



THE ANIRUDH CODE

MBBS · MD BIOCHEMISTRY · METABOLIC ARCHITECT

THE 70-YEAR LIE

*The truth about fat, sugar & your
heart — and what actually breaks it.*

Dr Anirudh M Vaddineni

The truths the food industry paid to hide.

A THE ANIRUDH CODE GUIDE

www.theanirudhcode.com



A NOTE FROM DR ANIRUDH

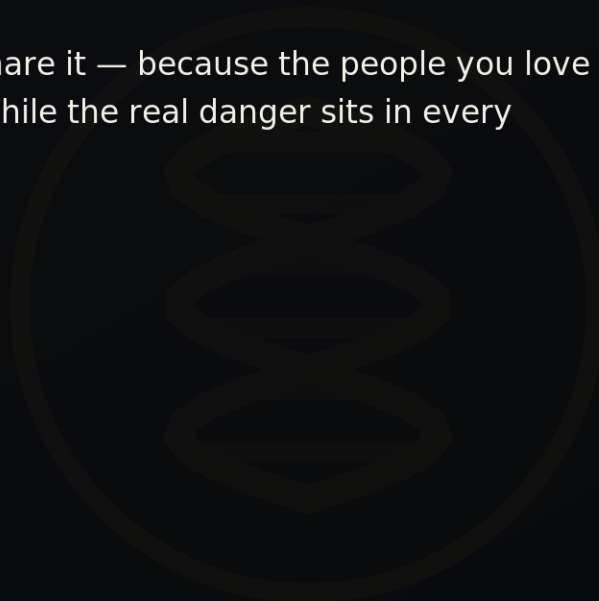
This will make you angry. Then free.

What you are about to read will make you angry — and then it will set you free.

For 70 years, humanity was taught to fear the wrong villain. Billions of people changed how they ate based on advice that was never good science. I wrote this so you would have the whole story, with the receipts, in one place.

Read it slowly. Then share it — because the people you love are still afraid of an egg, while the real danger sits in every packet on the shelf.

— *Dr Anirudh*





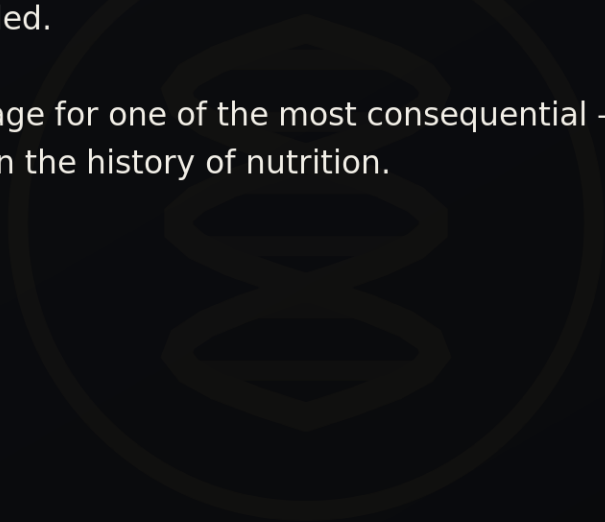
CHAPTER ONE

How Heart Disease Found a Scapegoat

The story starts in the 1950s. As heart attacks rose across the industrialised West, one scientist — Ancel Keys — proposed the diet-heart hypothesis: that saturated fat raises cholesterol, which clogs arteries. His famous Seven Countries Study appeared to prove it.

But there was a problem few talk about. The data was selective — countries that did not fit the theory were left out, and correlation was sold as cause. A hypothesis became a dogma long before it was ever settled.

That dogma set the stage for one of the most consequential — and most corrupt — turns in the history of nutrition.





CHAPTER TWO

The Smoking Gun: A Fraud, Bought & Paid For

In the mid-1960s, the sugar industry faced a threat: research was beginning to link sugar to heart disease. So they did something dark. The Sugar Research Foundation secretly funded three Harvard scientists to write a review that downplayed sugar and blamed saturated fat instead.

