

A Clogged Nation – Dealing with Cholesterol

(Part 1)

Website: [Healthy Christian Living - Living by the Blueprint](#)

“We have come to a time when **EVERY MEMBER** of the church should take hold of medical missionary work...” (7T 62.1)

LEARN HOW TO COMBAT DISEASE:

“GATHER up ALL THE KNOWLEDGE possible that will HELP TO COMBAT DISEASE...” {MM 320.2-.3}

“It is the duty of every person to BECOME INTELLIGENT in regard to disease and its causes...” {HL 19.5}

“...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones...” {ChS 134.2}

“It is essential both to understand the principles involved in the treatment of the sick and to have a practical training...” (MH 127.2)

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure...”

(CH 506.1)

WHAT IS THE DEFINITION OF DISEASE?

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.” (MH 127.1)

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.”

Jeremiah 30:17 – “For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD...”

Psalms 103:3 – “Who forgiveth all thine iniquities; who healeth all thy diseases;

Genesis 18:14 – “Is anything too hard for the Lord...?”

- God wants to heal us of **all our diseases**, including Cholesterol. And today doctors will tell you that this disease can in fact now be reversed/cured.

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP
- Good Scientific Material – Giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.

THIS IS A WHOLISTIC PROGRAM

We will not be teaching nutrition only, because health is spiritual.

REMEMBER MIRIAM?

You cannot explain her leprous problem scientifically.

It can only be explained biblically, and that's why we teach from 3 perspectives.

- BIBLE
- SOP
- GOOD SCIENTIFIC RESEARCH

QUESTION: NOW, WHO ARE THE HEALTHIEST PEOPLE ON EARTH? (from James Luke)

ANSWER: Not SDA's, not Okinawan's, not Sardinian's.

Only SDA's who follow the laws of Health. I'm not talking about SDA's who eat fried foods like French fries and Potato chips. I'm referring to those SDA's who follow the laws of health. Of all people upon the face of the earth, SDA's are the most studied and researched group ever.

WHY? Because we have a message no other people have.

KEEP THIS IN MIND:

(Read November 2005 National Geographic pg. that SDA man is skiing on)The Okinawan's and Sardinian's have been around for thousands of years, and **SDA's only for 153 years**, yet the **SDA's are in same category of the 2 other groups mentioned.**

If Okinawan's have been around for 1000's of years literally and they live to be 100+ and there's a new group that just formed.

In order for this new group that just formed to be standing in this same category, that new group had to go straight up through the roof, meaning, **the SDA's have blown everyone out of the water.**

Because they have only been organized since 1844. That's 153 years. For this group to be in the same category as the others, yet they went straight up regarding health. **That means they have something regarding health that no one else has**, and this is why we base our teachings on the SDA teachings.

Of course, we have been told, **"believe His prophets, so shall ye prosper"** (2 Chronicles 20:20) and **through Sister White, we have been given the greatest information regarding health that the world has ever been given.**

THIS IS NOT MAN'S PLAN...IT'S GOD'S PLAN...THIS IS WHY IT WORKS.

There's nothing special about SDA'S as to why they have health.

Those SDA'S who do have health is because they follow the laws of health.

Just because a person is vegan does not make them healthy.

You have many vegans who are sugaraholics, vegans who don't exercise or rest, etc.

Many vegans have cancer and other medical conditions.

If we want health, we must follow all the laws of health. It's a whole health insurance package.

If you follow what's in this policy, you will have complete health.

The healthiest people alive on the face of the earth are Seventh-Day Adventists – that follow the laws of health. (November 2005 National Geographic pg. 25)

WHAT IS CHOLESTEROL?

In Laymen Terms:

- **Cholesterol is fat dissolved in the blood. Fat like substance found in the body.**
- It's made up of Carbon, Hydrogen & Oxygen.
Those are elements you will find on a periodic table of elements. When those things are broken down or used up in your body, they make carbon dioxide & water.

QUESTION: DO WE NEED CHOLESTEROL?

QUESTION: WHY IS IT IMPORTANT?

WHAT ARE THE FUNCTIONS OF CHOLESTEROL?

CHOLESTEROL DOES SEVERAL THINGS:

1. It helps you to digest food - it helps to get food into your body to your bloodstream
2. It helps you to absorb certain nutrients. Things we call the **FAT SOLUBLE VITAMINS A, DE, E & K**
3. Cholesterol is essentially produced in the liver
4. Cholesterol is also used in the production of some of the hormones that we consider sexual hormones. Things like testosterone & estrogen and some other hormones. So it does play a role.

