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Newsflash: It Isn't LDL Cholesterol and the nation's top medical journal says so...

The Journal of American College of Cardiology (2007;50(18):1735-1741, by Mudd, J., et al., published "Beyond Low-Density Lipoprotein Cholesterol — Defining the Role of Low-Density Lipoprotein Heterogeneity in Coronary Artery Disease," stating more discouraging conclusions in the medical profession's failure to prevent heart disease by lowering LDL Cholesterol. Here's is what the article stated:

- "[D]espite more aggressive interventions by lowering LDL-C levels, the majority of CAD (coronary artery disease) events go undeterred [not prevented]...
 - "Measurement of apolipoprotein (apo)B has been shown in nearly all studies to outperform LDL-C and non-HDL-C as a predictor of CAD events and as an index of residual CAD risk."
- This means that in spite of lowering your LDL cholesterol, you can still expect to die of a heart attack. What is apolipoprotein (apo)B? If you have read *The Hidden Story of Cancer* you will know that this complex structure comprises how the majority of cholesterol (in excess of 80%) is transported in the bloodstream.

(Textbook of Medical Physiology, p. 874, Courtesy W.B. Saunders)

It is the parent omega-6 that is tied to the cholesterol structure. This means that those adulterated cooking oils in the supermarket are the real problem and just lowering LDL cholesterol by stains is the wrong approach. The nation's leading cardiology publication states this but don't expect the popular health publications to. The solution is to get plenty of organic, unprocessed parent omega-6 back into your diet so the cholesterol combines with it instead of the heart-disease causing defective oil from your supermarket.

Order my new book *The 24-Hour Diet: The No-Denial Strategy of Fabulous Food to Make You Lean-for-Life* by calling 1-800-456-9941 or visiting:

www.24-hour-diet.com

If you have any questions or comments about this month's newsletter please e-mail the professor at: prof-nutrition@sbcglobal.net

This Month's Low-Carb Recipe: Cool as a Cucumber Poached Salmon

INGREDIENTS

1 cup water
1/8 tsp black pepper
1/2 tsp chicken bouillon
4 pink salmon fillets (apx 6 oz each-fresh or frozen & thawed)
1/2 sup peeled, seeded, and chopped cucumber
1/3 cup full fat, plain yogurt
2 Tbl sliced green onion
2 cups shredded lettuce
2 Tbl regular mayonnaise
1 tsp chopped cilantro
1 tsp Dijon mustard

PREPARATION

1. Combine bouillon, water and pepper in a large skillet. Bring mixture to a boil on high heat.
2. Carefully place salmon in skillet then return to a boil. Reduce to medium-low.
3. Cover and simmer for 8-10 minutes or until salmon flakes easily when tested with a fork. Remove salmon, cover, and refrigerate.
4. Combine yogurt, onion, cucumber, mayonnaise, cilantro, and mustard in a small bowl. Cover and refrigerate.
5. Place chilled salmon on lettuce-lined plates. Spoon sauce over salmon and serve.

Makes 4 servings.

Enjoy!