

This Free E-Book is brought to you by Natural-Aging.com.

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

True Culprits of High Cholesterol -- Homogenized Milk and Tap Water?

By Deb Bromley

True Culprits of High Cholesterol -- Homogenized Milk and Tap Water?

by: **Deb Bromley**

What if I told you tap water and homogenized milk may be two of the biggest culprits in skyrocketing rates of high cholesterol? Cholesterol is actually being produced by our own bodies all of the time as a natural mechanism to combat oxidation when our bodies are diseased. Therefore, if we are not well, our cholesterol levels are likely to be higher regardless of what we eat that contains cholesterol. Having too low of a cholesterol level is just as bad as having too high.

Avoiding eggs and other foods that naturally contain cholesterol may not be the best solution, nor taking cholesterol-lowering drugs with their plethora of harmful side effects. For example, eggs are actually extremely healthy in moderation, being that they contain nutrients present at the beginning of life. Fatty meats are often harmful simply because fats store toxins, and animals not raised naturally have often been injected with antibiotics, hormones, steroids, and graze on grounds containing pesticides and fertilizer residue.

Two of the most harmful, and most common, everyday products we are ingesting that contribute to high cholesterol, and thus plaque in the arteries, are homogenized milk and chemically-treated tap water.

The explanation is far more complicated than I will cover here, but basically homogenizing milk involves the breaking down of fat particles to such a small size that the milk looks nice and smooth with no chunks of cream, but these smaller fat particles can permeate the intestines and end up in your blood stream. On the other hand, fresh unhomogenized milk from the farm, assuming the cows have not been exposed to chemicals, with its cream floating to the top, is natural and not a harmful form of fat. The larger fat molecules pass through the digestive system and nutrients are properly absorbed without fat entering the bloodstream. This cream, of course, can also be skimmed off the top of the milk and used for other purposes.

True Culprits of High Cholesterol -- Homogenized Milk and Tap Water?

Studies have shown that many of the chemicals present in tap water that were added to kill bacteria, such as chlorine, often react with and oxidize cholesterol already in the body, forming a gummy substance (plaque) that actually sticks to, and clogs, the arteries. And there are many more dangerous side effects of drinking chemically-treated water.

What can you do about it? If you want to lower your cholesterol, which is not an easy task once your body is not functioning properly regardless how much cholesterol you eliminate in your diet, first eliminate homogenized milk and stop drinking and cooking with tap water whenever possible. If you can't always get unhomogenized milk, such as from a health store or organic farm, then fat-free regular organic milk is the next best choice so you're not getting chemicals nor as much cholesterol. If you can afford it, put a good filter in your bathtub or shower and/or install a whole-house distillation system, as even bathing in chemically treated water is harmful because it absorbs through your pores, and chemicals in the steam are inhaled.

And don't think you can turn to bottled waters -- sometimes bottled waters are no better, as they can

contain runoff from groundwater containing pesticides and fertilizers that are not removed and do not have to be reported. If the bottle says it has been purified by both reverse osmosis and carbon/charcoal treatments, it may be less contaminated. The healthiest water available today for purchase is probably distilled water, which most closely mimics the sun's natural way of purifying water.

The best way to bind and pull cholesterol out of your body naturally and avoid chemicals is by eating whole grains, fruits, and vegetables (preferably organic and chemical-free) that haven't been processed or "enriched" by synthetic means such as bleached white breads, white rice, white pasta, etc. Since your body has been overoxidizing, antioxidants may help speed recovery, and hence indirectly lower cholesterol. There are natural and safe cholesterol-lowering supplements available at health stores, including plant-based phytosterols, but always check to make sure there are no supplement, herb, or drug interactions if you are, or plan to continue, taking medications concurrently. Never stop medications abruptly. And lastly, since much of our soil has been depleted of minerals from chemicals, and most processed foods lack sufficient vitamins, most people should always take a potent natural vitamin and mineral supplement to help speed healing and to maintain their health.

To view a version of this article containing links to free informative resources that will help you combat high cholesterol, avoid disease-causing toxins in your food and environment, and treat other health conditions naturally, please visit the NatureGem web site at

and select the

article title.

Deb Bromley is a former science and technology researcher and the President of NatureGem Nontoxic Living, an organization devoted to promoting awareness of toxins in our food and environment that can cause disease, and providing access to nutrition information, natural remedies, and alternative health resources.

More Concerns About Milk

By Dianne Ronnow

Have you heard about the big milk controversy? Outspoken spokesperson for The Vegetarian and Vegan Foundation, Heather Mills McCartney (soon to be x-wife of singer Paul McCartney) is bringing the dangers of modern milk to attention of the press.

"As Heather Mills McCartney speaks out about the health problems associated with dairy products, physicians and nutritionists with the Physicians Committee for Responsible Medicine (PCRM) are urging U.K. consumers to try an experiment: Eliminate milk and other dairy products from their diet for three weeks to experience firsthand the health benefits of a dairy-free diet," according to a PR Newswire release.

Although I don't agree with a lot of what Heather Mills McCartney believes, I do agree with the the facts. Homogenized pasteurized milk causes many health problems. Despite the fact that the dairy industry, with their money and power, want you to think otherwise.

The problem isn't with milk. Dairy products have been a major part of many cultures' diets for thousands of years. Many people and races throughout history have lived almost solely on milk and dairy products, and have been extremely healthy for it. But the dairy products we have in our grocery stores now are very different than the dairy products consumed by people in the past.

The problem today is how we get our dairy products and how they are processed. Modern dairy cows are exposed to hormones, antibiotics, and pesticides, and fed a diet of high-protein soy and grain based feed instead of traditional grass feeding methods.

And then the milk they produce is homogenized, which alters the organic structure so the cream will blend into the milk. Unfortunately the new smaller fat particles don't work well in our bodies, and can get into the blood stream. There is a very high correlation between countries that drink homogenized milk and the rise of atherosclerosis.

Pasteurizing milk is heating it until it is a dead food with little or no benefit to us. It is robbed of its enzymes and many of its vitamins. Today's milk is know to cause allergic reactions in many individuals, because of the lack of enzymes needed to process the milk in our bodies. Enzymes are killed when they are heated to temperatures over 120 degrees F.

The modern milk produced now is something highly processed and unnatural. If that isn't enough, when they make 1% and 2% milk, they add non-fat dried milk to these products to lower the fat percentage. Non-fat dried milk is ultra-processed, which oxidizes the cholesterol. Rancid (oxidized) cholesterol and fats are also what promote heart disease. Dried milk contains a very high nitrite content as well.

You will be hearing more and more about the dangers of modern milk. If you want safe healthy milk, try organic, raw milk from grass fed cows. Raw milk still has all its nutrients and enzymes, and many people have found it helpful for allergies, asthma problems and other health conditions.

True Culprits of High Cholesterol -- Homogenized Milk and Tap Water?

My challenge to you is instead of eliminating milk products for three weeks, switch to organic raw milk

products for three weeks. Once you try it, and experience the benefits and taste for yourself, you won't go back to the imitation grocery store stuff! For more information on the benefits and safety of raw milk visit the site at

.

This article may be freely copied as long as it is not modified and this resource box accompanies the article, together with working hyperlinks.

Dianne's FREE ebook, reveals the secrets of people who are losing weight and getting healthier with coconut oil at

. Check it out today! Dianne is also now endorsing an

exciting new weight loss diet product. To learn more about it go to

now.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

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