

PREVIEW_ Ken Berry - Interview 2 (LCC 2018) 2

Dr. Ken Berry: For the last 50 or 60 years we've all been operating under this paradigm that came from the research of a doctor who basically cherry picked a lot of his data and massaged a lot of his data to prove in his estimation that saturated fat and animal fat was bad for human beings.

That's actually another chapter in the book about saturated fat and how that myth got started or how that lie got started. But basically the human body needs saturated fat, good quality fats, because as we said earlier every cell membrane in your body has to have cholesterol to function properly.

Without it your cells won't function properly and that can lead to disease on a cellular level. In the same respect your brain and your nerves are made of fat. They have to have fat to function properly.

Without it you're going to have neurological disease. And so how can we tell somebody, how does it even make common sense to say, "Oh your brain and all your cell membranes are made of the components of saturated fat, but you shouldn't eat saturated fat because it's bad for you"?

Dr. Andreas Eenfeldt: Yeah, it's kind of strange. But the body can build its own saturated fat, right? So you don't necessarily have to eat it, do you?

Dr. Ken Berry: It can build fats, but it's much better to just eat good natural high quality saturated fat.

Dr. Andreas Eenfeldt: But isn't it, I mean I'm just playing the devil's advocate, but isn't it going to raise your cholesterol and that is going to give you heart disease?

Dr. Ken Berry: That's a great question. So total cholesterol we thought for decades was a marker of an increase risk in heart attack and stroke. And so that's why so many doctors told this lie to their patients. "Stop eating saturated fat or it will give you a heart attack."

Or "If you insist on eating saturated fat I'll have to give you this medication that will lower your cholesterol so that you won't have a heart attack or a stroke". Doctors really don't care what your total cholesterol is.

We cared about cholesterol because we thought erroneously that it was a marker for an increased risk of heart attack and stroke. And so now when you go back and you actually look at all the meaningful research that's been done saturated fat has nothing to do with your risk of heart attack and stroke.

And so even pretending that eating saturated fat or eating cholesterol is going to increase your risk of heart attack and stroke is silly. None of the research bears it out.