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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to reduce high cholesterol level problems

By John Gibb

High cholesterol levels can be a very serious threat to your health. There is a host of problems associated with having these high levels, and many of them can be very serious, if not deadly, to your health. With problems ranging from angina to stroke, it is in your best interest to reduce high cholesterol level problems as soon as possible.

To reduce high cholesterol level problems, it can be helpful to know exactly what cholesterol is. In all animals, cholesterol is the substance that is part of the cell membrane's structure. This exists in all types of cells found in animals. Thus, if you remove the skin from a chicken, you get rid of most of the fat but a large amount of the cholesterol still remains. Since cholesterol is one of the integral parts of animals cell structures, the levels of cholesterol in all meats are generally the same.

While different animals vary across the range in fat content, they all generally contain twenty milligrams of cholesterol per ounce of meat. Dairy foods are the exception to this rule. In dairy products, the amount of cholesterol is directly related to the amount of fat. Since milk is not a part of an animal's structure, it does not directly contain cholesterol but the fat that is found in the milk does. Therefore, if you are trying to reduce high cholesterol level problems, you are advised to get skim milk.

The most high cholesterol foods available are organ meats and eggs. By simply reducing your intake of these organ meats and eggs, and limiting your meat consumption while using low-fat dairy products, you can lower your cholesterol intake in no time. By doing this, you can save yourself from many dangers, including peripheral vascular disease, a terrible affliction of blood vessels which causes blood flow to slow down or stop. This may be a way to reduce high cholesterol level problems.

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John Gibb is the owner of

Nutrition guide

, a website offering free nutrition advice and a quality nutrition

book with special offers for newsletter subscribers.

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Dedicated to optimising health.

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

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