That review was published in the prestigious New England Journal of Medicine in 1967 — with its funding hidden. It shaped nutrition science for decades. The world only found out in 2016, when researchers uncovered the internal documents and published them in JAMA Internal Medicine.

THIS IS NOT A CONSPIRACY THEORY. IT IS A DOCUMENTED FACT.

The villain wasn't chosen by science. It was chosen by a marketing budget.



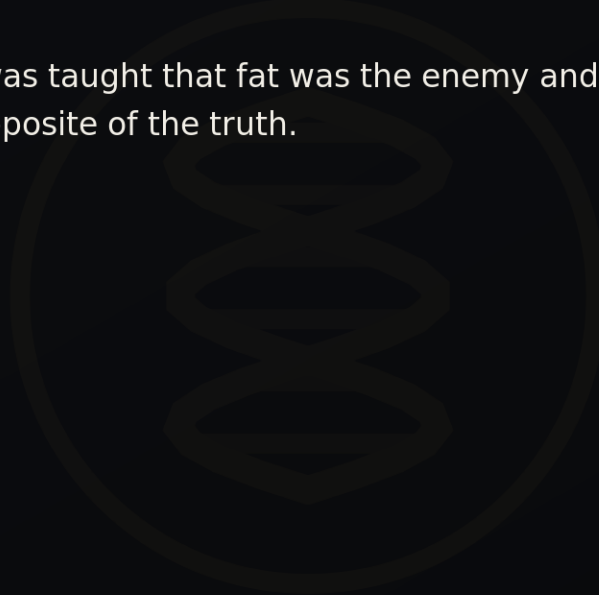
CHAPTER THREE

The Birth of “Low-Fat”

In 1977, a US Senate committee released “Dietary Goals for the United States” — telling the public to slash fat. Governments worldwide followed.

The food industry saw its opening. It stripped the fat out of food — which is where flavour lives — and replaced it with sugar and refined starch to make it palatable. The “low-fat” label became a health halo, stamped on cookies, cereals and yoghurts that were, in truth, sugar delivery systems.

An entire generation was taught that fat was the enemy and sugar was safe. The exact opposite of the truth.





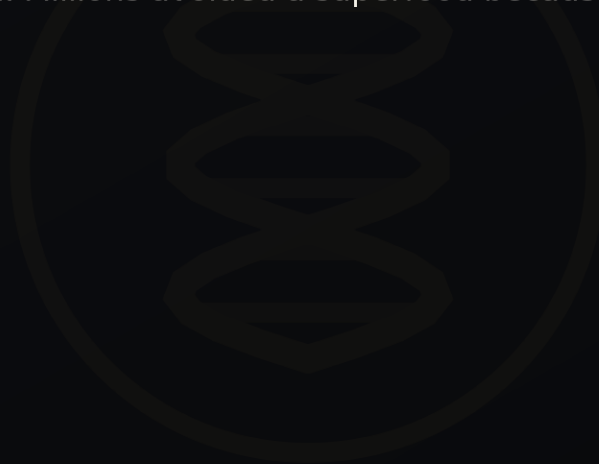
CHAPTER FOUR

The Egg Yolk: A Perfect Food, Wrongly Convicted

Nowhere was the fear more misplaced than the humble egg. For decades, people were told to avoid yolks because of their cholesterol. But the science never held.

For most people, dietary cholesterol has little effect on blood cholesterol — your liver makes most of it and adjusts to what you eat. The yolk is one of nature's most complete foods: choline for the brain, fat-soluble vitamins, and quality protein.

Even official US dietary guidelines quietly dropped the cholesterol limit in 2015 — effectively admitting the decades of fear were unwarranted. Millions avoided a superfood because of a myth.





CHAPTER FIVE

What Actually Breaks Your Heart

Here is the truth modern science keeps confirming: heart disease is a disease of inflammation and oxidation — not simply fat in your food.

