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Cholesterol (and artery disease)

Cholesterol has the image of a rampaging killer in the minds of most New Zealanders. This is understandable – it is a mix of cholesterol (a waxy substance) and Calcium that narrows and hardens our arteries, especially the coronary arteries that supply blood to our heart muscle.

The NZ average is 4.5 for teenagers, steadily increasing to 6.5 for 70 year olds. Average is 5.7. Over 5.0 is generally regarded as undesirable, and over 7.0 unsafe.

However researchers are now claiming that high cholesterol is not the danger drug companies would like us to believe. Researchers at the University of San Diego School of Medicine point out that high cholesterol in those aged over 75 is protective rather than harmful, and that low cholesterol is a risk factor for heart arrhythmia, the main cause of death when a heart attack occurs. Higher cholesterol has also been linked with a lower risk of Alzheimer’s. (I hope to present a clearer picture of all this in the new 9th edition of this book, early 2008. David Coory.)

Nevertheless, current odds are that a narrowed artery, blocked by a blood clot will be a likely cause of your own death.

Common belief is that our diet is to blame for this narrowing, especially fatty foods high in cholesterol such as eggs.

The whole truth is much more complex than this however, and from the massive amount of research that has taken place over past years some very interesting facts have emerged.

Fact 1

There are two main types of cholesterol found in our bodies – ‘good’ high density (HDL) which is essential for many functions in our body, and the level of which usually remains constant. And ‘bad’ low density, which is regarded as bad, and is linked to narrowed arteries, blocked gall bladders and also raises the fat levels in our blood. This low-density cholesterol comes in three forms, LDL, LA and VLDL (bad, very bad and even worse). The levels can fluctuate wildly.

Contrary to general belief, both types of cholesterol are

“As our body ages we require more nutrients and fewer calories.”

Jane Kinderlehrer, American lecturer on nutrition.

Vitamin B12

Many disorders have been linked with lack of this very important vitamin.

B12 like the other B vitamins is a brain nutrient and necessary for a sense of well being and relaxation. However unlike the other B vitamins, B12 is not normally found in fruits, grains and vegetables, but in animal products such as milk, eggs and meat. It has also been found in natural water supplies. Liver and pipis are a rich source.

As might be expected, deficiencies have been found among strict vegetarians, but mostly in the western world. Deficiencies are uncommon among the people of poorer nations, many of whom live solely on a vegetarian diet. One likely explanation is that B12, which is only required in tiny amounts, is obtained from untreated drinking and cooking water, and from insect life, especially eggs consumed along with plants. Not all peoples tend to be as fanatical about food hygiene as Westerners.

The mineral Cobalt is part of B12. Some NZ soils are seriously low in this mineral and farm stock have suffered badly in the past. Cobalt is now added to fertiliser where necessary.

One American researcher found levels of Cobalt to be very low in violent offenders by using hair analysis.

Even when animal products are part of the diet, deficiencies of B12 are widespread among the elderly (especially the blue eyed), many of whom appear to have difficulty in absorbing B12 from food. A UK survey during 2001 found 50% of the elderly to be deficient. Monthly injections of the vitamin are often given to overcome this problem. Our liver can normally store over four years supply.

Often schizophrenia-like symptoms occurring after 40 years of age, such as hearing voices in the head, poor memory and mental confusion, are the result of B12 deficiency. These symptoms are often put down to senility in the elderly.

Other disorders strongly linked with lack of B12 are multiple

sclerosis (a nerve disease), osteoporosis, arthritis, listlessness, food or chemical allergies, and patchy loss of pigmentation in brown skinned people and balance problems.

Excess sugar consumption and the birth control pill are also known to lower body levels of B12.

Role in our body

- Helps us absorb nutrients from food.
- Assists in the forming of red blood cells.
- Helps maintain health of bones and bone marrow.
- Helps regulate brain activity and feeling of well being.
- Helps maintain health of nerve fibres.
- Assists in regulating fat storage.

Too little

- Schizophrenia and senility type symptoms. Insomnia. Poor balance and depression.
- Weak red blood cells (anaemia). Pale skin. Low energy.
- Painful joints, sometimes with brown discolouration.
- Calcium growths. Osteoporosis and Arthritis (factor).
- Reduced sense perception (weak eyesight, hearing, touch, etc).
- Weak, painful, poorly controlled muscles, difficulty in walking smoothly, especially in the dark.
- Numb, tingly, legs and fingers.
- Multiple sclerosis (factor).
- Easy bruising.
- Dark red tongue. Swollen face tissue.
- Premature grey hair.
- Patchy loss of skin pigmentation in brown skinned people.
- Lung cancer in heavy smokers (factor).
- Food and chemical allergies.

