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Physical Activity and Supplements found to increase HDL Cholesterol levels

By Lee Cummings

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Much of what we hear and read in the media these days about lowering LDL or bad cholesterol levels is sadly misleading.

Today I'm going to share with you some very powerful information which can have a dramatic positive effect on your health.

One of the best things about these proven strategies is that you will easily feel the results immediately. And as these strategies are natural, they are also inexpensive.

Because the fact is, raising your HDL or good cholesterol level has been proven to be much more beneficial.

The Framingham Heart study is THE standard from which proven data has been verified. –1

Because this Study which used a large population and tracked people over 40 years, proved that lowering LDL cholesterol levels had no effect on heart disease for people who have high levels of HDL cholesterol.

Unlike experimental drugs which could have many side effects, safe, proven and natural ways to raise your HDL cholesterol offer all of the benefits without the unwanted side effects.

Naturally, the more you hear about this proven strategy, the more you will feel compelled to implement it.

Why you might ask? Let me show you ...

Here are five safe, proven and natural ways to increase your HDL cholesterol level:

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1 – Increasing your physical activity - Scientific studies have proven that physical activity raises your HDL and lowers your LDL cholesterol and triglycerides. Your fitness program should include resistance training in addition to walking and running.–1

2 – Niacin - Important to the production of fats in the human body, Niacin changes LDL and triglycerides in a positive way. Niacin also increases HDL cholesterol. The best natural sources of Niacin are nuts and dried beans. Great meat sources include liver, poultry and Fish.

3 – Vitamin D - A fat soluble vitamin which also affects cholesterol so your body can better use them. Natural sources of Vitamin D are milk, eggs, tuna, fish oils and yes, sunlight.

4 – Eating a low carbohydrate diet - High in protein and the right fats this diet will help lower your blood cholesterol. Dietary and blood cholesterol are two different things so don't get them confused. This diet

will also help balance HDL and lower LDL cholesterol which reduces your chance of developing heart disease and obesity.

5 – Drink more - Drinking alcohol in moderate amounts has been shown to increase your HDL cholesterol levels. –2

As you can see and hear, physical activity And supplements will do your body a world of good, without the unwanted side effects of drugs.

Many of you have tried several strategies which may have had only limited effects And perhaps came with unintended side effects.

These safe, proven and natural remedies go straight the root cause of problems to help eliminate what ails your body.

Understand that when you act on this proven advice, you will be one of the few who actually take control of their own health and feel the benefits.

Dedicate, don't medicate

While it may seem easier to pop drugs with dangerous side effects, the short and long term consequences are huge.

Dedicate yourself to a healthier way of life, the long term positive consequences are absolutely powerful.

1 – Dr. Al Sears, "Ignore the Hype, focus on cholesterol that matters". Health Alert 164, Health Confidential for Men, April 6,2004

2 – Castiglioni A and Neuman WR. "HDL Cholesterol:What Is Its True Clinical Significance?" Emergency Medicine, January 2003:pp 30–42.

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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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Your Doctors Says You Have High Cholesterol, Now What?

By News Canada

Take charge of your health

(NC)–Cholesterol is a soft, waxy substance found in your blood and in the cells of your body. A simple blood test is used to measure your cholesterol by detecting the levels of low-density lipoprotein (LDL), often referred to as "bad" cholesterol, and high-density lipoprotein (HDL), or "good" cholesterol in your blood. These terms can be difficult to keep straight, but an easy trick is to think of "Healthy" cholesterol for HDL-cholesterol, and "Lousy" for LDL-cholesterol. Your healthy cholesterol should be high and your lousy cholesterol should be low.

What Should Your Cholesterol Level Be?

Your doctor will determine your "target" cholesterol levels by considering your medical history and existing risk factors for heart disease. Existing risk factors include high cholesterol, smoking, high blood pressure, physical inactivity, diabetes, being overweight, being a man over the age of 40 or a woman over the age of 50.

Once your target cholesterol level has been established, your doctor will work with you to design the most effective plan for reaching this level. This may include making lifestyle changes and sometimes medication. Lowering your cholesterol level will reduce your risk of developing heart disease, the #1 killer of Canadians.

What You Can Do To Reduce Your Cholesterol?

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Quit Smoking

Many studies have shown that cigarette smoking is a major cause of heart disease. In fact, smokers have been shown to have higher levels of LDL-cholesterol and lower levels of HDL-cholesterol than non-smokers. Smoking has also been shown to increase the development of atherosclerosis (narrowing of the arteries), as well as increasing heart rate and blood pressure.

Exercise Regularly

Physical activity has been found to increase HDL-cholesterol. Regular exercise helps control body weight and other risk factors for heart disease, such as diabetes and high blood pressure. Exercise also improves circulation of blood in the body, strengthens the heart and other muscles, as well as increases your sense of well-being.

Make Dietary Changes

The key to managing cholesterol levels in your diet is portion control. Foods high in fat such as oils and desserts can increase cholesterol more than anything else, so limiting your fat and cholesterol

intake can make a big difference.

When Lifestyle Changes Are Not Enough?

Sometimes lifestyle changes alone are not enough to reach your target cholesterol levels. Even though you may be eating well and exercising regularly, you may still have elevated cholesterol level. It is important to understand that only 20 per cent of your cholesterol comes from the food you eat and the remaining 80 per cent is manufactured by your liver. If your target cholesterol level is not achieved, you may need the help of medication. Today, the most commonly prescribed medications are statins, which significantly lower LDL-cholesterol and raise HDL-cholesterol.

What Is The Benefit Of Lowering Your Cholesterol?

Lowering your cholesterol can significantly decrease your chance of developing heart disease. Research has repeatedly shown that a one per cent decrease in cholesterol level can lead to a two-to-three per cent decrease in your risk of heart disease after several years.

To find out your "target" LDL-cholesterol level, please contact your physician. If you think you may be at risk for high cholesterol, talk to your doctor about getting tested and what treatment may be right for you. For more information about cholesterol and heart disease, visit

or

call toll-free 1-877-4LOW-LDL (1-877-456-9535).

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