

Normal Cholesterol = Low Risk of Heart Disease, Right?....Think Again!

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Simply lowering your cholesterol may not be enough to prevent serious heart disease. Numerous studies show that even with low or normal cholesterol levels people may be at a high risk of heart attacks (4, 5, 6, 7, 8, 9). In fact, half of all heart attacks take place in people with normal cholesterol levels! (1, 2, 3)

If normalizing the level of our cholesterol isn't enough, what is? Although doctors routinely monitor the quantity of the cholesterol, very few monitor its quality. They are missing a critical risk factor...whether the cholesterol has been oxidized into dangerous molecules that can damage the cardiovascular system.

OXIDATION ALTERS THE QUALITY OF YOUR CHOLESTEROL

Literally, oxidation is “electron theft”. Due to various factors (see below), molecules in the body can lose electrons and become unstable. In an attempt to “normalize” their electron bonds, these incomplete molecules may steal electrons from other molecules. LDL cholesterol molecules are particularly susceptible to oxidation. When an "attacked" LDL molecule loses an electron a chain reaction results causing neighboring LDL molecules to become oxidized.

FACTORS THAT CONTRIBUTE TO OXIDATION

- fast foods
- sweets
- petrochemicals
- stress
- heavy metals
- Rx meds
- adrenaline shifts from stress
- insulin shifts from carbs & sweets
- low anti-oxidant diet
- eating too late
- eating too much
- pesticides

LDL cholesterol is not dangerous until it is oxidized. At this point it converts into a substance known as oxysterol. M.D.'s rarely screen you for oxidation, so in most people it often goes unnoticed until much of their LDL becomes dangerous oxysterol.

OXYSTEROL: THE HIDDEN CHOLESTEROL CULPRIT

Oxysterol is the result of oxidized fragments of LDL cholesterol and related compounds. Oxysterol causes the damage and breakdown of the vascular system that makes cholesterol infamous (12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24). Oxysterol, even at

low concentrations, stimulates chronic inflammation to the arteries that leads to primary heart disease. The inflammation causes the arteries to constrict and blood to clot. White blood cells are called to the area to gobble up damaged tissue and debris, and adjacent cells begin to multiply, ultimately forming scar tissue known as arterial plaque. Constriction of our arteries and the "thickening" of our blood further predispose us to high blood pressure and heart attacks. If you want to control heart disease, you must not only normalize your cholesterol levels, you must also control the oxidation of cholesterol into oxysterol.

WHO TESTS YOU FOR OXIDATION?

Not your M.D. He's only concerned about the quantity of your cholesterol, not the quality of it. Easy-to-use in-office urine oxidation tests are now available to give you instant results regarding your oxidation status. Find a health practitioner who uses urine oxidation tests. Without correcting the oxidation levels, your risk of cardiovascular disease still exists.

LOWER & PROTECT YOUR CHOLESTEROL NATURALLY

In addition to what you may be doing with your physician, you can reinforce healthy cholesterol metabolism naturally.

Research has identified numerous nutrients and herbs that effectively improve cholesterol metabolism (40 - 65). A properly balanced program will accomplish much more than statin drugs. A balanced program should simultaneously:

- lower your Total Cholesterol level
- raise your HDL (good) cholesterol level
- lower your LDL (bad) cholesterol level
- protect your cholesterol from oxidation damage

A balanced program should be personalized to your specific metabolic needs by an experienced health practitioner. No two people have the same requirements, and only an experienced health practitioner can help you determine your individual needs.

HOW TO REDUCE YOUR RISK OF HEART DISEASE

- 1) Find a health practitioner who tests the quantity and the quality of your cholesterol.
- 2) Exercise aerobically at least 3 x weekly, a magnificent regulator of cholesterol.
- 3) Eat 5-6 cups of fruits and vegetables daily, giving you the fiber needed to remove excess cholesterol, as well as providing powerful antioxidants to protect LDL cholesterol from oxidation.

- 4) Eat up to 30% of your calories from total fat, but most should be from unsaturated fat, which does not raise cholesterol levels.
- 5) Where possible, eat organic food and do not over-cook it.
- 6) Drink only filtered water. Never drink tap water.
- 7) Learn to relax. Learn to play. High stress is implicated with high cholesterol.
- 8) If your cholesterol is out of balance, use safer nutritional and herbal products to balance your cholesterol naturally. Properly prescribed nutritional and herbal supplements provide better protection than statin drugs, without the potential side-effects. Allow your health practitioner to individualize your program.

Remember, until you protect both the quantity and the quality of your cholesterol, you are still at risk.

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