Too much

No known toxic effects.

Cooking losses

No significant losses.

“A merry heart doeth good like a medicine.”

King Solomon

Vitamin B12

		RDI
Children	1.2 mcg	
Men	2.4 mcg	
Women	2.4 mcg	Pregnancy and Breast feeding 2.8 mcg

		mcg		
DAIRY / EGGS			HEALTH FOODS	
2 med	Eggs	2.0	100 gms	Liver (beef) 110.0
2 cups	Milk (std or low-fat)	1.8	100 gms	Liver (lamb) 81.0
25 gms	Cheese	.3	100 gms	Kidney (lamb) 79.0
½ cup	Ice cream	.2	100 gms	Kidney (beef) 31.0
MEAT / FISH (cooked)			1 tsp	Marmite .5
100 gms	Pipis	62.0		
100 gms	Sardines (canned)	28.0		
6	Oysters	18.0		
100 gms	Salmon (canned)	4.0		
100 gms	Lamb	2.2		
100 gms	Beef	1.6		
100 gms	Chicken	.8		
100 gms	Pork	.7		
100 gms	Fish	.6		

Signs of Alzheimer's disease

The following are generally regarded as reliable signs of Alzheimer's disease, but lack of B12 can also mimic these signs and should be suspected in those under 75.

1. Inability to count backward from 20, or to draw a clock face.
2. Unawareness of year or day of week.
3. No longer able to operate normal household appliances.
4. Getting lost in familiar surroundings.

HEALTH HINT Milk can supply B12 needs

If strict vegetarianism appeals, the minor compromise of two glasses of milk daily (whole or low-fat) should take care of Vitamin B12 needs.

HEALTH HINT**After antibiotics**

Antibiotics can be effective drugs for killing harmful bacteria and serious infections, but they also kill vitamin producing bacteria in our intestines. Yeast infections and diarrhoea are common disorders following antibiotic treatment.

Yoghurt can help our body re-establish this necessary bacteria during and following antibiotic treatment.

A faster acting supplement known as lactobacillus acidophilus is also available from health food shops for this purpose.

Homemade Yoghurt**Ingredients**

- 1 cup Milk powder (whole or low-fat).
- 2 cups Luke warm water.
- 1 tsp Honey (optional).
- 2 tbsp Yoghurt (not more than ten days old).

Dissolve the honey in the water then add the milk powder and beat. Gently stir in the yoghurt starter and leave overnight in a warm place 35 to 50°C.

Should keep approximately two weeks in a refrigerator.

HEALTH HINT**Avoiding headaches**

We can largely avoid headaches by following these four rules:

1. Sleep regular hours.
2. Arise from bed early.
3. Avoid anxious thoughts.
4. Take a daily 2 km walk in the fresh air.

“There is no known disease caused by a deficiency of synthetic pharmaceuticals in the body.”

Dr Victor Penzer.

Iron

		RDI	
Infants and Children	10.0 mg		
Teenagers	Boys 10.0 mg	Girls	15 mg
Men	8.0 mg		
Women	8.0 mg	Over 50 yrs	8.0 mg
		Pregnancy	27.0 mg
		Breast feeding	9.0 mg

		mg			
DAIRY / EGGS			100 gms	Beef	3.5
2 cups	Milo (all milk)	5.0	100 gms	Lamb	2.7
2 med	Eggs	2.2	100 gms	Pork	2.0
FRUITS			100 gms	Chicken	1.9
1 cup	Cantaloupe	1.4	100 gms	Fish (avg)	1.0
5	Prunes	1.2	VEGETABLES (cooked)		
½	Avocado	1.2	¾ cup	Baked Beans	2.9
GRAINS / NUTS			2 cobs	Sweet Corn	2.4
1/3 cup	Almond/Cashew Nuts	2.5	1 cup	Broccoli	1.6
½ cup	Flour - Wholemeal	2.2	¾ cup	Peas	1.5
1 plate	Corn/Wheat cereal	2.2	1 bag	Potato Crisps (50gm)	1.4
4 slices	Bread - Wholemeal	2.0	HEALTH FOODS		
1 tbsp	Cocoa	2.0	100 gms	Liver/Kidney (lamb)	11.0
100 gms	Chocolate	1.6	100 gms	Liver/Kidney (beef)	8.0
1 plate	Porridge	1.5	1 cup	Prune Juice	5.0
4 slices	Bread - White	1.2	2 tbsp	Pumpkin Seeds	4.4
1 slice	Chocolate Cake	1.2	1 tbsp	Molasses	3.0
1/3 cup	Peanuts (roasted)	1.0	1 plate	Muesli	2.2
MEATS / FISH (cooked)			1 cup	Soy Milk	2.0
2	Paua fritters (140gms)	9.0	1 tbsp	Treacle	1.8
5	Oysters	8.4	1 tsp	Marmite	1.8
100 gms	Mussels	7.7	1 tbsp	Brewers Yeast	1.5
			1	Muesli Bar	1.1
			2 tbsp	Wheatgerm	1.0

HEALTH HINT

How to absorb more Iron

To ensure good absorption of Iron, teenagers, child bearing age women, and athletes should consume foods containing Vitamin C during most meals, and avoid tea and coffee during, and up to 1¼ hours after a meal.