Arteries don't "clog" like a drain catching grease. Plaque forms when the artery wall is injured and inflamed, and when LDL particles become oxidised — "rusted" — and get trapped there. The real drivers of that injury are high insulin, high blood sugar, oxidative stress and chronic inflammation.

THINK OF IT AS A FIRE, NOT A CLOG.

The question isn't "how much fat did you eat?" It's "what's lighting the fire in your arteries?"



CHAPTER SIX

The Real Arsonists

- **Sugar & refined carbs**

Spike insulin and blood sugar, raise triglycerides, and glycate — sugar-coating and damaging your vessel walls.

- **Refined & reheated seed oils**

High in fragile omega-6 fats that oxidise and inflame.

- **Ultra-processed foods**

Engineered blends of sugar, refined oil and additives that drive overeating and metabolic damage.

- **Trans fats (vanaspati)**

The one fat with genuinely strong evidence of harm.

- **Stress, poor sleep, smoking**

Silent amplifiers of inflammation.

Notice what is NOT on the list: real, whole, traditional food.



CHAPTER SEVEN

The Great Experiment — 40 Years of Cutting Fat

1 in 7 → 4 in 10

US adult obesity — from ~13% in the early 1970s to ~42% today. It nearly tripled.

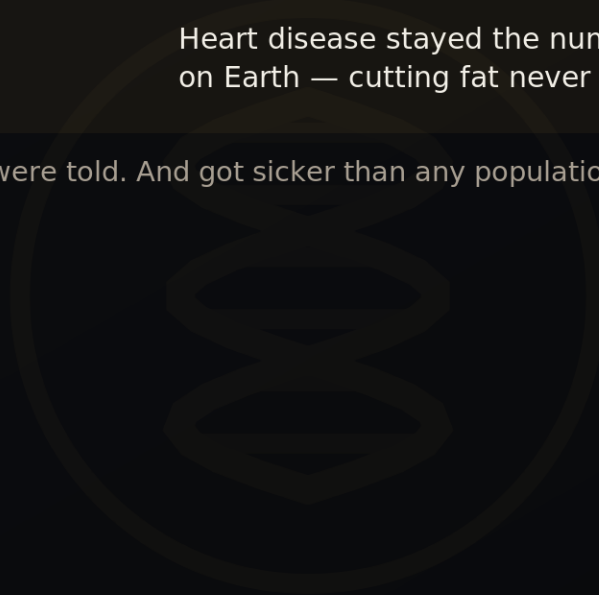
58%

of the average American's calories now come from ultra-processed food.

#1

Heart disease stayed the number one killer on Earth — cutting fat never stopped it.

They did exactly as they were told. And got sicker than any population in history.





CHAPTER EIGHT

The American Paradox: Most Spent, Sickest Anyway

\$4.5 Trillion

spent on healthcare every year — ~17% of the entire US economy. The highest on Earth.

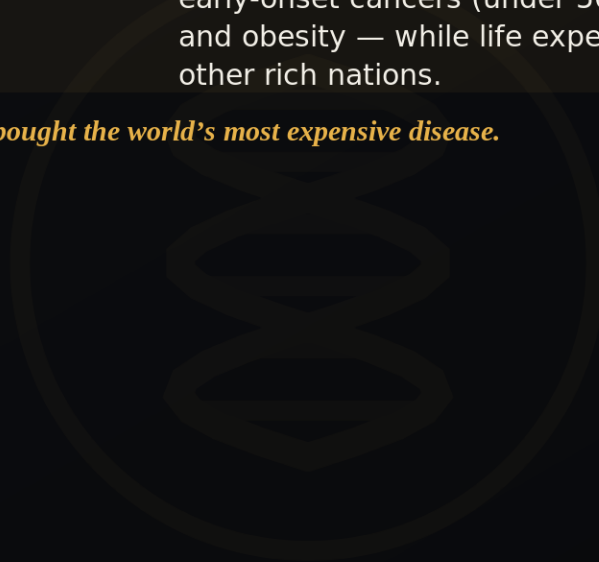
6 in 10

American adults live with a chronic disease; 4 in 10 with two or more.

