



The truth about Cholesterol

If you were to believe everything you read about Cholesterol you would think it was the most sinister and dangerous thing on the planet!

In this article we are going to be looking at the myths and truths about this substance and how we can manage our cholesterol levels effectively and safely.

So what is cholesterol? It is a naturally-occurring fat which is fundamentally required for good health. Without it we would die. Contrary to popular belief, in most people, the levels of cholesterol found in the blood have little or nothing to do with fats consumed in the diet. Cholesterol is manufactured in the liver in the amounts required by the body to perform its various functions. Eating a healthy diet is important, but it therefore follows that either reducing the amount of fat in the diet or taking pills to reduce cholesterol is not the long term answer.

Cholesterol lowering drugs like Statins will lower your cholesterol and offer a short term solution, but there is a price to pay for this, one of the most common side effects are muscle cramps, this can be due to the Statins destroying the CoQ10 in the body. Co-enzyme Q10 is a vital antioxidant which, according to numerous scientific and clinical studies: produces energy in cells, protects tissues - such as the heart and other vital organs.

Our bodies raise cholesterol levels when there are insufficient vitamins and minerals available, usually our bodies use these vital components to keep our arteries in good condition, as they are under continual attack from free radicals and other cell damaging forces. As a result our bodies use cholesterol to repair the damage to the arteries. It does this by putting a "band aid" over damaged areas. Over time a build up of this causes the arteries to start to "fur up"

Hence cholesterol is a sign of a problem, not the cause of the problem!

Having your cholesterol tested regularly is a good idea, it is important to have not eaten for 12 hours, ask your doctor for the breakdown of the test. The good cholesterol HDL the bad cholesterol LDL and another type of fat called triglyceride. Reducing cholesterol too much can have adverse effects on the body, Ideally you need to have a combined level of around 5.0.



If your cholesterol level is high you should start to give your body the tools it needs to start to look after itself, things like vitamin C. According to 2 times Noble Prize winner Dr Linus Pauling high cholesterol is nothing more than chronic scurvy!

Although his research was ridiculed by the medical world it is very interesting to know that there are only a few mammals in the world that do not make vitamin C naturally, Humans being one of them, all the other mammals that make their own vitamin C do not suffer with heart disease.

Other supplements that will help are Omega 3 fish oil, antioxidants and nitric oxide releasing products.

To sum up cholesterol seems to have got a bad press but actually turns out not to be such a "bad guy" after all.