However if energy levels are high, Iron deficiency is unlikely. Adequate Zinc protects against an excess of Iron.

“The most important crop, is a race of healthy men and women. This is only possible if the soil is fertile.”

Sir Albert Howard

Manganese

Manganese is a mineral that has numerous roles in our body. Deficiencies seem firmly linked with modern diseases, especially diabetes and artery disease which are often found together.

Average NZ intake is thought to be generally satisfactory, but 10% of people obtain less than half the RDI.

An American study of 122 diabetics found their average levels of Manganese to be only half those of normal people.

Epilepsy, multiple sclerosis, deafness, balance problems and noises in the ear are other common disorders linked with lack of Manganese.

Epilepsy and multiple sclerosis have been found to respond to Manganese and Zinc supplements, often effecting a cure.

Wheatgerm and bran are rich sources of Manganese but these are mostly removed during the milling of wheat for white flour. Wholemeal flour retains the full amount of Manganese along with other important minerals and vitamins.

Role in our body

- Helps utilise the nutrients from our food.
- Assists in the manufacture and regulation of fats.
- Helps our body manufacture insulin to regulate blood sugar.
- Assists in sex hormone production.
- Assists in forming mother's milk.
- Helps regulate bone growth in children.
- Important for health of brain and nervous system.
- Helps our body eliminate waste and toxins.

Too little

- Nervousness. Insomnia. Mental disorders.
- Bone and flesh malformities in infants. Convulsions.
- Multiple Sclerosis.
- High cholesterol levels. High blood pressure. Heart attack. Stroke.
- Noises in ears. Balance problems.
- Spinal disc problems.
- Diabetes. Hypoglycaemia.
- Repetitive Strain Injury (RSI or OOS).

Food additive code numbers

Additives in processed foods have a reputation for being harmful, but 85% of additives have never proved to be detrimental to health in any way.

Additives are normally listed on food packaging along with the ingredients, in descending order of weight.

Typical additives are anti-oxidants to help prevent fats becoming rancid, baking powder, to provide gas for raising dough, colourings to enhance the appearance of food, emulsifiers to allow the mixing of oil and water, starches and gelling agents to thicken liquids, and stabilisers to help prevent ingredients separating.

To identify additives, and also to save printing space on food packaging, a code number system has been developed. Below are the code numbers currently used. Listed alongside each number is the chemical name of the additive, the main use of the additive, and the source.

An asterisk * after a code number indicates that adverse reactions have been reported, more often in children. A double asterisk ** indicates greater seriousness of reaction.

Foods packaged overseas sometimes have an E before the number, this means that the additive has been approved for use in the European Common Market.

Number, Chemical name, Use, Source

100	<i>Curcumin</i> , Yellow colouring , Turmeric	Ginger plant.
101	<i>Riboflavin</i> , Yellow colouring , Yeast.	
102**	<i>Tartrazine</i> , Yellow colouring , Synthetic.	
104*	<i>Quinoline</i> , Yellow colouring , Coal tar.	
107*	<i>Yellow 2G</i> , Yellow colouring , Coal tar.	
110*	<i>Sunset yellow FCF</i> , Yellow colouring , Coal tar.	
120*	<i>Cochineal</i> , Red colouring , Scale insects.	
122*	<i>Carmoisine</i> , Red colouring , Synthetic.	
123*	<i>Amaranth</i> , Red colouring , Coal tar.	
124*	<i>Ponceau 4R</i> , Red colouring , Coal tar.	
127*	<i>Erythrosine</i> , Red colouring , Coal tar.	
128*	<i>Red 2G</i> , Red colouring , Coal tar.	
129	<i>Allura red AC</i> , Red colouring , Synthetic.	
132*	<i>Indigo carmine</i> , Blue colouring , Coal tar.	
133*	<i>Brilliant blue FCF</i> , Blue colouring , Coal tar.	
140	<i>Chlorophyll</i> , Green colouring , Green plants.	
141	<i>Copper phaeophytin</i> , Green colouring , Green plants.	
142	<i>Green S</i> , Green colouring , Coal tar.	

