Worried About Cholesterol?

Cholesterol does not cause coronary artery disease or heart attacks.
It is only a minor risk indicator that has been distorted out of all proportion.



Inflammation

Artherosclerosis, with its arterial plaques and hardening of the arteries, is, in fact, caused by inflammation of the lining of our arteries. This inflammatory process is an attempt to heal injuries to the arterial wall, and in doing so, it transports cholesterol to the site, as cholesterol is necessary for healing. Here unfortunately, cholesterol can be ***oxidized*** and can contribute to the size and instability of the forming plaque.

Cholesterol is not a culprit - - - more an innocent bystander.

It would not seem very wise therefore to merely lower the cholesterol and forget about why it is there in the first place. It would seem much smarter to reduce the extra need for the Cholesterol; the reason for the inflammation.

Decreasing the inflammation in arteries can be achieved through intelligent diet, nutrients (such as fish oil, L-arginine and Vitamin C) and by decreasing the damaging oxidizing reactions which can be improved with diet and supplementation of antioxidants.

Linus Pauling, the only person to win two unshared Nobel prizes, one in physics and one in chemistry, studied the inflammatory condition in arteries and found substantial evidence that much of the damage in arteries is due to a mild form of scurvy from inadequate intake of Vitamin C.
A marked decrease in arterial damage and inflammation is seen when 5,000mg or more of Vitamin C are taken daily.

High cholesterol levels are due more to the carbohydrates we eat than to the fats.
Dietary sugar raises your small, dense LDL cholesterol levels; this is the type of cholesterol that correlates with heart disease. Dietary fat, on the other hand, raises your large, buoyant LDL, which is harmless.

Turns out the "conventional wisdom" to avoid dietary fat to avoid heart disease has led millions astray by focusing on the entirely wrong food. If you want to reduce your risk of heart disease, you simply must curb your *sugar* consumption.

So limit sugar intake, as well as the carbohydrates that rapidly cause elevated blood sugar levels; bread, cereal, pasta, rice, potatoes.
While some of us may not have to eliminate these foods completely, we should eat them less frequently and in more modest proportions.
However if you are overweight, have Type 2 diabetes or elevated/unstable blood sugar levels there is no place for these foods in your diet.

Be prepared for the side effects because choosing to eliminate sugar and grains will inevitably cause you to:

- **Normalize your weight**
- **Increase your energy**
- **Lower your blood pressure**
- **Lower triglycerides**
- **Feel better than you have felt in years** and remember, improving the numbers on the cholesterol profile is not the goal; it is just a simple reflection of a minor risk indicator for cardio-vascular disease. It is more important that you attend to the other mechanisms that improve your overall cardiovascular health.



The Dangers of Cholesterol Drugs

The traditional approach to elevated cholesterol is to take one of the cholesterol-lowering drugs, or statins (Lipitor, Zocor, Mevacor,etc.) These drugs improve the cholesterol profile, but they commonly cause fatigue and/or muscle pain. This is likely in part due to the fact that in addition to lowering cholesterol, they also inhibit the body's production of the extraordinarily important coenzyme Q10. CoQ10 is essential for the production of energy in every cell in the body. The heart and the brain have the greatest CoQ10 requirements. Multiple health benefits result when CoQ10 is increased with supplementation. Even though Doctors know this they rarely advise their patients to supplement CoQ10 while taking statin drugs; greatly increasing their risk of cardiac failure.

One of the statin drugs, Baycol, was discontinued due to its producing a severe, sometimes lethal, muscle-wasting disease, called rhabdomyolysis. Please note though, that although Baycol had a higher percentage of patients who developed rhabdomyolysis, **all the statin drugs have caused some cases.** If a person develops muscle pain, weakness, and fatigue after starting a statin, or after their dose has been increased, he or she should return to the prescribing physician for a re-evaluation, and request that serum creatine kinase be checked with a blood test.

Other potential problems with the statins are that they may cause liver or kidney damage, and they may increase the risk of cancer by depleting fat soluble vitamins A,D ,E and K our antioxidant vitamins.

The Dangers of Low Cholesterol

The past 10 years has seen more research linking low cholesterol levels with deep depression, suicide and aggression so it seems cholesterol also has an important role in production of serotonin.

What is low cholesterol?

This may surprise you but too low cholesterol is 3.8 to 5mmol/l! Isn't that what your Doctor is telling you is healthy? In fact your cholesterol level is worthless in determining your heart disease risk unless it is over 7.6mmol/l.

Lower Your Cholesterol Naturally

1. Get the right amount of exercise. When you exercise you increase your circulation and the blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of fighting an illness before it has the opportunity to spread.

2. Avoid smoking and drinking excessive amounts of alcohol.

3. Don't work too hard. Counteract stress by doing something that you love to do every day. During periods of unavoidable hardship or loss, increase consumption of foods rich in protective nutrients.

4. Make sure you're getting plenty of high-quality, animal-based **omega3-fats** from cold water fish, fish oil or krill oil. Also include plant based oils, extra virgin **olive oil, coconut oil, flaxseed oil** as these will raise HDL levels.

5. Avoid all processed foods labelled "low fat" or that contain polyunsaturated vegetable oils, (i.e. most baked goods) hydrogenated fats (deep fried foods), white flour, refined sugar and additives. Reduce with the plan of eliminating grains from your diet.

7. Consume high-quality animal products including a variety of seafood and milk, butter, cheese, eggs, meat, fats and organ meats from animals raised on green pasture.

8. Consume a variety of fresh vegetables and fruits, preferably organically grown. Fresh vegetables should make up the bulk of the diet. Include berries for their antioxidant properties.

9. Ensure sufficient mineral intake by using whole dairy products; bone broths; legumes, seeds and nuts (except peanuts).

10. **Optimise liver and digestive function**.

For more information contact Linda Lowen at the

Highbury Natural Health Centre

24 Elliston Avenue
Highbury S.A. 5089
Ph: 8395 2836
Mb: 0415 630 844



Linda Lowen
ND, Adv. Dip Hom, Dip. Herb Med