

PREVIEW 2_ Dr. Cate Shanahan –

Is Eating Fat Really Killing Us_ (Presentation Vail 2016)

Ancel Keys is the father of the so called Diet Heart hypothesis.

He started this whole conversation about fats supposedly killing us, giving us heart attacks.

And who is he?

He's not a doctor, he's not even a physiologist.

He is an ill physiologist.

And somehow he got involved in all this.

He got involved in all this

like after something like making K-rations and putting chewing gum in the military--

The K-rations which is what the military got fed in World War II...

He named them K after himself, not much of an ego there.

So, his career was driven I think by that ego a little bit,

because he really wanted to prove that he had the answer to heart disease.

And he used things like statistics, which we all know how reliable those are.

He actually fudged the statistics

and I think there are probably other people being talked about that,

the Seven Country study and all this...

But the other thing that he did was he understood chemistry

better than the doctors he was talking to
and so he knew how to pull a little rabbit out of the hat, chemical wise.
So what you did was-- the articles that got him--
He actually had some published articles, it wasn't all just hype in statistics,
he did some experiments in the lab with animal feeding studies,
he fed mice saturated fat
and looked at their LDL levels in their arteries and stuff like this.
And the mice that got more saturated fat
had higher LDL levels than worst looking arteries
and so when he talked about this, he said saturated fat, saturated fat.
And the doctors he was talking to thought, "Okay, saturated fat butter."
But he didn't use butter in his experiments, he used margarine.
He used saturated fat that was hydrogenated vegetable oil
and so margarine actually isn't even saturated fat, it's really trans fat
and a lot of breakdown products of polyunsaturated fatty acids.
So he could pull the wool over the eyes of a generation,
now two, now three of doctors,
because we don't pay attention to the chemistry
that we are supposed to learn in order to get into medical school.