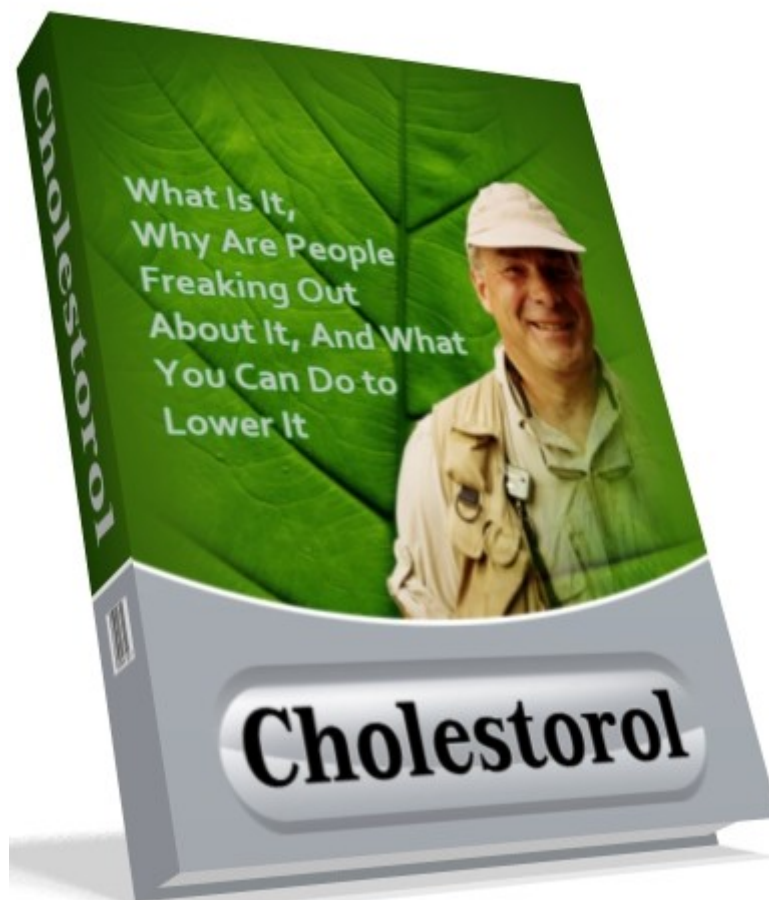


Cholesterol

What Is It, Why Are People Freaking Out About It, and What You Can Do To Lower It



SELFMADEEASY.COM

TABLE OF CONTENTS

| | |
|--|----|
| Disclaimer and Rights..... | 1 |
| TABLE OF CONTENTS..... | 2 |
| INTRODUCTION | 4 |
| WHAT IS CHOLESTROL? | 5 |
| DIAGNOSING CHOLESTEROL | 8 |
| WHAT AFFECTS CHOLESTROL LEVELS | 10 |
| CHOLESTEROL MEDICATIONS | 13 |
| Statins | 13 |
| Bile Acid Sequestrants | 14 |
| Cholesterol Absorption Inhibitors | 15 |
| Nicotinic Acid Agents | 15 |
| Fibrates | 16 |
| NATURAL TREATMENTS..... | 17 |
| Reduce fat in your diet | 17 |
| Eat no more than four egg yolks a week | 17 |
| Eliminate fried foods..... | 17 |
| Eat vegetables and complex carbohydrates | 18 |
| Lose weight..... | 18 |
| Include your family | 18 |
| Snack all you want | 19 |
| Nuts to you..... | 19 |
| Eat chocolate | 19 |
| Drink fruit juices..... | 19 |
| Eat garlic | 20 |
| Take niacin – carefully | 20 |
| Take vitamin E | 20 |
| Take Calcium | 20 |
| Take a multivitamin – it can’t hurt..... | 21 |
| Fill up on fiber..... | 21 |
| Quit smoking | 21 |
| Reduce sugar intake | 22 |
| Eliminate alcohol..... | 22 |
| Exercise regularly..... | 23 |
| Eliminate caffeine..... | 23 |
| LIVING HEALTHY | 24 |
| Vary your veggies | 31 |
| Detox | 33 |
| Breakfast..... | 33 |
| Better Butter Recipe | 33 |
| Lunch | 33 |
| Dinner | 34 |

Evening (After Dinner).....34
Conclusion.....35

INTRODUCTION

Cholesterol has been around throughout our existence. It's a natural function of the human body. The modern story of cholesterol and how it affects us today actually began during a government study in 1951.