We need some cholesterol. We just don't need the amount found in the traditional American diet.

NOW, GETTING ONTO TODAY'S CLASS:

- **We have precious, precious information, that when followed, it truly saves lives.**

A gentleman's cholesterol was 444. He was put on the plan that we will be learning about in the future, and in less than 17 days, his cholesterol went down to 181 without any medication.

NOTE: Normal cholesterol levels should be below 200 according to doctors and hospitals.

But studies show that people are still having heart attacks between 150-200. Optimal cholesterol level should be <150. (Go to Health Power pg. 34)

Based on the Framingham Study, individuals with cholesterol <150 have never had a heart attacks.

This study was conducted for 20 yrs. on 20,000 people. That gives us a target of where we went to be.

The Framingham study that was done in Framingham Connecticut is one of the largest studies done and used to determine what people's risks are for heart attacks and heart disease. The American Heart Association and many others use this study.

QUESTION: IS CHOLESTEROL A HERO OR VILLAIN?

- **The reason we say HERO or VILLAIN IS BECAUSE CHOLESTEROL IS RESPONSIBLE FOR OVER 200 FUNCTIONS IN YOUR BODY.**

ANSWER: CHOLESTEROL IS A HERO

You know when you get stressed out? Guess what makes the hormone to help you calm down?

THE CHOLESTEROL

QUESTION: NOW, WHICH ORGAN MANUFACTURES THE CHOLESTEROL?

ANSWER: THE LIVER

Remember This: Anything that has a liver, comes from that of a liver, related to that of a liver, or if it has a face or a mama has cholesterol.

- **The LIVER makes cholesterol & takes the cholesterol & makes bile.**

The bile salts are used to dissolve the fat, to make them digestible

Bile is produced in the liver & stored in the gall bladder

NEVER LET ANYONE TELL YOU THAT YOU DON'T NEED YOUR GALL BLADDER OR ANY BODY PART.

Bile acids are made in the liver by the cytochrome P450-mediated oxidation of cholesterol

QUESTION: WHAT FOODS CONTAIN CHOLESTEROL?

ANSWER: ANIMAL PRODUCTS

- **When you eat the meat, you consume the cholesterol.**
All animals, fish, & birds that are the cleaners of the earth are high in cholesterol.
- **In the Oceans, there are something called TRUE CHEMICAL FACTORIES** (some of the most advanced factories in the ocean) – **They are crustaceans.** Let me tell you what crustaceans do. Anything that is toxic, oil or anything that is dead, that cannot be broken down, these crustaceans eat that item, whatever it is, and by the time it comes through the crustacean's body, it is something that is acceptable to the Eco-System. That is a true chemical factory. Bio-Degradable. **We serve an awesome God,** and He knew what He was doing when He made these creatures. **He knew what He was doing when He tells mankind, not to eat them.**

QUESTION: WERE YOU AWARE THAT 1 MUSSEL FILTERS 50 GALLONS OF SEA WATER DAILY?

God said don't eat these things in Leviticus 11 and now science is making it clear to us why. But God said it, so that is reason enough to obey.

- **NOW, THERE IS THE SAME THING ON THE LAND**
The pigs, the buzzards, bats, etc. all of those different things. Things that are not normally breaking down on the land, these items eat them. And when they eat them & it returns back to the land, it returns back to the land in a way that is acceptable to the environment.

WHEN IT COMES TO CHOLESTEROL, REMEMBER THIS:

One of the highest forms of cholesterol that you will find is the shrimp, lobster, the crab, oysters and clams.

ON AN AVERAGE, DID YOU KNOW WHEN THEY CATCH SHRIMP THAT THEY HAVE TO SOAK IT IN FRESH WATER AND CHLORINE FOR AT LEAST 2 DAYS FOR IT TO BE DE-CONTAMINATED?

That's why when you cook it, it tends to turn your pot black because of the chlorine that is in it. When you're dealing with such things as crabs & lobsters and so forth, on an average, these items have anywhere between 150 mg of cholesterol, more than that of double than lean beef.

DID YOU KNOW IF YOU KILL A LOBSTER & LET IT SIT FOR ABOUT 2 HOURS, ALL THE FLESH WILL DECAY ON THE INSIDE AND IT WILL TURN TO GREEN WATER?

