

Re: Is butter really bad for you?

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- *From:* "Davide" <davideb_music@xxxxxxxx>
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David R. Throop ha scritto:

In article <1146967757.109090.107570@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>, Davide <davideb_music@xxxxxxxx> wrote:

But, I would like to know how Atkins/Bernstein/Eades supporters would explain this: *Angiology*. 2000; 51(10):817-26.

People following high fat diets had a very dangerous 40% reduction of coronary blood flow. On the other hand those consuming less animal foods and more plant foods increased their coronary blood flow and literally cleaned their clogged arteries

Davide,

I could perhaps hazard a critique if you told us more. *Angiology's* online archives only go back to 2004. <http://ang.sagepub.com/>

Want to give us a title, author and abstract?

My first questions in this study are going to be:

* How much and what kind of starch were they eating? I'm pretty convinced that the combination of high blood glucose and high fat will plug your arteries. Something has to go. Cutting fat is one strategy, as long as your pancreas is in good shape. Cutting starch can also work.

* How much MUFA were they getting? What kind of PUFA? What did their omega-3 / 6 profiles look like?

Hey, I admit that fat is horrible for you. It's just that carbohydrate is even worse. :-)

I agree with you, I think that keeping your arteries healthy has lot to

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do with keeping your BGs under control. But what I'm really interested in is the adverse effect of the low carb diet: 40% reduction in coronary blood flow and worsening of arteries blockage

Fleming RM.

The effect of high-protein diets on coronary blood flow *Angiology*. 2000; 51(10):817-26.

It's just a small study with small subject but this doesn't explain the decrease in coronary blood flow in the low carb group

I tend to agree more with the explanation as to why the thousands of studies showing a correlation between cholesterol and diseases are flawed.

It has been claimed that cholesterol accumulates to protect the arteries from damage when they're already weakened so they would find cholesterol plaques and higher serum cholesterol levels in people with heart disease but the correlation would