

PREVIEW_ Dave Feldman - Interview (Breckenridge 2017) 2

Dave Feldman: If you wanted to, you could look at an LDL particle, a low-density lipoprotein, as a cruise ship. Now if I were to talk to you about the cruise ship, forget we even talk about cholesterol, and I say, "What's the primary purpose of the cruise ship?" What would you say to this?

Dr. Eenfeldt: I guess is to bring passengers someplace in a comfortably way?

Dave Feldman: Yeah exactly, passengers are getting on and off the cruise ship all the time. You'd say that's their primary cargo, wouldn't you? So yeah, I would say triglycerides in this example would be the passengers. So what would you say the cholesterol would be in this example?

Dr. Eenfeldt: It's a good question... maybe it's the lifeboats, I don't know.

Dave Feldman: That's exactly right.

Dr. Eenfeldt: Because they are so prominent there.

Dave Feldman: It's exactly right, it's the life rafts. Because again thinking like an engineer... Remember the triglycerides are constantly getting loaded up and offloaded. Is the cholesterol constantly getting offloaded? Actually the cholesterol keeps mostly making its way back to the liver to have lots of different other fates, such as becoming hormones, bile salts, etc.

So from a systemic standpoint the whole engine that's running our lipids system, it anticipates that those are going to be there. Which is why I like to describe it as low-density lipoproteins have a big bag of energy, a small bag of medicine. They usually use the energy, they don't use the medicine.

And what you're talking about, yes, cholesterol ends up having a reparative role. Now I want to get into all the different ones, but I'm sure you probably have lots of articles on your site about it. They also have many other things that are contained within the low-density lipoprotein that help up the cells as well.

But without question you could put me on a panel to debate it with some other lipidologists and I'll win in a few minutes. Without question there's an energy distribution system first and every person on a low-carb high-fat diet should know that.