Rising

early-onset cancers (under 50), diabetes and obesity — while life expectancy trails other rich nations.

They didn't buy health. They bought the world's most expensive disease.





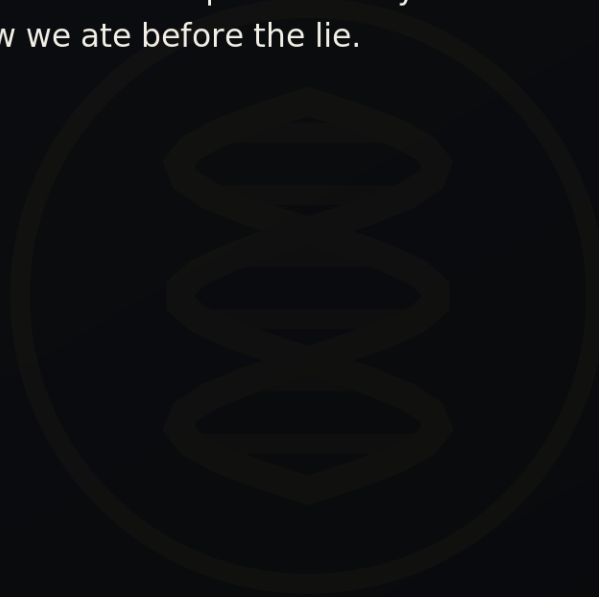
CHAPTER NINE

The India Warning

This is not just America's story — it is a warning we are ignoring.

As India abandons its traditional fats and foods for packaged, "low-fat," ultra-processed products, we are becoming the diabetes capital of the world — with heart disease striking Indians younger and harder than many Western populations.

We are importing a proven catastrophe. The way back is not a new pill. It is a return to how we ate before the lie.





CHAPTER TEN

How to Protect Your Heart

- **Cut the real arsonists first**

Sugar, refined seed oils, and ultra-processed packaged food. This one move beats any supplement.

- **Eat whole, real food**

Vegetables, protein, fibre, and traditional fats — ghee, cold-pressed oils, coconut — in sensible amounts.

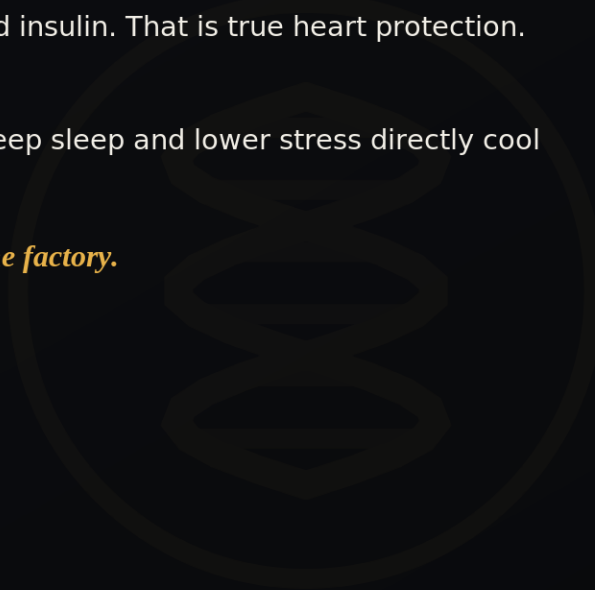
- **Fix the fire, not the fat**

Control blood sugar and insulin. That is true heart protection.

- **Move, sleep, de-stress**

Walking after meals, deep sleep and lower stress directly cool arterial inflammation.

Don't fear real food. Fear the factory.



