

## **High Cholesterol and Its Mythical Connection for a Strong Relationship with Cardiovascular Disease**

For over 30 years now, mainstream medical practitioners have attempted to persuade the public that the cure for heart disease is found in the prescription of statin drugs for lowering cholesterol levels. This is in light of the fact that more research of the toxic side effects of this drug far exceed any studies documenting any effectiveness in actual risk reduction, lowering cardiovascular risk reduction related to deaths. Study after study has demonstrated the damaging side effects of prolonged statin drug use.

Dr. Sergey Dzukan, MD, PHD is a renowned cardiac surgeon, mentor of mine, and author of "The Magic of Cholesterol Numbers" along with several others. Dr. Dzukan hypothesis, which I wholly agree with, states that it's the declining hormone levels at the root cause of driving elevated cholesterol levels. By performing its natural physiological duties of trying to correct deficient hormone levels by boosting their precursor, cholesterol. Dr. Dzukan's research, in addition to my clinical experience, has recognized that elevated cholesterol levels are actually a consequence of what he terms "acquired errors of physiology" due to a lifetime of hormonal disturbances.

By focusing treatment on restoring a youthful level of hormonal milieu. I've seen elevated cholesterol levels plummet to below modern medicine's hypothetical normal benchmark of (200 mg/dl). This natural physiological hormone correction to maintain healthy biomarkers remains outside the norm for mainstream physicians.

### **Cholesterol: Deadly causation or healthy precursor?**

The vastly over-simplified view of most practitioners that cholesterol causes heart disease, so there for lowering it at all costs reduces the risk of cardiovascular death. Sadly, this is where the debate stops for most mainstream practitioners. Seeing everything in medicine between their blinders of "one condition, one drug." Multi-billion-dollar marketing compulsion to focus solely on their cholesterol lowering drugs as the save all risk reducers. My opinion is that this over-simplified view is potentially extremely dangerous, given my clinical experience with the toxic side effects to the body and mind with statin use.

Dr. Dzukan and his peers have proven that cholesterol elevations are in fact the result of acquired errors in physiology. Elevated levels of cholesterol with aging are part of the normal physiological process of the body attempting to maintain adequate hormone levels associated with decline during the aging process.

Thus, to lower one's cholesterol with drug therapy may not only be ineffective, but downright dangerous. Dr. Dzukan states, "It is absolutely not true that lower cholesterol is healthier. Some studies have shown that the elderly with the highest cholesterol levels tend to live the longest. Dzukan goes on to state, "all steroid hormones in our bodies are produced by cholesterol as a precursor." As in many chemical reactions, the supply of the precursor molecule directly influences the final product.

Thus, low sex hormone levels are independently associated with elevated cholesterol levels at all phases of life (-0). So elevated cholesterol is a reactive consequence of reduced steroid hormone production in our bodies. This is a normal physiological feedback mechanism in steroid production due to age related declines in cholesterol in an effort to boost back a production to a more youthful level©. And all the pro-health related side effects (X, Y, Z) that come with said levels. With this line of reasoning by Dr. Dzygens hypothesis and highly supported by my own, "elevated cholesterol is normal (if not healthy) response to declining steroid hormone levels. My theory? Support healthy hormone levels, cholesterol levels will correct themselves.

### **References:**

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