human beings by being the root cause of any diseases or by provoking the complications of any already prevailing disorder.

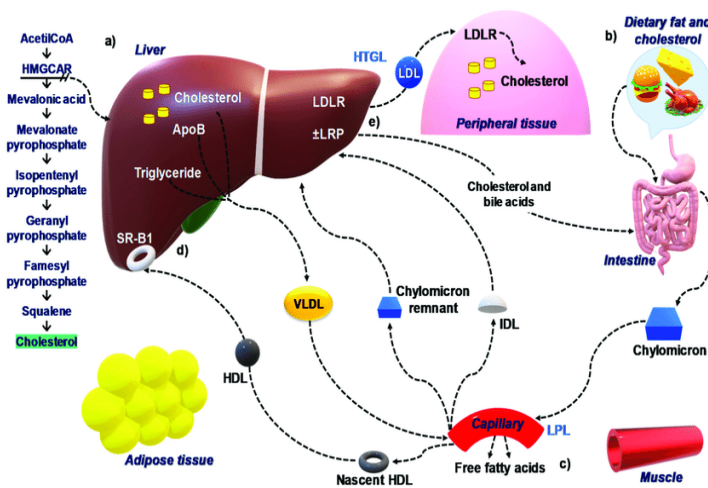
The fear of cholesterol leading to CVDs

In almost all countries, most consumers as well as nutrition specialists consider low density lipoprotein (LDL) as 'bad' cholesterol and restrict themselves from consuming eggs, butter, full-fat dairy products, nuts, coconut oil, meat and other fatty food items. These foods being rich in cholesterol are enlisted in 'Nutrients of Concern List'. The cholesterol foods are believed to be of no use and to be the main reason for atherosclerosis and other coronary artery complications. Thus, the rate of consumption of eggs and other full fat dairy products has been declined for more than six decades in Western countries and this myth is now getting widely adapted by the people especially the adolescent girls which is badly affecting their overall health and nutritional status. Around USD 2 trillion fit and healthy people had to pay for this misconception raised due to health professionals' incompetency. Previously, the daily recommended level of dietary cholesterol was less than 300 mg. The USDA in 2015 has updated this guideline and

discarded the cholesterol restriction up to 300 mg per day as there is no proper evidence showing any appreciable relationship between the intake of dietary cholesterol and serum cholesterol levels as per the recommendations of American Heart Association or American College of Cardiology.

Real truth or mechanism of cholesterol actions in human body

Cholesterol in body is majorly synthesized by hepatocytes in cytoplasm and endoplasmic reticulum in liver in healthy conditions. The entire central nervous system i.e. brain and spinal cord is primarily composed from cholesterol. Cholesterol is essential for nerve cells to function and for impulse transmission as it provides the base for synthesis of neurotransmitters acetylcholine and epinephrine. Cholesterol acts as precursors for bile salts and vitamin D (7-dehydrocholesterol). Cholesterol helps in maintaining the cellular structure being a part of cell membrane in form of building block lipopolysaccharides. In form of lipoproteins cholesterol is responsible for transport of lipids through chylomicrons, very low density lipoproteins, low density lipoproteins and high density lipoproteins. It serves as the basis for synthesis of steroid hormones such as adrenaline, estrogen, progesterone, testosterone and corticosteroids. Cholesterol helps in body repairing and rejuvenation process.



Recent findings

According to Dr. George V. Mann, saturated fats and cholesterol in the diet are not the actual reason for coronary heart diseases. Human body requires 950 mg per day of cholesterol for metabolic processes, in which the liver contributes 85 per cent and the rest 15 per cent is derived from out diet daily. When we consume more cholesterol rich compounds, by autoregulation, our body itself produces lesser amount of cholesterol. In contrary to that if we restrict ourselves from having food items of high cholesterol, our body will synthesize higher quantity of cholesterol as per its need. If we consume lesser amount of fat than our daily recommended level, our liver will be on more stress as it has to work more to get the optimum amount of cholesterol required for daily metabolism. Hence, high or good amount of cholesterol circulating in body serves as the indicator sign of a healthy, functional liver. It has also been discovered that the

majority of people getting heart attacks possess normal cholesterol levels. Moreover, cholesterol has not been found to create any blockage in arterial wall and blood circulation path neither it leads to development of atherosclerosis.

Conclusion

It has now been proved that there is no role of cholesterol in causing any heart disease neither in ceasing heart attack. Hence, after citing the important functions of cholesterol, there should be no fear of consuming cholesterol rich healthy food items such as eggs, nuts, dairy products and meat. People should be aware of such myth as the concept of bad cholesterol is the greatest scam and deception of all time. There is no need of depriving ourselves from any type of cholesterol rich food items, rather we should try to get the proper balanced diet including all food groups to avail the optimum nutritional benefits for a healthy life.

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