



Cholesterol-lowering statins are responsible for destroying health, causing Alzheimer's

Cholesterol, which is commonly dismissed as harmful and something that people should avoid, actually contributes to producing and maintaining myelin sheaths. Without it, as evidenced by the recent studies, individuals with PMD -- and potentially all individuals -- are at a higher risk of developing cognitive illness and brain degradation. And particularly those with PMD, low-cholesterol diets are almost sure to leave them exceptionally prone to nerve damage.

"Cholesterol acts to interlock 'lipid molecules,' which stabilize cell membranes," writes Shane Ellison, M.S., in his book *Health Myths Exposed*. "[C]holesterol is a vital building block for all bodily tissues. Lowering such a vital molecule is absurdity. To illustrate, imagine that your house represents your body and the nails holding it together cholesterol. Now start pulling each and every nail out of the house. What happens? The house turns to a pile of rubble. The same is true for the human body."

The key to promoting healthy cholesterol levels in the body is not to take synthetic drugs, but rather to achieve vibrant health through proper diet and exercise, which includes a diet rich in healthy saturated fats and, yes, even cholesterol.

"Saturated fat and cholesterol in the diet are not the cause of coronary heart disease," says Dr. George V. Mann, M.D., professor of Medicine and Biochemistry at Vanderbilt University in Tennessee. "That myth is the greatest scientific deception of this century, perhaps of any century."

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