RAPID DECAY--WHY?

Because of the huge quantity of viruses and bacteria that it harbors. Do you know if you kill a lobster and you eat it, it's very likely to poison you on the spot? That's why you'll find that crabs & lobsters when you go to the store, they're always alive --- If they are dead, and frozen, they precooked them, because if they don't precook them, the flesh will decay. (RAPID DECAY)

The reason you have to pick out live lobsters & crabs at restaurants is because if you kill them before you cook them, it's very likely they'll poison you. The store **WHOLE FOODS** have discontinued carrying lobsters because they say it's inhumane to kill lobsters for food because the way the lobsters scream when you go to cook them. **THESE ITEMS SHOULD NEVER BE USED** (Leviticus 11 & Deuteronomy 14).

If it does not have **FINS & SCALES, LEAVE IT ALONE.**

THE CURSE IS BUILT INTO THE DISOBEDIENCE; THE BLESSING IS BUILT INTO THE OBEDIENCE.

See: [Psalms 119:89](#) and [Deuteronomy 30:19](#)

SOMETHING TO KNOW:

- **AVOCADO LOWERS CHOLESTEROL & FIGHTS ANEMIA -- DID YOU KNOW THAT?** (see Genesis 45:18)
But you can't sit down & eat a whole slew of avocados. It does not have cholesterol, but if eaten intemperately, it can have an adverse effect on cholesterol
Why does the world not tell you about this? There's only two reasons...\$\$\$, the love of money.
There is big money in giving you medicine to try and treat the symptoms instead of curing the problem.
Drug companies are one of the big sources of money that is controlling what is put into our diet, what is happening with our government.
They have the \$\$\$ to be able to back things. They have the \$\$\$ to influence things.
And this is what is affecting things around the U.S. And we know according to the Great Controversy and other SOP books, the Vatican is behind this, but that's a whole other topic of its own. This is why you don't hear about it.

Another reason you are not hearing these things is because many doctors honestly don't know.

Were you aware that Doctors, when going to school, are not required to study nutrition and how to get to the root of the disease?

They are taught how to treat the symptom and mask it with medication.

Most of them get less than 1 hour of education regarding nutrition.

I have talked to some Doctors regarding this, and they say this is correct.

REMEMBER: HEALTH IS SPIRITUAL – Spiritual things are spiritually discerned they don't know.

WHY NOT? Because God has given this message to us to reconcile the world unto himself.

QUESTION: CAN AVOCADO INCREASE CHOLESTEROL LEVELS?

Cashews, pecans, Macadamia nuts - the big fat ones -- Do these contain the good cholesterol?

We're talking nuts. Do nuts have the good cholesterol?

QUESTION: WHICH FOODS CONTAIN CHOLESTEROL?

Cholesterol is found only in animal foods, and some say mushrooms as well. Plant based products do not contain cholesterol – They contain the good fat that we are told in the Bible to eat in Genesis 45:18, but they do not contain Cholesterol. **Is this clear to you?**

QUESTION: WHAT ABOUT THE OILS?

Cashew Oil, Peanut Oil, Olive Oil, Extra virgin Coconut Oil, Pressed Olive Oil

Do those contain the good cholesterol? We want to make sure that no matter which form it's in, that you fully comprehend that **plant based items**, no matter what form they come in, not even if you fry it (which you shouldn't do) **do not have cholesterol.**

QUESTION: CAN THESE PLANT BASED ITEMS I JUST MENTIONED ELEVATE THE CHOLESTEROL?

ANSWER: YES.

Everything is to be done in moderation. Eating an Avocado at every meal will increase your fat load, therefore, your liver is going to have to make more cholesterol to break down the extra fat. All the cholesterol that you need in your body to do those 200+ functions we talked about earlier can be made by your own liver. God created us in His image & we are fearfully and wonderfully made. (Psalms 139:14) We don't need any additional cholesterol. We don't need to ingest it to get it.

Cholesterol is found in animals and their products like butter, lard, milk, etc.

We don't need any animal products.

