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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

3 Things you want to know about Cholesterol

By Lee Cummings

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by: **Lee Cummings**

You wouldn't judge a book by its cover, would you?

You would want to open the book and read part of it to get a better idea about what is going on, right?

Well, judging a book by its cover is what happens when you look at LDL (bad) cholesterol levels and decide that this is the only – or even the best indicator of heart disease.

Worse yet, you are told you MUST lower your LDL cholesterol level.

#1 Naturally produced by the body, cholesterol is needed for a variety of functions.–1

Your body uses cholesterol to make testosterone and other essential hormones and is one of the best health and youth enhancing strategies for aging men and women. –2

As you age your body naturally starts to lose its ability to produce as much testosterone and you start to lose energy, strength, sexual desire and sexual capacity.–2

#2 Because the fact is cholesterol alone is not THE indicator of heart disease. Cholesterol which has been oxidized is the problem. Oxidation of cholesterol is the more specific problem which would enable the cholesterol to become "sticky" and start to form plaque in the walls of the arteries.–3

We have all seen an apple cut open and watch as it turns brown – this is oxidation. Your body will oxidize on the inside unless steps are taken to help prevent this.

One can keep oxidation of cholesterol in check by incorporating plenty of anti-oxidants in your consumption of food and supplements.–1, 3

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A few of the most powerful anti-oxidants are: CoenzymeQ10 Vitamin E Vitamin A Vitamin C

Low cost, safe and proven food sources high in omega 3's and the right fats to help keep your cholesterol levels in balance-1, 3 Garlic Ginger Olive oil Olives Almonds Walnuts Flaxseed Eggplant Okra Eggs Fresh fruit

These are better, safe, proven and natural ways to prevent cholesterol from becoming a problem.

A diet heavy in grains and processed foods will actually raise your blood cholesterol levels more than foods which contain cholesterol.

A diet low in cholesterol will do you little if anything health wise -4

Focusing on raising your HDL cholesterol levels because as you raise your good cholesterol it

decreases the concern about your LDL levels of cholesterol and gives you a better total cholesterol profile. -5

Some of the best ways to improve your "Good" or HDL cholesterol is through: Exercise. Vitamin D Niacin Moderate alcohol consumption is associated with raising HDL cholesterol levels - 6

There is a big difference between the cholesterol your Body produces and dietary cholesterol from the food you eat.

#3 Two factors which are of greater concern and are better indicators of heart disease are -3

1. A measure of inflammation in the blood stream called C-reactive protein

2. An amino acid produced by the body called homocysteine.

High levels of C-reactive protein and high levels of homocysteine are better leading indicators and also contribute to the formation of plaque in the blood vessels leading to heart disease -3

As reported in the July, 2003 issue of JAMA, a study was conducted which showed that a diet high in plant sterols, fiber and almonds was clearly the better way to reduce cholesterol and heart disease over statin drugs.-8

And finally ...

Policosanol - An organic plant alcohol from sugar cane is one of the best natural ways to reduce bad cholesterol levels-7

Naturally, as you realize the power of these proven ways to prevent cholesterol from becoming a problem, you will find yourself taking action.

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Lee Cummings has been helping people solve problems and feel better with proven nutrition for over 4 years. Lee publishes the montly LC Nutrition newsletter. For a Fr[^]ee Report –

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What Is Cholesterol

By Jan Nicholas

3 Things you want to know about Cholesterol

In order to understand why it is important to lower cholesterol, it is necessary to first understand what cholesterol is. Cholesterol is a fatlike waxy substance and is produced by the liver. Although cholesterol has purposes and is important to overall health and body function, too much cholesterol in the body has damaging effects.

Cholesterol forms every cell within the body. When the cholesterol level is appropriate, it plays a life-giving role in many functions of the body. When cholesterol is at a good level it works to build and repair cells, produces hormones such as estrogen and testosterone, and produces bile acids which are proven to aid in the digestion of fat.

With too much cholesterol in the body, though, the levels build up and cause damage by clogging your arteries. This puts you at serious risk for disease such as heart and stroke. In fact, the major cause behind heart attacks and strokes is clogged arteries resulting from high levels of cholesterol.

When you eat saturated foods such as dairy, meat and eggs your cholesterol elevates. On the other hand when you eat foods such as fruits, vegetables, and grains you can maintain optimal health as they do not contain cholesterol.

High cholesterol can be avoided! With a nutritious diet, the 50% of all adult Americans with high cholesterol can regain their health and lower their risk of disease by 2%. This is done simply from reducing cholesterol by 1%.

Cholesterol can be managed for life with success! It is recommended that you visit your physician on a regular basis to keep a keen eye on your levels.

STOP! If you need to lower your cholesterol fast, go to

today!

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