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**Lower Cholesterol Levels Are Critical To Good Health**

**By Phil Beckett**

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Article:

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Can any man really lower his cholesterol?

Lower cholesterol levels should be a health concern of every man.

Heart disease is the number one killer among so-called healthy men in Western world today. More than 40% of men will die from it.

What is particularly disturbing is that strokes and heart attacks are becoming much more common in younger men.

It seems that younger men, even those who look physically like they are in good health, are dying because they can't lower cholesterol levels.

Even if a man seems healthy and follows good eating and exercising habits there's no guarantee that he'll have lower cholesterol levels.

There're so many misconceptions when it comes to trying to lower cholesterol. That's why we are here to present you with the accurate, concise and unbiased information on what it really takes to lower cholesterol.

## Lower Cholesterol Levels Are Critical To Good Health

Witness the unfortunate death of St. Louis Cardinals pitcher Darryl Kile, who was felled in his prime, only 33 years old.

Although it seems counterintuitive, athletes, in fact, can be even more vulnerable than the average person and have a tougher time when it comes to trying to lower cholesterol.

When a man, in good health or not, engages in vigorous exercise he'll create an excess of free radicals. These free radicals cause tremendous amounts of damage to the body with devastating effects, one of which is elevating their

cholesterol.

But taking a powerful antioxidant will help neutralize these free radicals before damage occurs. Nowadays, due to lifestyles, diet, and the deeper understanding in the role that genetics plays, every man young or old should be acutely aware of the importance of trying to lower cholesterol to an optimum level.

High cholesterol is considered the best "marker" for potential heart disease and it is a condition that 1 in 4 men have.

In order to prevent future problems, it is widely recommended that you check your cholesterol levels, and if they are "out of line," take action to lower cholesterol – irrespective of your age.

Are You At Risk If You Don't Take An Active Role To Lower Your Cholesterol?

A common misconception is that people with high cholesterol are overweight or subsist on a diet of greasy burgers and fries. The truth is that the amount of cholesterol you have in your bloodstream is NOT directly related to your diet.

Another prevailing and incorrect view concerning lower cholesterol, is that only older people need worry about their cholesterol levels. The reality is that having a predisposition to high cholesterol and heart disease are genetically influenced factors.

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High cholesterol levels can stalk even young men who are in seemingly good shape and otherwise take care of themselves.

Indeed, the National Heart, Lung, and Blood Institute advocates that the young, middle-aged, and older men lower cholesterol levels, whether it be to prevent heart disease, or because they already have it.

Therefore it's important to know your family history and, accordingly, take the necessary preventative steps to lower cholesterol and ensure the health of your heart for many years to come.

But what exactly is this "silent killer" known as cholesterol?

It is important to understand that cholesterol itself is essential to good health.

Cholesterol is a non-soluble waxy substance that your body needs for making hormones, cell walls and nerve sheaths.

However, there are two forms of cholesterol. One form is called LDL (Low Density Lipoprotein) -- or the "bad" cholesterol -- and the other is HDL (High Density Lipoprotein) -- or the "good" cholesterol.

LDL transports the cholesterol to your cells, whereas HDL travels around in your bloodstream picking up excess cholesterol and taking it back to your liver for reprocessing, functioning as a "garbage collector" of sorts.

Too much LDL creates the risk of clogging up your arteries, which can lead to heart failure or stroke; too little HDL will result in the same problem due to inadequate "housekeeping."

Therefore, the most important figure to examine is not your total cholesterol per se, but the ratio between the LDL and HDL readings, and the levels of each type. You want the LDL as low as possible and the HDL as high as possible.

The National Heart, Lung, and Blood Institute recommends that everyone over 20 have their cholesterol checked every five years. For optimal health, total cholesterol should be

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less than 200, whereas the LDL cholesterol remains at less than 100, and the HDL greater than 60.

For more information on how to lower your cholesterol please visit:

<http://www.man-health-fitness-solutions.com/lower-cholesterol.html>

Phil Beckett is the President & C.E.O of Physique ConceptsInc. and is the author of 3 very popular and successful health & fitness books and designs customized strength training, flexibility training, weight loss and cardiovascular exercise programs. He has trained and educated more than 3000 clients all ages, interests, and limitations, in health, fitness and nutrition, both on-line and off-line for more than 15 years.

### **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

today!



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