

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

## 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!

## Control Cholesterol Naturally

By P. Mehta

Blood Cholesterol is produced by our body for several purposes. In some people it is produced more than is required by our body, especially when the diet contains saturated fats. Saturated fats in the diet force the body to make too much cholesterol. The cholesterol may become high when our diet is rich in saturated fats that are found only in animal products. Plant foods do not contain any cholesterol, but the animal foods are loaded with cholesterol and fats. Most of the fast foods are very rich in fats, monounsaturated fats. If you eat lot of meats and fast foods, then the chances are that you have high cholesterol. You should get your blood cholesterol checked. Remember that without your blood cholesterol report, you can not know if you have high cholesterol.

Blood cholesterol can be both good and bad. There are two types of cholesterol: LDL (low density lipoprotein) cholesterol & HDL (high density lipoprotein) cholesterol. The LDL cholesterol is known as "bad cholesterol" because it gets deposited on the walls of the arteries as plaque, and restricting the flow of the blood. The HDL cholesterol, known as the "good cholesterol" helps remove the plaque from the arteries. Both the types of cholesterol are produced by our body for certain functions and are always present in our blood. The problem arises when the cholesterol is produced more than is required by our body. The following are the desirable levels of cholesterol in adults: Total Cholesterol: below 200 mg/dl LDL cholesterol: less than 130 mg/dL HDL cholesterol: more than 35mg/dL

HDL cholesterol of less than 35mg/dL is a risk factor for heart disease, even if your total cholesterol is within limits. Both LDL and HDL cholesterol can be improved with regular exercise and eating low fat cholesterol friendly foods.

To take better care of your heart and reducing your risk for heart attack, you must understand the complete facts about cholesterol and how to control cholesterol.

Note that you do not always need to take medication for controlling your cholesterol. There are several natural heart friendly foods that are good for controlling cholesterol without any medication. Good eating habits and some exercise can control your cholesterol and triglycerides naturally.

Copyright 2004 P. Mehta

<http://www.fatfreekitchen.com>

You have permission to publish this article in your web sites, ezines or electronic publication, as long as the piece is used in its entirety including the resource box, all hyperlinks (clickable) and references and copyright info.

This article has been written by

<http://www.fatfreekitchen.com>.

For more information on how to control

## What Is Cholesterol

cholesterol naturally, visit the web site

<http://www.fatfreekitchen.com/lower-cholesterol.html>

Please

note that this article is not a substitute for medical advise.

Control Cholesterol Naturally

Are You At Risk For Having High Cholesterol?

Lipidyn Lowers Cholesterol

When Lifestyle Changes Are Not Enough: High Cholesterol May Not Be Your Fault

Low Cholesterol Diet

How To Improve Blood Circulation



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**

**Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

