

# Editorial

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## **Conventional Nutritional “Experts” Finally Take the Crowns off Their Heads**

For years registered dietitians, medical doctors, and other conventionally-oriented health care providers have been touting the advantages of margarine over butter for the prevention of cardiovascular disease. Americans have been flooded with television commercials with the same message – from crowns magically appearing on the heads of margarine-eaters to a housewife lovingly confiding that her husband is recovering from a recent heart attack so she has just switched from butter to margarine, the brainwashing has proceeded. This has all been based on the common misconception that heart disease is caused by cholesterol and that if a product has no cholesterol in it, it must not cause heart disease. This concept may seem absurd to those educated in nutritional medicine, but has been the party-line spouted by conventional medicine for the past 30 years – until last week.

In the November 20th issue of the *New England Journal of Medicine*, an article was published entitled, “Dietary Fat Intake and the Risk of Coronary Heart Disease in Women.” The researchers had just discovered that hydrogenated fats posed more of a risk for heart disease than saturated fats. The story was immediately picked up by the wire services and appeared on the front pages of newspapers across the country. “Stick Margarine Spreads Bad Fat, Researchers Find.” The stories described the dangers of eating margarine and other hydrogenated sources of *trans* fatty acids, including peanut butter and fats hidden in packaged baked goods.

What a surprise! Nutritional researchers have reported this for years; health conscious practitioners have been telling their patients this for years; and people “in the know” have been eating butter, not margarine, for years. Following is a quote from an article by noted nutritional researcher, David Horrobin, from the Fall/Winter 1981 issue of the *Journal of Holistic Medicine* (and there is research dating back as far as 1956):

“Many people have unwisely increased their consumption of polyunsaturates by using cooking fats and oil and margarines containing substantial amount of *trans* polyunsaturates which are more harmful than helpful.”

I can just hear the collective sighs of frustration from those who have been saying these same things for years. Why is it that the mainstream media and conventional medicine pays no attention to information such as this until it is published somewhere like the *New England Journal of Medicine*, and, when the information does finally see the “conventional” light of day, it’s treated as a profound revelation?

In the realm of treatment for cardiovascular disease, chelation therapy has also been ignored by mainstream medicine, although it offers a promising alternative to bypass surgery or angioplasty. See Dr. Chappell’s article in this issue for a comprehensive review of chelation therapy (xxx-xxx). How long will it take for the *New England Journal* or a similar publication to announce chelation as a revolutionary new treatment for cardiovascular disease?

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