Dr. Smith Live

Energy Medicine: The New Frontier

December 11, 2025

Topic: The cholesterol myth dispelled

- Is fat really bad for you?
- 9 Benefits of Cholesterol that your doctor won't tell you
- 6 Reasons why statin drugs will kill you

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Registration Link:
https://us06web.zoom.us/meeting/register/1ywhVPTlSWOrOvPNpwRLsg

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The cholesterol myth dispelled

If Fat Is So Bad For You, why does mother's milk provide a higher proportion of cholesterol than almost any other food. It also contains over 50% of its calories as fat, much of it saturated fat. Both cholesterol and saturated fat are essential for growth in babies and children, especially the development of the brain. Yet, the American Heart Association is recommending a low-cholesterol, low fat diet for children! A recent study linked low fat diets with failure to thrive in children.

The key scientific reasons why the human body needs dietary animal fats (especially from sources like meat, eggs, dairy, fish, and butter). These fats are not just "permissible" — they are biologically essential for optimal health.

1. Essential Fat-Soluble Vitamins (A, D, E, K2)

- True vitamin A (retinol), vitamin D3, vitamin K2, and the most bioavailable forms of vitamin E are found almost exclusively in animal fats.
- Plant sources contain precursors (beta-carotene → retinol conversion is poor, often <10% in many people; K1 → K2 conversion is also inefficient).
- Deficiency in these vitamins is linked to poor vision, weak bones, cardiovascular disease, immune dysfunction, and hormonal problems.

2. Saturated Fat Is Structurally Essential

- About 50% of cell membrane phospholipids are saturated fat. Myelin (nerve insulation) is ~80% fat, mostly saturated.
- Saturated fats (especially stearic acid in beef fat) increase HDL, improve LDL particle size (from small/dense → large/

buoyant), and do not promote heart disease when part of a whole-food diet (contrary to outdated low-fat dogma).

3. Cholesterol — Literally Required to Live

- There are over 60 different steroid hormones (testosterone, estrogen, progesterone, cortisol, DHEA) are all made from cholesterol.
- Cell membranes need cholesterol for fluidity and signaling.
- Brain is ~60% fat by dry weight and extremely cholesterol-rich; low cholesterol levels correlate with depression, aggression, and poor cognition.
- Dietary cholesterol down-regulates excessive internal synthesis; most people can eat eggs and shrimp with zero negative impact on blood lipids.

4. Arachidonic Acid and DHA

- ARA (omega-6 found in animal fats) is critical for brain function, immune response, and muscle growth. It is demonized because of seed-oil excess, but in its natural animal context it is essential and anti-inflammatory.
- DHA (from fatty fish and pastured animal fats) is the most important omega-3 for brain, retina, and sperm membranes. Conversion from plant ALA (alpha-linolenic acid) (flax, chia, olive oil) is <5% in men and only slightly higher in young women.

5. Conjugated Linoleic Acid (CLA) and Other Bioactive Lipids

- Found in **Ruminant fat is** fat that comes from **ruminant animals** —animals with a multi-chambered stomach that digest food through rumination (fermentation in the rumen, which is the first chamber of the stomach). Fat from (beef [talo], lamb [mutton fat], butter). Anti-cancer, anti-obesity, and muscle-building properties in hundreds of studies.

Note: Ruminant fat has a **distinct fatty-acid profile** because of the way microbes in the rumen transform fats. Compared to non-ruminant animal fats (like pork) or plant oils, ruminant fat:

- Has more **saturated fat**
- Contains **trans-vaccenic acid (VA)** — a natural trans fat
- Contains **conjugated linoleic acid (CLA)** — associated with some potential health benefits
- Has higher melting points, making it firmer at room temperature

6. Energy Density and Satiety

- Gram for gram, fat provides 9 kcal vs 4 kcal from carbs/protein.
- Triggers strong hormonal satiety signals (leptin sensitivity), preventing overeating far better than high-carb diets.

