

## **Cholesterol -Heart Hypothesis- All fat is bad: A Misconception**

The standard recommendation from the cardiologists and Physicians is that “All Fat leads to Bad Cholesterol.” This statement ignores two important facts:

- The body needs good HDL-cholesterol in the blood and essential Omega 3 and omega 6 fatty acids in the diet. These come from healthy fats in the diet. The body needs healthy fats for the following reasons:
  1. The fats in the food improve satiation (satisfaction and feeling of fullness), slow down stomach emptying time, thereby reducing appetite, overeating, and food cravings.
  2. The fats called lipids in the body make up most of the brain and nerve tissues.
  3. The protective covering of all cells in the body is lipoprotein – lipids plus protein. Without a protective fat/lipid covering, the cells cannot survive.
  4. Several hormones in the body like cortisol and sex hormones get synthesized from the lipids.
- Bad lipids such as LDL- cholesterol, and triglycerides in the body get manufactured in the liver from excess unused glucose and unhealthy fats. Increased consumption of refined high glycemic carbohydrates, saturated fats, and human-made hydrogenated oils and trans fats are the major cause of excessive bad lipids in the body.

To keep a healthy lipid profile It is critical to know that there are both healthy and unhealthy fats in the foods. The healthy fats sustain the body and are vital for its normal function. The unhealthy fats and excess sugar, on the other hand, produce bad cholesterol, and high triglycerides which cause many diseases such as :

- a) Heart disease from blood vessel blockage.
- b) Fatty Liver and Fatty liver disease
- c) Metabolic Syndrome ( prediabetes)
- d) Type2 diabetes