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The WDDTY weekly letter

*from  
Bryan and Lynne*

12th January 2025

Dear Rebecca,

It's most odd. Despite swallowing billions of cholesterol-lowering statins for the past 40 years, and eating a low-fat diet, we are still more likely to die from heart disease than any other illness, including cancer. It's not so odd, of course, if you recognise that the fats/heart disease theory is false—the approach doesn't work because it couldn't. And it's even less odd when you look at the billions of dollars that Big Pharma and Big Food have made from the false theory.

It took a High Court judge to point out the obvious last year. Justice Nicklin had been tasked to read reams of research in order to adjudicate on a libel charge levelled by Drs Malcolm Kendrick and Zoe Harcombe against Associated Newspapers, which publishes the Mail on Sunday. In an article that appeared in the newspaper in March 2019, the two doctors had been described as 'statin deniers' who knowingly spread falsehoods about the drugs for personal gain, endangering the lives of millions.

Justice Nicklin felt the doctors were right to question the orthodoxy. He read all the evidence and found the fats/heart disease theory wanting. From that, the whole edifice starts to crumble. Fats don't cause a buildup of 'bad' LDL (low-density lipoprotein) fats in our arteries, and so, as a result, eating a low-fat diet is dubious and taking statins that promote 'good' HDL (high-density lipoprotein) cholesterol is questionable.

As WDDTY researchers discovered many years ago, LDL isn't the bad guy—it's a healing agent that repairs damage to artery walls caused by inflammation. Stress and inflammation are the key drivers of CVD (cardiovascular disease), and not dietary fats.

Things got odder still this week with the publication of a study that discovered that 'good' HDL isn't so good after all and can contribute to CVD. A central part of the theory was the belief that only 'bad' LDL cholesterol causes heart disease by building up around artery walls.

But scientists from Houston Methodist Research Institute have discovered that both types of cholesterol have two forms—'free' and 'bound'. The free type could be the real culprit, whether it's from LDL or HDL cholesterol (Journal of Lipid Research, 2025; 66: 100707; doi:10.1016/j.jlr.2024.1007070).

In a research study, the scientists discovered that HDL with high amounts of free cholesterol is 'dysfunctional', because it accumulates in white blood cells known as macrophages, and it's this that can cause CVD.

Yes, the researchers still held to part of the cholesterol dogma, but they did at least add nuance to the debate. As they concluded, there's no such thing as 'good' and 'bad' cholesterol, but only the amount of 'free' cholesterol in either of them.

It could be the start of a new way to see and treat heart disease, the researchers hope. New diagnostics and treatments need to be developed, and the emphasis needs to shift to HDL-lowering therapies and away from just reducing LDL levels with statins. If anyone is paying attention (which we doubt), it signals the beginning of the end for statins and low-fat foods.

But we don't recommend the research team holds its breath. There are so many vested interests in a false theory that we are confident the Houston study will be ignored and assigned to the trashcan of uncelebrated truths. When there's money to be made, who cares that nine million people are needlessly dying from heart disease every year?

Stay safe and sane.

Handwritten signatures of Lynne McTaggart and Bryan Hubbard in blue ink.

Lynne McTaggart & Bryan Hubbard  
Editors

