

# GAPS™ CLASS

*Heal Naturally*

A 12 MODULE COURSE ON THE GAPS™ PROTOCOL



## *Bonus Module 1:* Heart Disease Part 1

The Legal Redundancy

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This work is the result of my own time, and is a combination of my intellectual property along with the extensive work of Dr. Natasha Campbell-McBride. I share it with those who recognize the value and who are willing to compensate for that value. Please respect this.

Please note that much of this guide is based on my understanding and training as a Nutritional Therapy and GAPS Practitioner, as well as personal experience . I make every attempt to ensure accuracy of the content, I take no responsibility for errors or omissions.

You should use this information as you see fit, and at your own risk.

Nothing in this guide is intended to replace common sense, legal or other medical advice, it is meant to inform the reader. Apply it to your own set of circumstances with care.

Any health recommendations are based on my experience as a GAPS Practitioner and of those I trust. Any recommendations are from sources that I would use for my own family or clients but I make no guarantees about the service or rates you will receive from these providers.

I think you will receive great value from this guide. Please email me at [melanie@honestbody.com](mailto:melanie@honestbody.com) with any errors or incorrect links so that I can update the materials.

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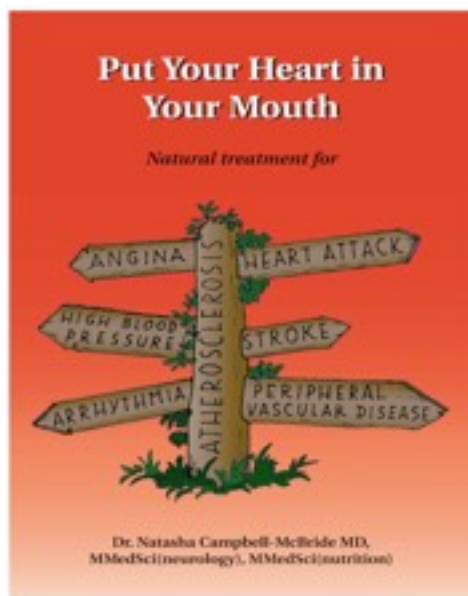


Welcome To The:

# Bonus Module 1

In this workbook we will be discussing:

1. The Diet/Heart Hypothesis
2. Cholesterol
3. Animal fats vs. vegetable oils



# THE DIET-HEART HYPOTHESIS

“The Diet-Heart Hypothesis - the greatest deception of mankind”.  
George Mann, eminent American physician and scientist.

Dr. NCM’s heart book explains the history of the hypothesis which was first proposed by Ancel Keys in 1953. Ancel Keys made a diagram of 6 countries, which had been selected from data from 22 available countries. The data presented showed a correlation of fat consumption and mortality from fat consumption...but when all 22 countries were accounted for, the correlation disappeared. Many erroneous studies followed, with data being selected to prove this hypothesis. Sadly, the majority of physicians receive training from the very pharmaceutical companies that profit from this erroneous research.

**Food industry profits from: vegetable oils and fats**  
**Drug industry profits from: drugs to “treat” heart disease**

“Never in human history has our physiology been exposed to such amounts of chemically altered vegetable oils as in these last few decades, thanks to the diet-heart hypothesis”.

- Proposed in 1953
- Billions spent on research
- Millions of people are employed by it
- Huge political and commercial machine built on it
- Food industry makes billions on it
- Pharmaceutical industry makes billions on it

**YET**

**The hypothesis has been proven wrong!**  
**And heart disease statistics are not getting better.**

# WHAT DOES THE SCIENCE SHOW?

- Dietary cholesterol & animal fats have nothing to do with heart disease
- Low blood cholesterol is dangerous
- People who eat the most fat & cholesterol have the lowest incidence of heart disease
- High blood cholesterol does not cause heart disease or atherosclerosis
- People with higher cholesterol live the longest and healthiest lives

## THE RISKS OF LOW BLOOD CHOLESTEROL:

- Increases the risk of heart disease and stroke
- Is associated with cancer
- Associated with violence, aggression and suicide
- Associated with Parkinson's disease
- Associated with memory loss
- Associated with poor immunity
- Learning disabilities in children and adults
- Associated with early death

# CHOLESTEROL IN THE BODY

- Vital for every cell membrane
- Adrenal hormones are made from cholesterol
- Sex hormones are made from cholesterol
- Myelin is made from cholesterol
- Cholesterol is essential for memory & learning
- Vitamin D is made from cholesterol
- Cholesterol is essential for immunity
- Bile salt is made from cholesterol

**People with high cholesterol live longer.  
Older people need more cholesterol.**

When the body starts healing, the blood cholesterol always goes up, because no healing can happen without involvement of cholesterol and saturated fats. Your liver produces these healing substances and releases them into your bloodstream, so the blood can take them to the sight of damage.

