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Inside Track

Study Shows High Cholesterol May Help You Live LONGER



LauriPatterson/GettyImagesPlus

A new analysis is turning diet doctrine on its head. As *American Thinker's* Thomas Lifson reported October 25, "High cholesterol, particularly LDL cholesterol, has been demonized for allegedly bringing on heart attack deaths. But an intriguing analysis of data published at Medium.com September 26 seems to show that total mortality risk is reduced by high cholesterol levels, even LDL cholesterol."

The point Medium.com's P.D. Mangan makes is that even if lower cholesterol is associated with reduced heart-disease incidence, this is more than offset by an increase in low-cholesterol-associated health risks.

As Mangan puts it, from "a public health standpoint, it seems a mistake to focus on changing something that lowers the risk of death from one cause only to raise that risk from another."

Mangan provides three charts illustrating the data. He also lists a number of possible reasons for the findings:

Cholesterol may protect against infections and atherosclerosis.

Cholesterol may protect against cancer.

A strong association was found between low cholesterol and violence. Odds ratio of violence for cholesterol of <180 mg/dl was 15.49.

Several studies have found an association between low cholesterol and suicide. For instance, one study found that those in the lowest quartile (fourth) of cholesterol concentration had more than six times the risk of suicide as those in the highest quartile.

"People feasting on bacon and eggs or Kobe beef are unlikely to kill themselves or anyone else, all right," Lifson concludes, because they're busy napping.

Joking aside, Lifson makes the point that coming "on top of the news that eggs are good for you, and so is butter, while the trans fats in margarine make it unhealthy, this suggests that nutrition experts cannot be trusted, for they don't know nearly as much as they pretend to know — with implications not



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just for global warming, but for the populist movement in general, rebelling against the educated professional and academic classes” that control advanced economies.

By Selwyn Duke

France Could Be Five Years From Immigration-caused Anarchy



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With France dodging another bullet and intelligence agencies foiling a 9/11-style plot, French Interior Minister Christophe Castaner admits that “60 attacks have been foiled since 2013 and every week people are arrested.” It’s yet another reminder why his predecessor warned that within five years France could face an “irreversible” situation that leads to the country’s break-up.

While Castaner won’t and doesn’t say it, *Jihad Watch* pointed out October 21 that “there is no doubt” these “foiled attacks are by jihadis.” Yet what Castaner did admit brings to mind a warning by his predecessor, Gérard Collomb, now mayor of Lyon. As Collomb stated in an interview last year, “It’s very worrying. What I read every morning in notes from the police reflects a very pessimistic situation. The relations between people are very hard, people don’t want to live together.... Communities in France are engaging in conflict with one another more and more and it’s becoming very violent.... I don’t want to create fear, but I think there’s very little time left.... It’s difficult to estimate, but I would say that within five years the situation could become irreversible. Yes, we have five, six years to avoid the worst. Afterwards...”

The issue is that Muslims now constitute approximately nine percent of France’s population, are generally of immigrant origin, and often don’t assimilate well. In fact, they’re sometimes concentrated in areas known informally as “no-go zones,” places where civil law has broken down and, to an extent, has been supplanted by sharia law.

Collomb also predicted that a French civil war could occur in the near future, and author Christian de Moliner actually proposed in 2017 what Collomb fears in order to avoid one: “dividing” France by creating a sharia-oriented state within it, where Muslims who so choose could live by the Koran.

“We can never put the toothpaste back in the tube and convert the 30 percent of Muslims who demand



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the introduction of sharia to ... our democracy," de Moliner said. "We will never be able to eradicate radical Islamism."

By Selwyn Duke

Latino-owned Businesses Prospering Under Trump Economic Policies



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Several recent news reports have noted that Latino-owned small businesses have been thriving under the economic policies implemented by the Trump administration. The source for these articles was an October 14 report compiled by Biz2Credit, which periodically publishes research studies.

Biz2Credit's recent report noted that the average revenue of Latino-owned businesses improved 46.5 percent in 2019, increasing to \$479,413 from \$327,189 in 2018. Furthermore, the number of credit applications from Latino-owned businesses increased by 23 percent over the past 12 months.

The report quoted Rohit Arora, CEO of Biz2Credit, who oversaw the research.

"Latino-owned businesses have grown 31.6% since 2012, and our research finds that revenues of Latino-owned companies jumped 23% from 2017-18," said Arora, "Latino businesses are thriving and expanding, and they help contribute to the overall strength of the U.S. economy."

Also quoted in the report was Manuel Chinaea, COO of Popular Bank. "The growth of Latino businesses is undeniable and will undoubtedly increase as this important group becomes a larger section of the population," said Chinaea. "By 2050, Latinos are expected to comprise almost 30 percent of the population, compared to 18 percent today."

An article in the *New York Post* on October 19 cited Biz2Credit's study and also quoted Kenia Castillo, a Dominican native with a bachelor's degree in accounting who operates a restaurant in the Inwood neighborhood of Manhattan.

"This is the American Dream for us," Castillo told the *Post*. "We keep getting busier and are now looking at expansion." She added, "Yes, conditions are certainly better for our community than a generation or so ago."



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Labor Department statistics indicate that the less-than-five-percent unemployment rate among Hispanics is now the lowest ever recorded. In stark contrast, this level of unemployment is less than half the unemployment rate for Hispanics during Obama's second term.

By Warren Mass

San Francisco Blacklists 22 States Over Pro-life Laws



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The city of San Francisco is forbidding city employees from making work-related trips to 22 states that have passed measures protecting the unborn — or as the city refers to them, “restrictive abortion laws.”

In a joint statement, Mayor London Breed and Vallie Brown, a member of San Francisco's Board of Supervisors, announced that the city would no longer conduct business with the states because of their “severe anti-choice” policies.

“Every day in this country, women's reproductive rights are threatened, and we have to fight back,” declared Breed on October 16. “Just as we restricted spending with states that have laws that discriminate against LGBTQ people, we are standing up against states that put women's health at risk and that are actively working to limit reproductive freedoms.”

Brown claimed that “by restricting travel to states with restrictive abortion laws and that limit access to reproductive health, we are showing our commitment to women, trans men, and nonbinary people in San Francisco and across the country.”

The states on the city's latest ban, which will go into effect January 1, 2020, are Alabama, Arkansas, Florida, Georgia, Indiana, Iowa, Kansas, Kentucky, Louisiana, Massachusetts, Mississippi, Nebraska, Nevada, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, South Dakota, Texas, West Virginia, and Wisconsin.

Nine of those states had already been blacklisted by San Francisco for their policies and laws that supposedly discriminate against LGBTQ individuals. Those states are Alabama, Iowa, Kansas, Kentucky, Mississippi, Oklahoma, South Carolina, South Dakota, and Texas.

Each of the states on the latest ban list has outlawed abortion at between 13 and 24 weeks of a woman's pregnancy, while five have attempted to block abortions at six weeks.



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In response to the ban, Nebraska Governor Pete Ricketts tweeted that “Nebraska is a proudly #prolife state, and this demonstrates shocking intolerance by coastal elites that is divisive to our nation.”

By Dave Bohon



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