

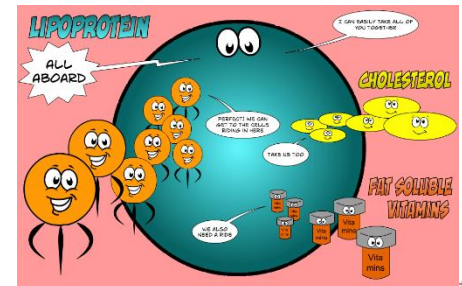
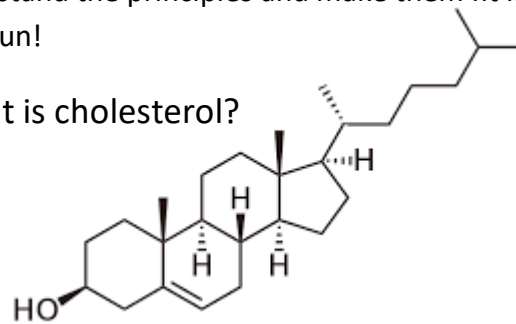
The 2024 Daybreak Summer Nutrition Seminar Series

Lesson 6- The Cholesterol Conundrum- Does Cholesterol Cause Heart Attacks?

Part 1- Introduction/The Rules of the Course/Review Last Lesson

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal" So, what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

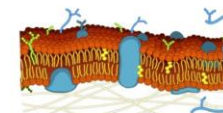
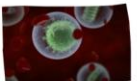
Part 2- What is cholesterol?



some of the many uses of CHOLESTEROL

The Immune System

Cholesterol plays a key part in the 'memory' of the immune system so that the body can defend itself against invaders. LDL particles (so called 'bad' cholesterol) also attach to bacteria and viruses to remove them.



Cell Membrane

Our bodies are made of around 50 trillion cells and a large part of the outer skin (membrane) of each cell is made of cholesterol.

Hormones

Cholesterol is the building block for all of the steroid hormones. These hormones help control metabolism, inflammation, immunity, salt and water balance, sexual characteristics, and protect the body from stress.

Vitamin D

Cholesterol is the building block for making vitamin D, which is needed for healthy bones and teeth.

Digestion

Cholesterol is also the building block for bile acids used for digestion.

The Brain & Nerves

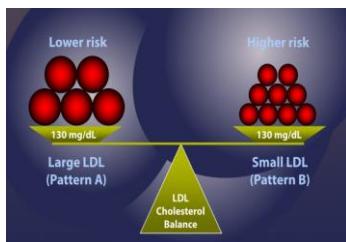
The brain and nervous system need a lot of cholesterol. In fact, 25% of the cholesterol in the body is found in the brain. And nerve cells need cholesterol in order to survive and function well.

www.statination.net
for the facts about cholesterol...

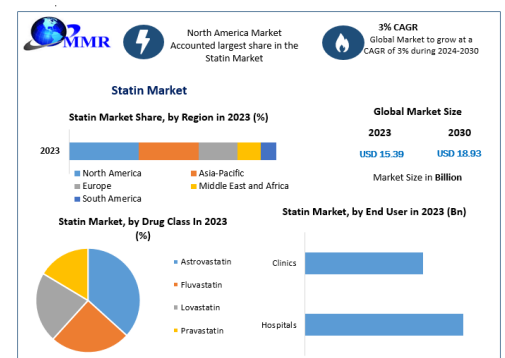
Part 3- "Good" vs "bad" cholesterol?



Part 4- Does cholesterol *cause* heart attacks?



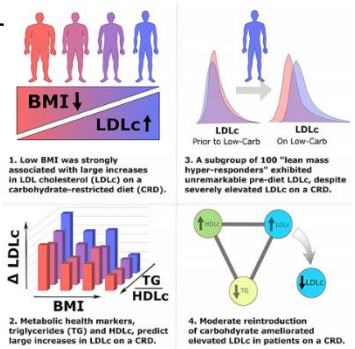
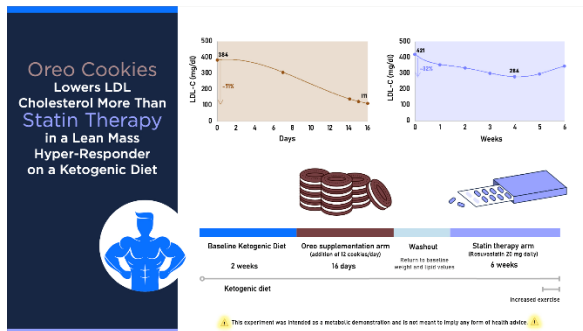
Part 5- The Cholesterol Business!



Part 6- What are the *risks* of a low cholesterol diet?



Part 7- The Lipid Energy Model and Lean Mass Hyper Responders-



Homework- Don't fear dietary cholesterol!

Resources-

Cholesterol Code by Dave Feldman

<https://cholesterolcode.com/>

The Straight Dope on Cholesterol by Dr. Peter Attia

<https://peterattiamd.com/the-straight-dope-on-cholesterol-part-i/>

Boundless Body Radio- The Lipid Energy Model with Cholesterol Expert Dave Feldman!

<https://www.buzzsprout.com/1244183/14915814>

Boundless Body Radio- A Cholesterol Clinic- Body Science with Dave Champion, Ph.D.!

<https://www.buzzsprout.com/1244183/8747813>

Boundless Body Radio- "Reviewing Dayspring and Attia"- A Cholesterol Clinic with Dr. Vyvyanne Loh!

<https://www.buzzsprout.com/1244183/14589932>

