

## PREVIEW\_ Dave Feldman - Presentation (LCC 2018) 1

**Dr. Dave Feldman:** Let me tell you a little secret. You've probably heard a lot about carbs, protein and fat and I'm willing to bet you've heard plenty about how carbs and protein can ultimately turn into glucose and you've heard plenty about how fat can turn into ketones.

And I'm here to tell you that you're not hearing enough about what I'm telling you about which is that you have another way by which energy is getting used by your cells. It's this whole other world of direct delivery of fatty acids to your cells via these different pathways.

And the most predominant pathway is the one we see with the boats on it, it's through triglycerides. Triglycerides are three long chain fatty acids esterified to a glycerol backbone, you don't need to remember that. You do need to remember that it's energy and you're being powered by it right now.

So what does this have to do with cholesterol? My answer is - almost everything. Let's go ahead and return to our analogy. Our President now says, "Okay, these boats are fantastic for delivering energy, "but the flood also wiped out all of our emergency services.

Do you think maybe there is a way you could solve that too?" And the engineer says, "You know what? We do." These VLDLs which are the most present boats that we'll have at any given time, we'll go ahead and outfit it with the care package.

And granted, its first job is still the important job of delivering energy, is its first job... delivering energy. But it will now have a second job, a second job of being support. I want you to bear that in mind because that care package is cholesterol and cholesterol is needed by every single cell in your body, every single one.

Your cells need to have that availability which is why they can both synthesize it and if they can't synthesize it, they can pick them up from the LDL particles.