

‘NUTRITIONAL TIPS’

THE CHOLESTEROL MYTH

Remember, money is power. How big is the ‘Food & Drug Industry’? How much leverage is applied to politicians to abide by the dictates of the huge pharmaceutical industry? You can answer those questions for yourself, I am sure!

We just saw a presiding government sell out the health and welfare of tens of millions of good Americans to the drug industry, to special interests. They not only precluded the importation of US manufactured drugs from its ‘Free Trade Partner Canada’, which broke a deal and the law, they also put in not so subtle protections to the already tight stranglehold of the drug industry on medical care. The HMO’s got the good end of the stick as well. People got the bad end! We should all be reviled by this ongoing wrong.

How far do you think hundreds of billions of dollars, including forgiven loans and other loans paid by the U.S. taxpayer towards military business, the biggest business in the history of mankind (ref, Halliburton and Vice President Cheney), might go towards essential programmes right here at home? That and real American job security should be the true focus of ‘Election 2004’. Smoke screening works!

Cholesterol is not bad for your health. It is essential! There are reams and books full of facts in this regard. The ‘Cholesterol Myth’ is marketing falsehood. Billions of dollars are made by food and drug manufacturers as a result of their influenced studies that deliberately produce purposefully false information.

Eggs are rich in folate or folic acid, Vitamin B-12, and are a good source of monounsaturated fatty acids as well as polyunsaturated acids such as omega-3 and omega-6. The egg yolk portion is also a good source of the antioxidant lutein. Eggs are nutritious! Thousands of years of track nutritional record is supposed to be rewritten and negated by a few pages of contrived self-serving scientific ‘FDA’ backed verbiage? Amazing isn’t it!

Current feeding practices has reduced egg cholesterol levels in eggs from about 250 grams in the early 1990’s to about 180 to 190 grams today. Enjoy moderate egg intake!

**“Welcome Aboard!”
“Enjoy The Ride!”**

PERFORMANCE EXCELLENCE

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