

How To Lower Your Cholesterol

# HOW TO LOWER YOUR **CHOLESTEROL**

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## Understanding Cholesterol Levels

More than half of the world today has high cholesterol. What this means is that every other person that you see walking down the street is at risk for some sort of heart disease. The average person doesn't even know how their cholesterol stands because you can't see high cholesterol. However, the stats stand for themselves when it comes to your cholesterol; you need to understand it in order to be able to deal with it. Once you get past the code, it is very easy to understand.

There are actually five different ways that you can use in order to get a complete reading on your own cholesterol levels and they are: total cholesterol levels, HDL, LDL, total/HDL ratio, LDL/HDL ratio. These measurements are actually written down to be what is desirable and what is not desirable. Measurement units for checking your cholesterol are conducted as milligrams per deciliter. It is extremely confusing if you try to look at these separately. You can talk to your doctor if you really want to understand your cholesterol levels and what, if anything, you need to do about them or how to maintain them properly.

I am going to give you the actual numbers that are involved when it comes to your cholesterol. Your overall desired level should be below 200 mg/dL, 200 to 240 for a borderline level and total risk above level 240. This is just for your overall levels. When it comes to breaking it down to each individual level, your doctor can best explain those to you.

### **Explaining HDL Cholesterol**

When you think of your cholesterol, chances are all you care about is that it is low, but HDL levels are not the same as general cholesterol levels. It is actually just a section of your overall cholesterol when it comes to your HDL levels you actually want it to be high. HDL is not the same as cholesterol in any way. In fact your HDL levels are high density lipoproteins. We need lots of these. Their role in our body is to carry cholesterol away from the body as soon as LDL has brought it.

There are several different ways that you will want to achieve this. On the list are the excessive smoking, alcohol, body weight, exercise and medications. Let's look at the actual numbers on this. You have to remember that the smallest changes in HDL levels are significant. It would be going too far to say it is exponential, but a 1 mg/dL increase in your HDL cholesterol levels

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means as much as a 2 to 4 percent reduction in risk of heart disease and cardiac problems in general.

Knowing that your HDL levels need to be high is one thing. Here are the actual figures to explain. Your numbers are too low if they are at 37 mg/dL for men and at 47 mg/dL for women. The normal range for men to have is about 40 to 50 mg/dL, and for women 50 to 60 mg/dL. This is a concern as many people get these levels backward. It helps if you try to see a reasonable goal which would be to increase your HDL cholesterol levels by 10 mg/dL from whatever it is now since most of us need more than what we have.

## **Your Heart Needs Low Cholesterol**

Having lower cholesterol is very important and by now we all know this. Age is not a factor when it comes to cholesterol as we can all have a problem here. It is also a fact that you can increase your chances of having a heart attack or stroke if your cholesterol is bad. In order to understand what this means and how to achieve it, we all need to understand a few of the key concepts and terms first. We will start with this.

Cholesterol is basically just a fat-like substance that is found throughout the body. The next thing is to know how it gets there. This is easy, you get your cholesterol through the body itself or in the foods we eat and put into it. You need to know that too much of it, however, is not healthy for the body. When your cholesterol is too high you will end up with clogged our arteries, block our hearts, and actually threaten to end our lives. Most of us have bad cholesterol cause we all love bacon and fatty foods.

There are two kinds of cholesterol that we have, which may be confusing at first. High density lipoprotein is one of them, and it is commonly known as HDL which actually needs to be high as it protects the heart from bad cholesterol. Low density lipoproteins, or LDL, and are sometimes called the bad cholesterol because it can clog arteries and kill us, is the other. We have both kinds of cholesterol in our bodies and we them need both. The balance between them is what gives us general health.

### **Lowering your Cholesterol**

For those people who would prefer not to take prescription drugs for lowering their cholesterol, there is a more natural way. The alternative to using drugs is natural cholesterol reducers which could also be found in many whole foods. Most of us now prefer to take natural remedies such as herbs etc. today's research show the effectiveness in getting rid of the symptoms or in reducing your chances of having a heart disease.

Natural cholesterol reducers are substances that help to lower cholesterol without having to have people tamper with it first. This means that they were not created with the use of chemicals or pesticides. If you are wondering what such things can be construed as natural, I

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will tell you. Garlic is considered a natural reducer because it acts as an inhibitor. Fish oils with their omega-3-fatty acids are also known to reduce heart disease by at least 40%.

