

Are You Stressed? Watch Your Cholesterol Level!

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By Ng Peng Hock

Previous studies had revealed that stress is linked to increased heart rate and weakened immune

systems. However, a recent research conducted by the University College of London has found that over the long term, stress may actually raise cholesterol blood levels for some people. This means the risk of heart disease may subsequently be increased.

The researchers cited three possible reasons why stress may raise cholesterol level:

1. Stress may encourage the body to produce more energy in the form of fatty acids and glucose. These substances require the liver to produce and secrete more LDL cholesterol so that they can be transported to the other tissues of the body.
2. Stress may interfere with the body's ability to rid itself of excess cholesterol.
3. Stress may trigger a number of inflammatory processes which also increase cholesterol production.

You should learn to control stress before it controls you. This is a common advice we are expected to receive. But how can we control our stress level?

You should develop healthy habits so as to have a balance of work, eating, exercise and relaxation. Try to take everything in moderation – do not obsess over the details. You need to learn to manage your time effectively – prioritize, drop unnecessary tasks and do not procrastinate. Perhaps you can also start with simple, self-help methods such as yoga, mediation or visual imagery to improve your relaxation skills. There is no proven facts that any dietary supplement can help you with stress reduction, although some people have found that these are helpful.

If these do-it-yourself methods do not work for you, then you probably may need professional assistance in the form of counseling or psychotherapy to help you understand the causes and effects of your stress. Using alcohol or cigarettes to cope with stress is strictly avoided as these two approaches have proved to be bad for your heart. For people whose stress levels are bad enough to impact their ability to function effectively, there are also medications available. To prevent landing in

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such as state, you should seriously consider balance your life with sufficient rest, exercise and healthy eating to reduce your stress level!

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What Is Cholesterol

By Jan Nicholas

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

<http://www.YourCholesterolSite.com>

today!

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