The Pentagon sent pathologists to Korea to examine the bodies of servicemen who lost their lives during the war. Autopsies conducted on 2,000 soldiers revealed astounding results to the medical community at that time.

Normally, no one under 35 dies of coronary heart disease. Remember, this was 1951. However, More than 75 percent of the soldier had yellow deposits of atherosclerotic plaque on their artery walls. The average age of these soldiers was 21, contradicting the assumption that such artery clogging deposits were only prevalent in older men.

Not long after this discovery, a name was given to the major contributor to the buildup of plaque and to heart disease risk – cholesterol.

Since those original studies, the risk of heart disease stemming from cholesterol has exploded. In 2002 it was estimated that 107 million American adults now have a blood cholesterol level high enough to require medical advice. Unfortunately, the numbers keep rising.

Despite this epidemic problem, there is good news. You can do something about the problem and that's what this guide is all about. In plain English, we will take a laymen's look at cholesterol, the causes, effects and what you can do to reverse the negative impact it has on your personal health.

WHAT IS CHOLESTROL?

Cholesterol is a waxy, fat like substance that presents itself naturally in cell walls and membranes everywhere in your body. Your body uses cholesterol to produce many hormones. Your body also uses it to produce vitamin D and the bile acids that help to digest fat.

As mentioned above, cholesterol in and of itself is a natural function of the human body. Every living being requires a certain amount of fat to exist. Like everything in nature, it only becomes a problem when there is an imbalance.

The processing of fat begins when it gets absorbed in the intestines. From there it heads to the liver. The fat requires a delivery system to the rest of the body to be used immediately but also to be stored in fat cells for future use.

In order for the fat to enter the delivery system while it is in the liver, it is split into two different types of fat, cholesterol and triglycerides.

Once this transformation takes place, the two types of fat (cholesterol and triglycerides) are packed into vehicles for carrying the fat to the fat cells throughout the body using the bloodstream. These vehicles are called lipoproteins.

There are three types of lipoproteins:

1. Very Low Density Lipoproteins (VLDL)
2. Low Density Lipoproteins (LDL)
3. High Density Lipoproteins (HDL)

Under normal circumstances, the bloodstream does a very efficient job of

carrying the LDL and HDL Lipoproteins throughout the body.

Where problems arise is when there is an over abundance of cholesterol in your bloodstream. The cholesterol deposited by the LDL leads to a narrowing of the blood vessels.

If this occurs, the excess can be deposited in the arteries of the heart which could result in stroke or heart disease. This is called atherosclerosis. This is why LDL is known as “bad cholesterol.”

HDL usually collects the bad cholesterol and takes it back to the liver. That’s why HDL is known as “good cholesterol.”

Cholesterol is not the only cause of heart disease, but it is a contributing factor. Here’s how it works.

Cholesterol can only attach to the inner lining of the artery if it has been damaged.

Once the lining of the artery is damaged, white blood cells rush to the site followed by cholesterol, calcium and cellular debris. The muscle cells around the artery are altered and also accumulate cholesterol.

The fatty streaks in the arteries continue to develop and bulge into the arteries. This cholesterol “bulge” is then covered by a scar that produces a hard coat or shell over the cholesterol and cell mixture. It is this collection of cholesterol that is then covered by a scar that is called “plaque.”

The buildup of plaque narrows the space in the arteries through which blood can flow, decreasing the supply of oxygen and nutrients. This cuts down the supply of blood and oxygen to the tissues that are fed by that blood vessel.

The elasticity of the blood vessel is reduced and the arteries’ ability to control blood pressure is compromised. If there is not enough oxygen carrying blood passing through the narrowed arteries, the heart may give you a pain that is called angina.