There is another factor that you need to consider too. For example, did you know that Cholesterol's sister problem beta-sitosterol can very effectively cut blood serum cholesterol with practically no changes at all made in your diet or exercise regimens. The spice Curcumin (an extract of a curry spice turmeric), lowers cholesterol naturally. However gulgul gum resin which is from the myrrh tree reduces high cholesterol levels as well as it helps you with weight problems. These are just some natural spices that you can add to your diet.

## Things That Will Give You High Cholesterol

By now, you probably know a lot about the risks of heart disease; especially with the high amount of information that is available on this subject. However, you should know that there are many different risk factors for high cholesterol that we never seem to pay enough attention to. You may be wondering what they are. Perhaps you are wondering what they have to do with you. The first thing that needs to be said is in identifying what they are. Of course, much of this is just common sense.

Some of the foods that can contribute to your high cholesterol are fast foods, chips, soft drinks, candy bars, refined sugars, butter cream, fried cheese, fried dough, and cotton candy. These are the ones you can control by simply not eating them whenever possible. These are all of the comfort foods that most of us have been eating since we were kids. They are familiar to you and your mother. However you should be warned that they will kill you if you let them so it stands to reason that your health beckons you to avoid them. Some risk factors for high cholesterol are part of your normal every day lifestyle.

Weight problems, smoking, alcohol abuse, as well as horrible are all another part of your daily life. Some of the causes of high cholesterol can't be prevented. For example, high cholesterol is also hereditary. However it is good to note that this is a factor that you have to live with. Diabetes, kidney disease, liver disease, hyperthyroidism are just some of the dangers that these foods can cause; high cholesterol is just another side effect.

## **Cholesterol Readings Explained**

It is highly recommended that one gets their cholesterol levels checked once in few months. The cholesterol reading received will basically consist of the total level of cholesterol, level of lipoproteins, triglycerides and levels of lipoprotein cholesterol (high density). This report will enable the physician to get a basic overall view of ones health.

If your physician needs different levels checked which gives a combinable reading. It is a splendid idea if one has the three levels of cholesterol which are nothing but the sum of the cholesterol, LDL cholesterol and HDL cholesterol regularly monitored and verified.

The optimal range of total cholesterol is around 200mg to 239mg with 200mg being the spot on value. Researchers have predicted that one is at a risk of attack or any other heart disease if their total reading is above 240mg.

### **Low Density Lipoprotein Cholesterol**

LDL form of cholesterol is the kind one must avoid, in other words the bad one. This type of cholesterol increases the risk of heart diseases by blocking the arteries with deposits of cholesterol. Hence having levels of bad cholesterol which tend to the higher side are bad for the body .The idea limit of LDL level of cholesterol is 200 milligrams. The optimum range being 200-240 milligrams. Above that is potentially dangerous.

### **High Density Lipoprotein Cholesterol**

LDL form of cholesterol is the kind one can call the 'good' cholesterol. Let's look into why it is considered good. What basically happens is that HDL transfers the surplus cholesterol to the liver from the tissues. This is converted to bile in the liver by breaking it down. The idea limit of HDL level of cholesterol is 40 milligrams. The optimum range being 40-45 milligrams. Above 60 milligram protects ones heart and improvise on the brain's routines which manage the blood vessels.

### Triglycerides

Triglycerides are nothing but a kind of the different fats. It accumulates in ones body as fat and then slips to the blood stream. These constitute most of the fats in ones diet.

These harmless looking triglycerides are one of the prime contributors to heart disease.

In the higher ranges of dose it is known to thicken the blood arteries which may lead to a stroke or heart attack or any other kind of heart disease. The optimum range of triglyceride being between 150 and 199 milligrams, not exceeding above 200.

There is nothing called an ideal reading .It differs from person to person depending on numerous factors. If the readings are pretty high a change in lifestyle is recommended.

One must make sure that he maintains a healthy lifestyle to live a long life.

## Lowering Cholesterol Levels-Your Best Bet For A Healthy Future

Cholesterol affects the human body in an adverse manner. This is a well known fact today. Lipoprotein is an assembly of proteins and lipids that carry cholesterol between the liver and the body tissues. Low density lipoprotein carrying cholesterol to the cells gets deposited on the artery walls thus hardening it. Hence it is called “bad cholesterol”. This obstructs the smooth flow of blood. This causes the status of the atherogens of the blood vessels to be ruined resulting in various diseases.

Cholesterol is not completely bad for health. The value of this waxy substance that is non soluble is not widely known. Building membranes, nerve sheaths and cell walls, manufacture of bile, and production of hormones are all aided by cholesterol. However being exposed to high levels of it can cause various diseases. Hypertension is one of the main cardiovascular disorders caused by cholesterol. Sometimes, this can even be fatal. It can also lead to fibrosis and atherosclerosis, which are dumping of extra fiber and fatty substances in the arteries.

