



## Cholesterol and how it Works

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Anger, aggression, and some things you should know about cholesterol.

Nutrition is the most fundamental part of our existence and clearly something we have come to neglect. If you want school to be easy for your child, elevate his/hers cholesterol levels thru saturated fats and proteins. If you want better memory and less anger in ur life for yourself, elevate your own cholesterol levels the same way. Without it, the consequences can be fatal.

### Cholesterol synthesis

I propose to many of my friends/members daily the consequences of nutritional deficiencies in today's society. One of my biggest challenges is the cholesterol theory and its turbulent effects on the body in a deficit.

The brain is a particularly cholesterol-dependent organ. It makes up only 2% of body weight, yet it contains 25% of the body's cholesterol. Our ability to think, reason and learn is a result of the "plasticity" of our brains, or the way the brain constantly forms new connections (known as "synapses") between neurons. The ability of cells to make these connections is dependent on a limiting factor: cholesterol.

Low cholesterol levels have shown an increased risk for memory loss and other cognitive dysfunction, such as- mental illness, depression, anxiety, but especially violence, aggression, and suicide.

So why are we told to eat foods and take particular medicines to lower it. It's a faulty logic we never truly followed up on.

Observational studies (including cohort, case-control, and cross-sectional studies) consistently showed increased violent death and violent behaviors in persons with low serum cholesterol levels.

Life expectancy is perhaps the most important measure of health - and people with the highest cholesterol levels live the longest.

Cholesterol is produced by the liver and is a very precious commodity to all cells in the body, Its how they communicate. Cholesterol is also the utmost important anti-oxidant in the body and is a bio-marker upon very high levels that their is an infection, or stressor in the body. It has nothing to do with heart disease, and if you are still told that by your doctor, well he/she is just not paying attention. When cholesterol levels are high it only means you haven't payed ur truck payment, mortgage, or child support. In fact high levels of cholesterol in young college students were mostly during finals weeks.

LDL and HDL are not cholesterol, they are just transporters of cholesterol. But for decades you have heard otherwise. Your cholesterol is too high according to ur doctor because of sugar, grains, and HFCS, (high fructose corn syrup) or like I said your truck payment is late. And in defense your body is protecting itself. But that's not a bad thing, what's bad is you keep eating foods - like fast food and other restaurant fare -that are not compliant with your body, forcing the liver and sympathetic nervous system to work overtime to fight those foods.

This my friends increases your cholesterol.

The liver works like this: there is an enzyme called (hmg co-enzyme reductase) HMG for short. It works much like a light switch on the wall of your house. You turn it on there is light, you turn it off light goes dark. When you eat foods that possess saturated and monounsaturated fats the liver shuts off HMG to make cholesterol. Why? Because foods like steak, eggs, fatty chicken, bacon, turkey, etc. make cholesterol for you, because they are cholesterol. The HDL ones your doctor told you we're good. So when you eat foods which make cholesterol you have lower cholesterol because your liver doesn't have to make it for you.

But. if you don't eat foods with high amounts of saturated and monounsaturated fats, instead you eat (vegetable oils, and over the counter sweets and foods found at your local gas station) then

HMG gets flipped on and makes a shit ton of LDL and VLDL, which are the small cholesterols your doctor said we're bad for you. This is your liver combatting the terrible diet you have attempting to bring it back to balance but raising your total cholesterol. "Not because you have heart disease"

So, thru my studies I've discovered a few things you should know; "epidemiological studies, a number of primary prevention trials have corroborated the association between lowered plasma cholesterol and violent death (especially suicide), and there have been many studies in both humans and primates demonstrating that physical aggression and impulsivity are negatively correlated with the lowest serum cholesterol levels (Freedman., *et al.* 1995; Hillbrand., *et al.* 1995)".

"Cholesterol may be a marker for central serotonergic activity, which is low in violent offenders and suicide completers (Roy., *et al.* 1989; Virkkunen., *et al.* 1989)".

Serotonergic means serotonin levels, ya know the hormone that makes us feel good when stimulated. However, over stimulation with drugs such as; celexa, Prozac, Zoloft, Paxil, lexapro, etc. Begin agitation, hallucinations, and aggression. Statin drugs which lower cholesterol are deteriorating our states of mind even further while depleting muscle mass causing neuropathies you see in people with MS (multiple sclerosis).

Of course, to determine at what point total serum cholesterol levels begin to show a statistically significant correlation with aggression and violence is something that deserves great attention. But from what I've discovered anything below 180 is a grave possibility.

Recently-literature on violence discusses cholesterol and hormone levels, nutritional deficits, prenatal/postnatal exposure to neurotoxins, brain injury, and the family environment. Neurotoxins- statin drugs and SSRI drugs mentioned above, are the cause of one underlining theory- Bad Nutrition.

Since the 1980's, studies in both schools and jails dramatically showed that a diet that removes additives, (HFCS, sugar, vegetable oils, heavy grains that posses gluten) will enhance significant improvement in behavior and academic performance.

Which lead me to writing this article.

I wasn't sure how to put this into words until I came across Paul Cooijmans perspective of intelligents, and IQ. But I thought this might help bridge the gap.

"Most of us have an IQ of about 100-109, which means we are able to learn from written materials. Employable in senior positions.

#### 90-99

Able to learn a trade in a hands-on manner and perform tasks involving decisions. Craftsman, sales, police officer, clerk. Studies involving some theory are possible from this range upward.

#### 80-89 - Below average

Above the threshold for normal independent functioning. Can perform explicit routinized hands-on tasks without supervision as long as there are no moments of choice and it is always clear what has to be done, such as: Assembler or food service.

"This is also the I.Q. range most associated with violence." Most violent crime is committed by males from this range. This does not imply that all males in this range are violent, nor that all violent males are in this range. But when the modal I.Q. of a group is in this range, one may expect trouble with many male members of that group. When the modal I.Q. of a society or population is raised upward of this range, violence decreases.

And, this is the range into which men of average or just above average intelligence sink when under the influence of alcohol; alcohol reduces I.Q. by up to about 25 points while drunk (own data), which explains why many drunk men are violent and aggressive (own hypothesis).

Paul does demonstrate his hypothesis for lower IQ's but what I found so significant is when we lower our cholesterol we are essentially-lowering our own IQ".

(Et al Paul Cooijman - highest IQ ever reported.)

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