- 150* *Caramel*, **Brown colouring and flavouring**, Heated carbohydrates.
- 151* *Black BN*, **Black colouring**, Coal tar.
- 153* *Carbon black*, **Black colouring**, Burnt plants.
- 154* *Brown FK*, **Brown colouring**, Synthetic.
- 155* *Chocolate Brown HT*, **Brown colouring**, Synthetic.
- 160a *Carotene*, **Orange-yellow colouring**, Plants.
- 160b *Annatto*, **Red-yellow colouring**, Annatto seeds.
- 160c *Capsanthin*, **Orange colouring**, Paprika.
- 160d *Lycopene*, **Red colouring**, Tomatoes.
- 160e *Apo-8 carotenal*, **Red-yellow colouring**, Plants.
- 160f *Apo-8 carotenoic*, **Orange-yellow colouring**, Plants.
- 161 *Xanthopylls*, **Yellow colouring**, Plants.
- 161g *Canthaxanthin*, **Orange colouring**, Plants.
- 162 *Betainin*, **Red colouring**, Beetroot.
- 163 *Anthocyanins*, **Red colouring**, Plants.
- 170 *Calcium carbonate*, **Firming agent and white colouring**, Natural mineral.
- 171 *Titanium dioxide*, **White colouring**, Natural mineral.
- 172 *Iron oxide*, **Yellow-red or brown-black colouring**, Natural mineral.
- 173* *Aluminium*, **Silver colouring cake decoration**, Bauxite.
- 174* *Silver*, **Silver colouring cake decoration**, Natural mineral.
- 175 *Gold*, **Gold colouring cake decoration**, Natural mineral.
- 180 *Rubine*, **Red colouring**, Synthetic.
- 181 *Tannin*, **Colour fixer**, Plants.
- 200 *Sorbic acid*, **Mould inhibitor**, Mountain Ash berries or synthetic.
- 201 *Sodium sorbate*, **Preservative**, Sorbic acid.
- 202 *Potassium sorbate*, **Preservative**, Sorbic acid.
- 203 *Calcium sorbate*, **Preservative**, Sorbic acid.
- 210* *Benzoic acid*, **Preservative**, Synthetic.
- 211* *Sodium benzoate*, **Preservative**, Benzoic acid.
- 212* *Potassium benzoate*, **Preservative**, Benzoic acid.
- 213* *Calcium benzoate*, **Preservative**, Benzoic acid.
- 214* *Ethyl para-hydroxybenzoate*, **Preservative**, Benzoic acid.
- 215* *Sodium ethyl para-hydroxybenzoate*, **Preservative**, Benzoic acid.
- 216* *Propyl para-hydroxybenzoate*, **Preservative**, Benzoic acid.
- 217* *Sodium propyl para-hydroxybenzoate*, **Preservative**, Benzoic acid.
- 218* *Methyl para-hydroxybenzoate*, **Preservative**, Benzoic acid.
- 219* *Sodium methyl hydroxybenzoate*, **Preservative**, Benzoic acid.
- 220* *Sulphur dioxide*, **Preservative, stabiliser, anti-oxidant and bleach**, Sulphur.
- 221* *Sodium sulphite*, **Preservative and anti-oxidant**, Sulphurous acid.
- 222* *Sodium bisulphite*, **Preservative and bleach**, Sulphurous acid.
- 223* *Sodium metabisulphite*, **Preservative and anti-oxidant**, Sulphurous acid.
- 224* *Potassium metabisulphite*, **Preservative**, Sulphurous acid.
- 225* *Potassium sulphite*, **Preservative**, Sulphurous acid.
- 226* *Calcium sulphite*, **Preservative and firming agent**, Sulphurous acid.
- 227* *Calcium hydrogen sulphite*, **Preservative and firming agent**, Sulphurous acid.
- 228 *Potassium bisulphite*, **Preservative**, Sulphurous acid.
- 234 *Nisin*, **Preservative**, Bacteria.
- 235 *Natamycin*, **Preservative**, Bacteria.
- 236* *Formic acid*, **Preservative**, Synthetic.
- 249* *Potassium nitrate*, **Meat curer and preservative**, Nitrous acid.
- 250* *Sodium nitrate*, **Meat curer and preservative**, Nitrous acid.
- 251* *Chile saltpetre*, **Meat curer and preservative**, Natural mineral.
- 252* *Potassium nitrate (saltpetre)*, **Meat curer and preservative**, Natural mineral.
- 260 *Acetic acid*, **Preservative and colour diluent**, Synthetic.
- 261 *Potassium acetate*, **Preservative and acidity regulator**, Acetic acid.
- 262 *Sodium diacetate*, **Preservative**, Acetic acid.

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