

FOOD AND MODERN DISEASE

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**“The diet-heart hypothesis -
the greatest scientific deception of this
century”, *George Mann, MD***

- Proposed in 1953
- Billions spent on research
- Millions of people are employed by it
- Huge political and commercial machine built on it
- Food industry makes billions on it
- Pharmaceutical industry makes billions on it

yet

The hypothesis has been proven wrong!

Heart disease & cancer statistics are getting worse!

What did the science show?

- Dietary cholesterol and animal fats have nothing to do with heart disease
- Low blood cholesterol is dangerous
- People who eat the most fat & cholesterol have the lowest incidence of all disease
- High blood cholesterol does not cause heart disease or atherosclerosis
- People with higher cholesterol live the longest and the healthiest lives

Cholesterol in the body

- Vital part of every cell membrane
- From cholesterol adrenal hormones are made
- From cholesterol sex hormones are made
- From cholesterol myelin is made
- Essential for memory & learning
- From cholesterol vitamin D is made
- Essential for immunity
- From cholesterol bile salt are made
- The most important healing agent together with fats

People with high cholesterol live longer

Older people need more cholesterol

Only 15% of blood cholesterol comes from food, 85% is produced by the body (approximate).

One cannot reduce blood cholesterol by low fat/low cholesterol diet.

Drugs, such as statins, impair production of cholesterol in the body and hence reduce blood cholesterol.

Saturated fatty acids

- Preferred source of energy for heart muscle
- Lower Lp(a)
- Reduce Ca deposition in the arteries
- Essential for all tissue repair in the body
- Vital part of every cell membrane
- Essential for utilising omega-3 and 6 fats
- Essential for immune system structure and function
- Essential for the brain structure and function

Animal fats are not all saturated !

- **PORK FAT:** 45% *monounsaturated*,
11% *polyunsaturated*, 44% *saturated*
- **LAMB FAT:** 38% *monounsaturated*,
2% *polyunsaturated*, 58% *saturated*
- **BEEF FAT:** 47% *monounsaturated*,
4% *polyunsaturated*, 49% *saturated*
- **BUTTER:** 30% *monounsaturated*,
4% *polyunsaturated*, 52% *saturated*
- **HUMAN BREAST MILK:** 48% *saturated*,
33% *monounsaturated*, 16% *polyunsaturated*

Vegetable oils & margarines

- Vigorously promoted as “healthy”
- Full of trans fats and other harmful fats
- Cause cancer, diabetes, neurological damage & immune problems
- Cause atherosclerosis & heart disease
- Cause infertility
- Interfere with pregnancy
- Dangerous for foetus and baby
- Accelerate ageing
- Cause cancer

Perpetual inflammation is the basis of modern disease

- Consumption of processed carbohydrates lead to permanent glucose overload
- Glucose overload leads to overproduction of insulin
- Overproduction of insulin leads to insulin resistance
- Too much insulin leads to permanent inflammation
- Perpetual inflammation is the cause of cancer, heart disease and other modern disease

The real causes of modern disease epidemics

1. Processed carbohydrates

2. Anything that injures the body:

- **Man-made chemicals:**

Personal care products

Laundry/dishwasher

Domestic cleaning

Re-decoration, building

Pharmaceuticals

Smoking

Industrial pollution

Agricultural chemicals

Tap water (chlorine, fluoride,
other chemicals)

- **Processed foods**

- **Microbes** (*Chlamydia pneumoniae*, *H. pylori*, *Cytomegalovirus*, *Herpes virus*, *Bacteroides gingivalis*, etc)

- **Abnormal gut flora**

- **Nutritional deficiencies**
(homocystein, Lp(a), etc)

- **Lack of sun exposure leading to vitamin D deficiency**

- **Other** (radiation, electromagnetic pollution, stress, sedentary lifestyle, etc)

Avoid processed carbohydrates

- Sugar
- Breakfast cereals
- Breads, pastries, pasta, biscuits, cookies, etc
- Soft drinks
- Crisps, popcorn, commercial snacks
- Ready meals
- Condiments
- Sweets, chocolates, fruit preserves
- Etc.....

Eat unprocessed organic foods

- Grass fed meats cooked from fresh or frozen
- Wild fish cooked from fresh or frozen
- Organ meats and bone broth
- Pastured organic eggs
- Fresh organic local vegetables & fruit
- Unprocessed nuts and seeds
- Fermented organic dairy and raw milk
- Honey and dried fruit
- Whole organic grains in moderation
- Sourdough bread
- Organic beans and pulses, properly prepared

Natural fats

- All animal fats - best fats for cooking
- Butter and ghee
- Coconut oil and palm oil
- Cold pressed virgin olive oil
- Other cold pressed plant oils (flax, avocado, walnut, borage, hemp, etc), not for cooking!
- Deficiencies in fat soluble vitamins: A, D, E & K are a major cause of modern disease

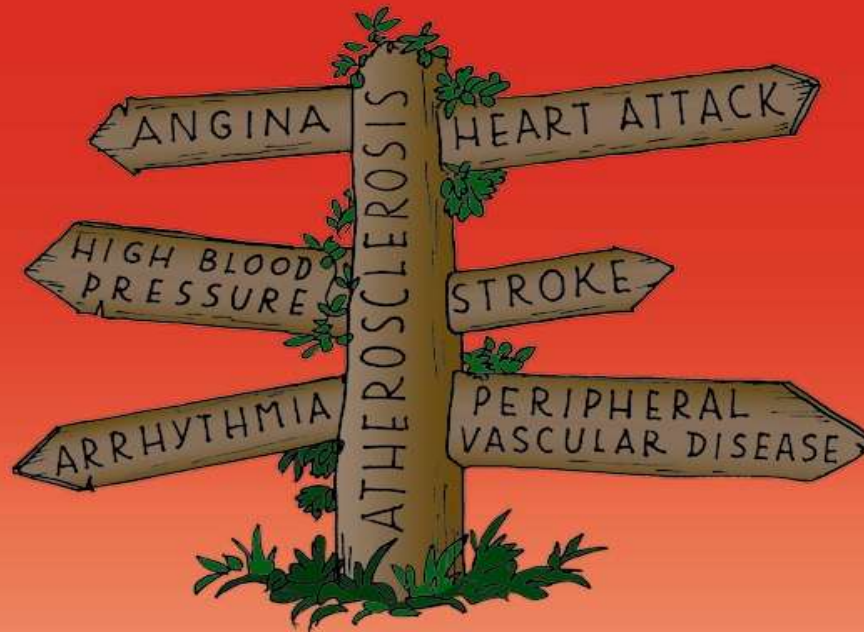
Avoid all margarines, butter replacements, vegetable oils, cooking oils and other processed fats!

Prevent and remove disease naturally !

- 1. Stop eating processed foods!**
- 2. Stop polluting your body!**
- 3. Follow a natural lifestyle!**

Put Your Heart in Your Mouth

Natural treatment for



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