

Re: Cholester Reading over 400

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-03/0752.html>

From: Andrew B. Chung, MD/PhD (*nospam6_at_heartmdphd.com*)

Date: 03/18/05

Date: 17 Mar 2005 21:32:31 -0800

Jeff wrote:

> "Andrew B. Chung, MD/PhD" <nospam6@heartmdphd.com> wrote in message
> news:1111104933.889334.8620@z14g2000cwz.googlegroups.com...

>>

>> Jeff wrote:

>>> "Andrew B. Chung, MD/PhD" <nospam6@heartmdphd.com> wrote in
message

>>> news:1111101811.992315.212490@z14g2000cwz.googlegroups.com...

>>>> Jeff wrote:

>>>>> "Andrew B. Chung, MD/PhD" <nospam6@heartmdphd.com> wrote in
>>> message

>>>>> news:1111049348.068026.275700@z14g2000cwz.googlegroups.com...

>>>>>> Her Subj. wrote:

>>>>>>> Hi everyone,

>>>>>>>

>>>>>>> I am very concerned about my father who just went to his
>> physician

>>>>>>> and

>>>>>>> came back with a cholesterol reading of 477. He doesn't
>> exercise

>>>>>>> much

>>>>>>> but eats three square meals a day and hardly snacks. His
>> breakfast

>>>>>>> consists of about two cups of oatmeal with soymilk, and
lunch

>> and

>>>>>>> dinner are identical: he eats healthy food, but he eats
enough

>> per

>>>>>>> lunch and dinner to account for two servings.

>>>>>>>

>>>>>>> Other than taking meds, what can he do to lower his
>> cholesterol?

>>>>>>>

>>>>>>> By eating less. Would sugges he ask his doctor about
>> supervising

>>>>>>> him

> >> >> > *on the 2PD-OMER Approach:*
> >> >>
> >> >> *The 2PD-OMER diet (it is a diet, regardless of what Chung says)*
> >> >
> >> > *In truth, the 2PD-OMER Approach is not a diet regardless of what*
> > *Utz*
> >> > *says.*
> >> > *Simply check out the definition of "diet" from the online*
Websters
> > *at*
> >> > <http://www.m-w.com> *and note that no instructions are given about*
> > **what**
> >> > *to eat.*
> >>
> >> *Chung and I must be reading different pages, because the*
definition
> > *of diet*
> >> *doesn't say anything about any instructions. And the part that*
says
> > *"the*
> >> *kind and amount of food prescribed for a person or animal for a*
> > *special*
> >> *reason" says "amount." What Chung is advising is a diet.*
> >
> > *You would be correct if the definition of diet were "the kind *or**
> > *amount of food prescribed" but instead the definition is "the kind*
> > **and* amount of food prescribed."*
>
> *The kind of food is anything you want.*

No. The kind of food does not matter.

> *So it is specified.*

In truth, **no** kind of food is specified.

Folks can review the 2PD-OMER Approach for themselves if they are interested in the truth:

<http://www.heartmdphd.com/wtloss.asp>

The truth is simple:

<http://makeashorterlink.com/?P2264129A>

The way to the truth is straight and narrow:

<http://makeashorterlink.com/?A2642108A>

You will remain in my prayers, dear Jeff, whom I love, in Lord Christ's holy name.

May you reject your pride and accept Him as your personal Lord and Savior, someday, so that you too will have eternal life and the fascinating riches of His everlasting kingdom.

Here's how:

<http://makeashorterlink.com/?I22222129>

Please note that God truly made this special link describing that He is the great "I am" and that His message is as simple as the number 2 which is a number between 1 to 9 and reminds us of His 2 commandments, the 2 arms of the cross, the 2nd part of the Trinity, the 2 finger sign of the Prince of Peace [who remains *V*ictorious over death and satan], and the 2PD Approach. Let it not ever be written that Christ did not make His presence known here on Usenet :-)

Also, note that Exodus 16:16 continues to remind us that 16 oz plus 16 oz makes 2 pounds, which is "a certain measure of weight," which is what "omer" literally means in Hebrew.

Again, here is the 2PD-OMER Approach:

<http://www.heartmdphd.com/wtloss.asp>

At His service,

Andrew

--

Andrew B. Chung, MD/PhD
Board-Certified Cardiologist

**

Suggested Reading:

- (1) <http://makeashorterlink.com/?L26062048>
- (2) <http://makeashorterlink.com/?O2F325D1A>
- (3) <http://makeashorterlink.com/?X1C62661A>
- (4) <http://makeashorterlink.com/?U1E13130A>
- (5) <http://makeashorterlink.com/?K6F72510A>
- (6) <http://makeashorterlink.com/?I24E5151A>
- (7) <http://makeashorterlink.com/?I22222129>