When you start the GAPS Nutritional Protocol the body starts healing in earnest, so your blood cholesterol may go up. Consider this a good news! Do not allow anyone to make you worried about it. Just trust your body: when the healing is completed, your level of blood cholesterol will go down naturally.

People, who should be worried are those who cannot produce enough cholesterol, so their blood level of cholesterol is always low. This means that your liver is not in a fit state to provide your body with necessary amounts of cholesterol, so it is essential for you to eat cholesterol-rich foods every day to give your body a hand.

## FOODS RICH IN CHOLESTEROL

1. Caviar	588mg per 100g
2. Cod liver oil	570mg per 100g
3. Fresh egg yolk	424mg per 100g
4. Butter	218mg per 100g
5. Cold water fish/shellfish	81mg - 173mg per 100g
6. Lard	94mg per 100g

### 3 CHOLESTEROL TRUTHS

- 1. Only about 15% of blood cholesterol comes from food, approximately 85% is produced by the body.**
- 2. You cannot reduce blood cholesterol by a low fat/ low cholesterol diet.**
- 3. Drugs, such as statins, impair production of cholesterol in the body and hence reduce blood cholesterol.**



# SATURATED FATTY ACIDS

## BENEFITS

- Preferred source of energy for the heart
- Lower Lp(a)
- Reduce Ca (calcium) deposits in the arteries
- Essential for all tissue repair in the body
- Vital part of EVERY cell membrane
- Essential for utilizing omega-3 and omega-6 fats
- Essential for the immune system structure/function
- Essential for the brain structure/function

When we hear about cholesterol, we usually hear about saturated fats at the same time. They, too, have been pronounced “evil” by our mainstream media and the population is advised not to consume them. Where did that idea come from?

Natural saturated fats don't bring in corporate profits. So they are in competition with the vegetable oils and margarines and other processed fats that bring in large profits to the food industry.

And it is the food industry that thus has the funds to advertise their “science” to the public.

For more info, please read pages 78 - 80 in the book *Put Your Heart In Your Mouth*.

# ANIMAL FATS ARE NOT ALL SATURATED

## Pork Fat

- 45% monounsaturated
- 11% polyunsaturated
- 44% saturated

## Lamb Fat

- 38% monounsaturated
- 2% polyunsaturated
- 58% saturated

## Beef Fat

- 47% monounsaturated
- 4% polyunsaturated
- 49% saturated

## Butter

- 30% monounsaturated
- 4% polyunsaturated
- 52% saturated

## Human Breast Milk

- 33% monounsaturated
- 16% polyunsaturated
- 48% saturated

Animal fats contain a variety of fatty acids, not just saturated. We need all of these natural fats, the majority being saturated and monounsaturated. Our babies thrive on our high saturated fat breastmilk, and so do we. **Dietary fats go into the structure of our brain, bones, muscles, immune system...every cell in our body.** Make them the best quality!

## VEGETABLE OILS & MARGARINES

- Vigorously promoted as “heart-healthy”
- Full of trans fats and other harmful fats
- Cause cancer, diabetes, neurological damage & immune problems
- Cause atherosclerosis & heart DISEASE
- Cause infertility
- Interfere with pregnancy
- Dangerous for fetus and baby
- Accelerate aging

Remember all those cell membranes that need to be made with saturated fats and cholesterol? The cell membranes of our immune cells, our brain & nerve cells, the cells that line our arteries, our hormones, our skin cells, EVERY cell that makes up US, needs to have high quality fats and cholesterol...not rancid vegetable oils and margarine.

So. Put Your Heart In Your Mouth :)

# Put Your Heart in Your Mouth

*Natural treatment for*



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