

Cholesterol

As more of my friends and family are getting older, so is the incidence of diagnosed “high cholesterol” amongst them. I am impressed that many of them have taken on board the information about diet and exercise and chosen NOT to take the drugs. They have modified their lifestyles and realised how easy it is to lower their cholesterol naturally, to a medically acceptable level.

If you, or someone you know, has “high cholesterol” here is some valuable information you should know.

- Familial hyper cholesterol is uncommon but a reality and may require cholesterol lowering drugs - red rice extract may be strong enough here, avoiding the use of synthetic and potentially harmful drugs.
- Cholesterol is an essential and integral part of cell membranes, without enough of which would literally cause cells to collapse.
- Cholesterol in skin is used to convert UVB light to vitamin D3, which is then converted to Vitamin D.
- Most people who take statin drugs end up with too low cholesterol and increase risk of cancer, Parkinson’s disease and depression.
- Cholesterol lowering (statin) drugs are worth profits of 10’s of millions of dollars per year for drug companies and they market them rigorously.
- If you decide to take cholesterol-lowering drugs instead of addressing the underlying problem, you are not only stopping your body’s natural healing process, you are exposing yourself to drugs that are loaded with side effects -- not the least of which is depleting your body of Coenzyme Q10, which can lead to fatigue, muscle weakness, soreness and ultimately heart failure.
- 75% of cholesterol is manufactured by your liver and the production of cholesterol there is directly influenced by your insulin levels. Therefore, if you optimize your insulin levels, you will also regulate your cholesterol levels. Foods that increase your insulin levels will also contribute to high cholesterol by making your liver produce more of it. Cholesterol rich foods such as eggs have VERY little influence on cholesterol levels measured in your blood.
- EXERCISE regularly to stabilize insulin and consequently cholesterol.

How to maintain healthy cholesterol levels:

1. Get an appropriate amount of exercise.
2. Reduce, with the plan of eliminating, grains and sugars in your daily diet.
3. Increase your fibre intake by increasing your consumption of vegetables, fruits, nuts and seeds.
4. Eat a good portion of your food raw.
5. Make sure you’re getting plenty of high-quality, animal-based omega3-fats.
6. Avoid excessive smoking and alcohol.
7. Address your emotional challenges.