

TABLE TWO: FECAL ENDOGENOUS AND DIETARY CHOLESTEROL, COPROSTANOL, COPROSTANOL, PRIMARY AND SECONDARY BILE ACIDS AND SALTS IN OMNIVORES, VEGETARIANS AND VEGANS

Diet	Fecal Bile Acids and Salts (FBAS) (mg/g dry weight feces)											
	Fecal Neutral Steroids (FNS) (mg/g dry weight feces)		Cholesterol	Coprostanol	TOTAL FNS	Primary BA Cholonic Acid (CA) [EC]	Secondary BA Deoxycholic Acid (DCA) [EC]	Primary BA Chenodeoxycholic Acid (CDCA) [DC]	Secondary BA Lithocholic Acid (LCA) [DC]	TOTAL FECAL BILE ACIDS & SALTS (FBAS)	TOTAL ENDOGENOUS CHOLESTEROL	TOTAL DIETARY CHOLESTEROL
Omnivore (O)	[EC] 3.3 mg/g (31%)	[DC] 6.8 mg/g (69%)	10.8 mg/g	0.5 mg/g (8%)	0.3 mg/g (5%)	2.6 mg/g (43%)	2.7 mg/g (44%)	6.1 mg/g	4.1 mg/g	12.1 mg/g	16.2 mg/g	
Vegetarian (V)	1.9 mg/g (21%)	5.9 mg/g (79%)	8.9 mg/g	0.7 mg/g	1.0 mg/g	1.8 mg/g	1.0 mg/g	3.5 mg/g	3.6 mg/g	8.7 mg/g	12.3 mg/g	
O/V Ratio	1.7	1.2	1.2	0.7	0.3	1.4	2.7	1.7	1.1	1.4	1.3	
Vegan (VG)	> 1.9 mg/g	0.1 (na)	> 1.9 mg/g	> 1.7 mg/g	0	0.1 (na)	(0.1) na	> 1.7 mg/g	3.6 mg/g	0.1 (na)	3.6 mg/g	
O/VG Ratio	1.7	68.0 (na)	5.7	0.3	3	26.0 (na)	27.0 (na)	3.6	1.1	121 (na)	4.5	

Adapted from Aries, Vivienne C., et al, "The Effect of a Strict Vegetarian Diet on the Faecal Flora and Faecal Steroid Concentration, British J. Pathology, V 103, pp 54-6, 1971.
KEY: EC = Endogenous Cholesterol or derived there from, DC = Dietary Cholesterol or derived there from, na = Not Applicable.

NOTES: I. a.) Since Omnivores ingest animal meat and dairy and strict Western Vegetarians as used in this research ingest dairy products containing rennet (cow milk sack scrapings used to coagulate cheese), about half of their ingested Dietary Cholesterol which is mutagenic and carcinogenic is made by the Liver into the so-called Primary Bile Acid Chenodeoxycholic Acid (CDCA) which is still a weak carcinogenic;

b.) Then the Liver further detoxifies the Chenodeoxycholic Acid (CDCA) by conjugating it with either the amino acid glycine or with the sulfonic acid taurine making the CDCA Bile Acid Salts where it is stored in the Bile of the Gall Bladder which will release it into the small intestine intended for excretion via the body feces.

I. c.) Unfortunately however, in Omnivores and in most Western Vegetarians when the Gall Bladder releases its Bile with the Primary Bile Acid Salts of Chenodeoxycholic Acid (CDCA) into the small intestine food chyme it is instead of fecal excrement is deconjugated from the amino acid or sulfonic acid detoxifier and further degraded in the Toxicemic large intestine by Pathogenic Anaerobic Bacteria transformed into the so-called Secondary Bile Acid Lithocholic Acid (LCA) an even stronger carcinogen than CDCA.

Furthermore the large intestine's Toxicemic condition allows for the Pathogenic Anaerobic Bacteria to further degrade LCA producing so-called Tertiary Bile Acids many of which are cyclic aromatic biochemicals and thus potentially mutagenic and carcinogenic and highly transient. See text and Table Three for further detail.

II. Additionally in Omnivores and Vegetarians the other half of their Dietary Cholesterol is made by the Colonic Pathogenic Anaerobic Bacteria into the Neutral Steroids Coprostanol (Coprostanol) and Coprostanone.