

PREVIEW_ Dr. Jonny Bowden - The Great Cholesterol Myth (SD 2016)

Dr. Bowden: We believed that cholesterol is absolutely associated with heart disease. The higher it goes up, the more the risk for heart disease. The lower it goes, the less the risk for heart disease. How many people have been taught that?

I had a guy that come up to me after a conference the other day who said, "My cholesterol is 125." I said, "I'd be really worried if I were you." So around 2010 researchers had a great idea... Forgive this incredible slow thing.

What if we took cholesterol out of the picture? Because actually really do you care what your cholesterol level is? You only care in terms of whether or not that gives you information about something you do care about, which is living longer and not having heart disease and being able to play with your kids.

What if we took that cholesterol out of the picture? Okay. And what if we just looked at how much saturated fat people eat and what really happens to them? Never mind what happens to these markers, to these blood tests.

Let's just see what happens to the thing we care about. So in 2010 they started doing what we call meta-analysis. They would pull all the data from many, many studies and see what it really shows us. And what happens?

When people ate a ton of saturated fat, what happens to their heart disease risk? Do they go up together, do they go down...? What happens? Saturated fat goes up, goes up, goes up... Oh, cardiovascular diseases doesn't budge!

The answer is no, forever no, it does not make a difference. There's subsequently been other studies. Here's the first one, 2010 meta-analysis, perspective cohort studies evaluating the association between saturated fats and cardiovascular diseases.

Let's see what it says... "There's no significant evidence for concluding that dietary saturated fat is associated with increased risk of cardiovascular disease..."