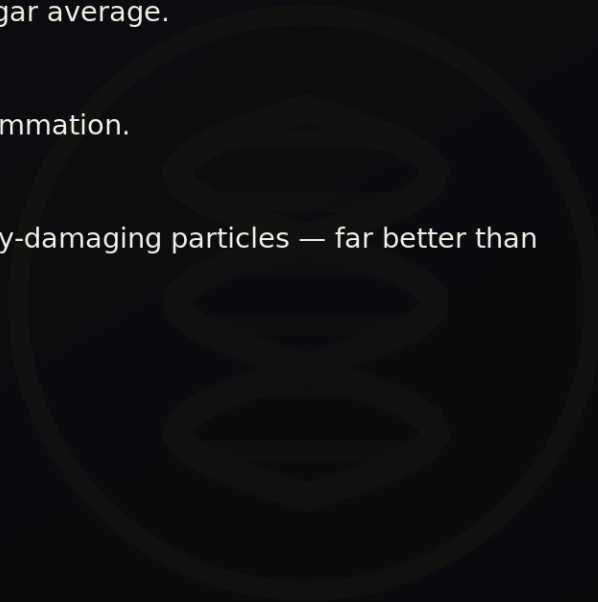


CHAPTER ELEVEN

The Tests That Actually Predict Heart Risk

Most people only ever get “total cholesterol” checked — a crude number. Ask for the markers that reflect the real fire:

- **Triglyceride-to-HDL ratio**
A powerful, cheap marker of insulin resistance and heart risk.
- **Fasting insulin / HOMA-IR**
Catches the problem years early.
- **HbA1c**
Your 3-month blood-sugar average.
- **hs-CRP**
A direct marker of inflammation.
- **ApoB**
Counts the actual artery-damaging particles — far better than total cholesterol.





THE SUMMARY

Myth vs Truth

THE LIE YOU WERE TOLD	THE TRUTH
Saturated fat causes heart disease	Inflammation & oxidation damage arteries
Eggs are bad for your heart	Egg yolks are a whole, protective food
“Low-fat” means healthy	“Low-fat” often means high-sugar
Cholesterol in food clogs arteries	Your liver controls most of your cholesterol
Cutting fat protects you	Cutting sugar & processed food protects you



YOU ARE NOT BROKEN

You are not broken.

If you're reading this, chances are you've been made to feel like something is wrong with you.

That you lack willpower. That your numbers are your fault. That the best you can do is manage it with a pill that only ever increases.

Let me tell you what no one in that ten-minute appointment did:

You were failed — by an industry that engineered your food to make you sick, and a system that profits from managing that sickness instead of ending it.

This was never your fault. And it was never the end of your story.



YOUR BODY IS NOT THE ENEMY

Your body is asking to be heard.

Your body is not attacking you. It is asking to be heard.

Every symptom — the weight, the fatigue, the rising sugar — is not a malfunction. It's a message.

Symptoms are the smoke, not the fire. You've been handed medicines that fan away the smoke while the fire keeps burning.

Root-cause healing does the opposite. Remove what harms the body, return what it was built for, and —

It heals. I have watched it happen. There is a way back.



YOU DESERVE TO BE HEARD

This is your turn.

You were never meant to be a lifelong customer. You were meant to be free.

You deserve someone who looks at the whole of you and asks not “which drug?” but “what is the root?”

That is the work I do — real, root-cause healing, for the people ready to stop managing and start reversing.

If something in you knows there’s a better way... trust it. That instinct is your body, finally being heard.

BOOK A CONSULTATION

www.theanirudhcode.com



WORK WITH ME

Ready to protect your heart at the root?

If you're serious about reversing insulin resistance and protecting your heart at the true root cause, I work with a limited number of people each month through a structured, root-cause protocol.

BOOK A CONSULTATION

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Follow @theanirudhcode for the truths they buried.

This guide is for education only and is not medical advice. Never change your medication without your doctor.



THE RECEIPTS

Sources — So No One Can Dismiss It

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2. McGandy RB, Hegsted DM, Stare FJ. "Dietary Fats, Carbohydrates and Atherosclerotic Vascular Disease." New England Journal of Medicine, 1967.
3. U.S. Senate Select Committee. "Dietary Goals for the United States," 1977.
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7. CDC — Chronic disease prevalence: ~6 in 10 U.S. adults.
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