

## **PREVIEW 1\_ - Dr. Cate Shanahan –**

### **Is LDL Inherently Bad\_ (Presentation Vail 2016)**

The underlying theory that they have got in their heads  
is that LDL is inherently bad.

They say, "We all know now..." - we, now, all know--

"...that all LDL particles are atherogenic."

Not just big ones, not small ones and they are basing this on the idea  
that there is a disease called familial hyperlipidemia,

where people are genetically inclined to have elevated LDL levels  
and get heart attacks early

and they have big fluffy particles,

which for a while people were saying, "Big fluffy particles are fine.

It's only the little, small ones that are bad."

But they have these big fluffy particles mostly and they still have heart attacks.

So now we know, that proves it, that all LDL is bad.

LDL is something that we really shouldn't have any in our body,

but we do and actually all animals do and that means

that really all of nature is wrong.

Okay, I could buy that for one second.

So I think what makes more sense is that that idea is wrong.

Something else is going on here.