NOW, LET'S DO A QUICK QUIZ:

- **Q: What is Cholesterol?** A fat like substance
- **Q: Which organ of the body manufactures the cholesterol?** Liver
- **Q: Which foods contain cholesterol?** All animal food
- **Q: Do plant foods contain cholesterol?** No
- **Q: Can the good fats raise your cholesterol?** Yes

NOW, LET'S TALK A BIT OF THE PHYSIOLOGY OF CHOLESTEROL:

- Cholesterol is carried in the blood by a **PROTEIN CALLED GLYCEROL**
There are 3 different types of proteins that carry the glycerol and that is where we get "Triglycerides"
- There are 3 types of proteins:
 1. LDL (Low density Lipoprotein) (bad guy/ he wears the black hat)
 2. HDL (High-density lipoprotein)(good guy/he wears a white hat)
 3. VLDL

Note: This is where we get the Triglycerides

#1: LDL:

1. Called "the bad cholesterol" but there is no such thing.
2. LDL is necessary but should not be high
3. It should be <90 according to Doctor's.

Some say 130 is standard, but science has shown, if you want the best optimal health, it should be less than 70 (<70)

#2: HDL

1. Protective to the heart
2. Should be >75 but for optimal health, HDL for men should be >40 minimum; for women, >50
3. In many cases, HDL is low due to lack of exercise and eating too much

QUESTION: IF YOU HAVE TOO MUCH CHOLESTEROL, WHAT DOES IT DO?

ANSWER: Slows you down; Clogs your arteries. One of the functions of cholesterol is to protect you. Let's say something happened on the inside of a blood vessel, and let's say the vessel is leaking blood. One of the jobs of the cholesterol is to patch that leak. That's where it becomes THE HERO. The villain part is when there's too much of it. It starts doing that everywhere. We call that the hardening.

KEEP THIS IN MIND:

Once cholesterol levels go above 180 mg, the cholesterol begins to attach itself to the arterial walls. Fix the problem without treating the system. In part 2, we will be learning herbal treatments.

THINK ABOUT THIS:

Every 1 extra pound of weight = 1 extra mile that heart has to pump the blood through. **The lumen of the vessels how when they clog the arterial walls, the heart has to pump harder because when you decrease the radius of a tube** (in this case, the lumen of the blood vessels), **you increase the pressure X 4.** It's exponential (the pressure goes up a lot)

Note: Fix the problem instead of treating the system.

QUESTION: WHAT OTHER ITEM CAUSES CHOLESTEROL?

ANSWER: CHEESE

HERE'S THE THING ABOUT CHEESE:

Do you know we should never eat cheese according to the SOP?

Were you aware that most cheeses are fermented?

Cheese has an element in it called **rennet**.

Rennet is an enzymatic coagulator and it is used to cause the cheese to curdle

And the rennet has different sources of where it comes from:

- a. It can come from a plant
- b. It can also come from the stomach of a calf
- c. But mainly, rennet comes from the stomach of pigs, because the rennet from pigs is much cheaper & that's what causes the cheese to curdle.

See: Encyclopedia of Foods and their Healing Power, Volume 1, pg. 20 (top right purple box)

LET ME ASK YOU A QUESTION:

QUESTION: Should we be eating fermented items?

ANSWER: No

MOST CHEESE IS FERMENTED

FERMENTED = ROTTEN

That's why, during the fermentation process, it forms something called "Hypertensive amines"

What does that sound like?

That's why eating cheese causes hypertension.

CHEESE HAS SOMETHING IN IT CALLED TYROMINE

Did you know that 39% of people who have high cholesterol also have hypertension. They both have to do with the constricting of the arteries. One is the narrowing of the artery; the other is the plaquing of the artery. Both of them are enclosing of the arterial wall. Is that understandable to you?

NOTE: DON'T THINK THAT YOU CAN'T EAT ANYTHING.

We have many alternatives to cheese that taste great. We have nacho cheese substitutes and block cheese substitutes, etc. **Be very careful with the veggie/vegan cheeses many are not vegan and have casein in them they have ingredients like "pea protein" and "yeast extract" and others which are hidden names for "MSG" "Daiya Cheese" is pure canola oil which is detrimental to health. Do not encourage anyone to purchase store bought vegan cheese.**

Note: This information being given will be sufficient for proper healing.

Also, these classes will be thorough enough where someone can take it, go home and apply it without having to purchase anything. They will be able to go home and have enough information to be able to implement the whole program.

I am so confident that this program is so thorough, that when we are finished, you will be able to take this message and teach it to others. By the way, I am being self-trained as I teach you.

WHAT ELSE CAN CAUSE CHOLESTEROL?

- **Low Vitamin D**

- **Lack of Exercise**