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The Cholesterol Lie: The Myth of Bad Cholesterol

The reduction in the stress hormone cortisol caused by lowering cholesterol leads, via a drop in blood sugar, to muscle weakness, tremors, and often a fatal coma. A drop in potassium is particularly dangerous, as even a slight decrease can lead to a drop in blood pressure and reduced cardiac output. A potassium crash is one of the most common causes of death and is the greatest concern when lowering cholesterol.

Since every cell in the body continuously requires cholesterol to sustain its life and functions, lowering cholesterol levels leads not only to organ failure but also to cancerous degeneration. Prof. Walli of the University Hospital Munich-Großhadern observed that all cancer patients had very low cholesterol levels, meaning their cells were inadequately supplied with cholesterol. The decline in sex hormones disrupts the development of the muscular and skeletal systems, leading to serious consequences for physical performance, though these are rarely fatal. The decrease in mineralocorticoids caused by lowering cholesterol is always dangerous, as the entire metabolism loses its regulatory control.

I cannot understand how the margarine industry and the pharmaceutical industry, which produces cholesterol-lowering drugs, managed to portray the important LDL cholesterol complex as “bad” cholesterol and mislead the global population. It is also incomprehensible to me that such a large number of doctors have adopted this nonsensical claim about the harmful effects of the LDL cholesterol complex without objective verification and without regard for the scientific facts. In addition to the astonishing lack of knowledge, business-oriented thinking plays a certain role here, for with the false claim that every adult with a cholesterol level above 200 mg/dL is to be regarded as sick and in need of treatment, virtually the entire adult population of the world is labeled as sick and in need of treatment and declared to be chronic patients. It should therefore be emphasized once again that nearly the entire adult population (80–90 percent) has an average cholesterol level of 250 mg/dl, and levels up to 350 mg/dl indicate considerable vitality and should be viewed positively.

Cholesterol levels

Total cholesterol levels in the blood, consisting of the LDL complex and the HDL complex, are measured. The ratio of the LDL complex to the HDL complex is approximately 75 to 25 percent. The average total cholesterol level for adults worldwide is 250 mg/dl; during periods of intense physical exertion, due to the associated increased production of the cholesterol-dependent stress hormone cortisol, it rises to between 300 and 350 mg/dl, occasionally approaching 400 mg/dl. To state the normal value as 200 mg/dL and below, as the profit-driven industry does, means that nearly the entire adult population is labeled as sick and in need of treatment. It is inconceivable that such human-destroying nonsense is accepted uncritically by such a large number of doctors.

The following cholesterol levels have been observed in the German population; I concur with their assessment regarding upper limits and indications for monitoring:

Age	Average value	Upper limit	Control indicator
10-19	175 mg/dl	230 mg/dl	powyżej 300 mg/dl
25-29	198 mg/dl	270 mg/dl	powyżej 350 mg/dl
40-59	250 mg/dl	350 mg/dl	powyżej 400 mg/dl
65-85	slightly decreasing	330 mg/dl	powyżej 400 mg/dl

The term "Control indicator" is intended to highlight the need to determine the cause of high cholesterol levels.