7. Ketone Production and Metabolic Flexibility

- Dietary animal fat is the cleanest, most efficient fuel for producing ketones when carbs are low — crucial for brain health, epilepsy treatment, cancer adjunct therapy, and longevity pathways.

8. Hormone Production and Fertility

- Populations that eliminate animal fat (extreme vegans) show higher rates of menstrual irregularities, low testosterone, amenorrhea, and reduced fertility.
- Fat (especially cholesterol and saturated fat) is the backbone of sex hormone synthesis.

9. Immune Function

- Butyric acid (high in butter) and other short/medium-chain fats feed colonocytes and regulate immune response in the gut.

- Vitamin A and D from animal fat are frontline immune modulators.

Bottom Line

You can survive on a diet with almost zero animal fat, but you will not thrive. Long-term exclusion of animal fats is associated with higher rates of depression, infertility, osteoporosis, autoimmune issues, and neurological degeneration — even when total calories and protein are adequate.

The healthiest populations studied (e.g., traditional Inuit, Maasai, Tokelau (indigenous Polynesian inhabitants of Tokelau, a small New Zealand territory in the South Pacific), Swiss Alpine villages, pre-industrial French) all consumed 50–80% of calories from animal fat and had virtually no modern chronic disease.

Animal fat is not a negotiable "macronutrient option" — it is a biological requirement for human beings.

6 Reasons why statin drugs will kill you:

Here are six well-documented adverse side effects of statin drugs (such as atorvastatin, simvastatin, rosuvastatin, etc.), supported by clinical studies, meta-analyses, and regulatory agency reports:

1. **Muscle pain and damage (myopathy and rhabdomyolysis)** The most common side effect. Up to 10–15% of patients report muscle pain (myalgia); in rare cases (≈1 in 10,000) it progresses to severe muscle breakdown (rhabdomyolysis), which can cause kidney failure. Higher risk with high doses or when combined with certain drugs (e.g., fibrates (Fibrates, also known as fibric acid derivatives, are a class of medications primarily used to treat dyslipidemia, particularly high levels of triglycerides in the blood, cyclosporine (is a powerful **immunosuppressant medication** derived from a

fungus. It is primarily used to prevent organ rejection after transplants and treats certain autoimmune conditions.

2. **Liver enzyme elevation (hepatotoxicity)** Statins can cause asymptomatic increases in liver transaminases (ALT/AST) in 0.5–3% of patients. Reversible upon discontinuation, but routine liver function monitoring is recommended. Frank hepatitis is very rare.
3. **New-onset type 2 diabetes** Large trials and meta-analyses show statins increase the risk of developing diabetes by approximately 9–12% (absolute risk increase ≈0.2–0.4% per year). The risk is dose-dependent and higher in people already at risk (prediabetes, metabolic syndrome: Metabolic syndrome (also known as insulin resistance syndrome or syndrome X) is a cluster of conditions that occur together, significantly increasing the risk of heart disease, type 2 diabetes, and stroke. It affects about 1 in 3 adults in the United States and is becoming more common worldwide, often linked to obesity and inactive lifestyles.

4. **Cognitive side effects (memory loss, confusion)**
   Symptoms are usually reversible when the statin is stopped. Some patients report "brain fog" that resolves when off the drug.
5. **Increased risk of cataracts** Multiple observational studies and some meta-analyses show a 20–30% higher risk of cataracts requiring surgery in statin users, possibly related to lens protein changes. Consistent enough that ophthalmology societies mention it.
6. **Potential congestive heart problems**
   Stain drugs lower the CoQ10 level which will weaken the heart.

Note: Gastrointestinal disturbances Nausea, diarrhea, constipation, abdominal pain, and flatulence occur in 2–5% of patients,

especially early in treatment. Usually mild and often resolved with discontinued use or dose adjustment.

The take-away message is :Just say no to drugs!