

## **Cholesterol is Essential – it's not the enemy!**

Produced by the liver and made by most cells in the body, cholesterol's carried around in the blood by little 'couriers' called lipoproteins.

We need cholesterol to:

- Build the structure of cell membranes
- Make hormones like oestrogen, progesterone, testosterone and adrenaline
- Help metabolism work efficiently (i.e. It's essential for your body to produce vitamin D)
- Produce bile acids, helping the body digest fat and absorb nutrients
- Help protect the brain and help the brain function optimally

Cholesterol is a word that seems to strike fear into many hearts but cholesterol was created to protect us as well as to perform a host of important tasks. Many hormones, including the sex hormones are made out of cholesterol and sunlight on the skin turns it into Vitamin D which keeps bones healthy. Unfortunately we're told that cholesterol is a bad thing – let's look at it more closely, to see if that's true. Well-known fractions of cholesterol are low-density lipoprotein (LDL) and high-density lipoprotein (HDL). The liver makes LDL to act as tiny packages for transporting fat to the cells of the body to be used for many vital functions and HDL returns unused fat back to the liver where some is excreted as bile.

Two things go wrong in blood vessels if one has low dietary levels of antioxidant vitamins for eg Vitamin C - the thin lining of the arteries develops micro-tears like ladders in a woman's stocking and secondly, LDL is forced to take on the 'role' of the missing vitamins.

The LDL becomes damaged (oxidized) in the process and is not returned to the liver but instead is put to good use in patching up the micro-tears like a band-aid. Over time these patches become plaques which start blocking the arteries. If plaque ruptures a clot can form leading to heart attack or stroke. This ingenious plan to use damaged LDL to fix damaged artery endothelium is really only designed to be a temporary fix during cold winters when dietary antioxidant vitamins are in short supply, but in summer we should be eating plenty of antioxidant foods which then cause these to slough away.

The reality is though, that the western diet is low on these vitamins year round due to our lifestyle - hence the need for daily antioxidant supplements containing Vitamins A, C and E for protection.

To improve your cholesterol levels try to maintain a healthy lifestyle by:

- Increasing the amount and variety of fresh fruit and vegetables
- Replace margarine (an 'edible plastic') with real butter
- Replace 'fake' man-made processed meats with lean chicken, organic meat and organic eggs. Eat fish (fresh or canned) at least twice a week
- Include foods high in soluble fibre and healthy fats, such as nuts, legumes and seeds.
- Limit Sugar in the Diet!!!
- Avoid take-away foods, especially deep fried foods, cakes, biscuits, pastries and refined white flour
- Lose excess body fat - being overweight may contribute to elevated blood LDL levels
- If Gluten sensitive, cut out of diet (*Amylopectin A* in grains causes inflammation)
- Control blood sugar levels - high blood sugar is linked to an increased risk of atherosclerosis

- Include foods like chickpeas, garlic and onions (if not allergic). Dr Gurewich of Tufts University found a raw onion daily raises HDL up to 30%!
- Eat foods high in Vitamin B3 (niacin). A recent study in the American Journal of Cardiology showed an 8% increase in 3 months
- Eat macadamia nuts. A University of Newcastle showed an 8% increase
- Use more polyphenol-rich extra-virgin Olive Oil to raise HDL
- Stop Smoking. In just 8 weeks, your HDL will rise dramatically
- Exercise regularly (30 minutes brisk walking daily) increases the HDL levels

Having a high HDL count is something really you want to strive for, as in simple language it 'balances out' LDL. Men and women should aim for high HDL readings. New studies have found that in communities where heart disease is rare, HDL levels are exceptionally high as the powerful anti-inflammatory properties present prevent inflammation of the arteries – one of the first steps of heart disease or stroke. Now there is intriguing evidence that having a high HDL level can even boost a person's overall longevity.

Supplement with the following daily to help protect the heart and keep the arteries clean:

### **1. Barleylife**

Barleylife is a 100% Wholefood grass powder which maintains Heart and Immune system Health. It contains powerful Anti-Oxidants like CoQ10 and SOD, has **Anti-Inflammatory Properties**, improves blood circulation and contains live Enzymes. Barleylife **balances the pH of the blood** and is a strong **Alkalizer!**

The important anti-oxidant CoQ10 (Co-enzyme Q10) is an essential nutrient for maintaining optimum performance of the heart and enhancing circulation, and also aids in muscle repair.

### **2. Cellsparc360**

**CellSparc 360** supports cardiovascular health with a synergistic formula that combines coenzyme Q10 (CoQ10) with fish oil and tocotrienols (for vitamin E).

Cellsparc360 Increases energy production at cellular level, helps maintain cardiovascular health, healthy triglyceride levels and maintain healthy cholesterol levels. Also important for gum health.

### **3. Herbal Fiberblend**

Herbal Fiberblend is a unique and powerful combination of cleansing herbs and psyllium to sweep the Digestive system as well as the Arteries clean of toxins and debris.

4. Consider using **Red Rush** if you have serious blood pressure problems and wants to protect yourself from heart disease.

Nitric Oxide significantly impacts blood flow and oxygenation, two keys to improving physical and heart performance. Red Rush contains nitrate which turns into nitric oxide in the human body. Nitric Oxide goes into endothelial cells and triggers vasodilation which leads to better blood-flow and oxygen-rich blood to the muscles. Red Rush will bring down systolic blood pressure by more than 10 points, and has the potential of a 25% reduction in heart disease.

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