Proper eating habits and regular exercise are the most effective ways of keeping cholesterol under check while over indulgence, bad diets and wrong lifestyles can increase the cholesterol levels of the human body.

### **The best dietary practices for a cholesterol free life include:**

1. Planning an entire week's menu in advance to ensure it is cholesterol free and supplementing it with vegetables and fruits filled with fibers. Organic food stuffs are much healthier as they do not have any chemicals that can trigger increased cholesterol levels. Complex carbohydrates of high standards should be used.
2. People diagnosed with LDC should avoid egg yolks and eat more of egg whites. Using whole wheat to prepare baked food stuffs and cereals for noodles is also highly effective in reducing cholesterol levels. Also refined sugar should be avoided as it contains a number of chemicals used in processing it so that the end product is fine and white. Unrefined sugar is less of a health hazard.

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3. Drink lots of water. It helps digestion, cleanses the body to maintain proper blood flow and maintains equilibrium in the body.

4. Artificially made foods contain coloring agents, extenders and various additives. Hence they should be avoided. Instead, eat more of root crops.

5. Commercially made soft drinks contain large amounts of sugar, additives and artificial colors that can cause high cholesterol levels. Even chocolate beverages, other chemical drinks and caffeinated drinks like coffee cause risk of high cholesterol levels. These should be replaced with fresh fruit juices for a healthier diet.

Food processing and baking usually include the usage of hydrogenated and trans fats. These are highly destructive, even more than saturated fats produced from the same oils as them. Various palm oils, including "olive oil", are the healthiest oils that help in lowering cholesterol levels of the entire family. Even though they are costly, they can help in warding off various diseases caused by other oils.

High cholesterol levels can cause strokes or hypertension that can even be fatal. This can be avoided by keeping in tune with your body by regular check ups so that in case of high cholesterol levels, effective steps can be taken to reduce it before it is too late.

## Food To Consume To Lower Cholesterol

“We are what we eat”. How true this saying is! The food we eat determines the cholesterol levels of our body. High cholesterol levels can cause heart diseases and high blood pressure as age progresses which can lead to paralysis or death in the patient.

Unless several important changes are made in the diet, high cholesterol levels can steal entire lives. These days, almost all of the most popular foods stuffs contain large quantities of LDC known more popularly as bad cholesterol. By substituting these with HDL widely known as “good cholesterol” we can have a much healthier life. Given below are some of the best ways to do this.

Breakfast is the most important part of the day’s meal. Bread should be avoided and it should be replaced by oatmeal. Doing this ensures that in just two weeks the cholesterol levels in the body will be reduced by almost 20%. Making this a habit will greatly reduce the cholesterol levels of the body.

If the breakfast cannot contain oatmeal, fruits such as apples should be had. Having two apples or twelve ounces of good apple juice in a day can lower the chance of carious diseases of the heart by almost 50%. Apples are easy to get in all supermarkets and can be had whenever possible irrespective of the time of the day. It can be had as dessert or a snack or even after having a light meal.

Making vegetables a part of lunch and dinner is the most effective way to ensure a healthy diet. Also red meat should be replaced with fish or poultry. These food stuffs are healthier as they do not contain saturated fats.

People who love cooking can add ingredients such as garlic in their food. Garlic has the property of declogging arteries thereby reducing the chances of getting heart diseases.

Beans and pork are good for health. A can of either can greatly reduce risk of bad cholesterol as they contain fibers that are soluble and can help in fighting bad cholesterol. Onions are not all

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that popular among people but having just half an onion per day greatly reduces LDC and increases HDC in the body.

There is a popular misconception that all fats are bad for health. This is not entirely correct. There are different kinds of fats. Some are bad for the health while others like omega 3 fatty acids and unsaturated fats are considered to be healthy.

The way in which the food is prepared greatly affects the cholesterol levels of the body. Cooking oils contain monosaturated and polysaturated fats which are highly effective in lowering cholesterol levels in the body. Hence food should be cooked using these oils.

While shopping, the ingredients of the item should be properly read from the label in order to ensure that it is healthy.

People who are overweight and flabby are the ones that are most likely to suffer from various diseases caused by the high levels of bad cholesterol.

If making a personalized dietary plan is difficult for an individual, then a proper dietitian should be consulted who can work out a diet plan that should be followed religiously by the individual.

## Food For People With High Cholesterol

Bad cholesterol sticks to the body and refuses to let go. Efforts by the afflicted ones to lower cholesterol levels can prove futile and can be very frustrating. If only water could flush out all the bad cholesterol from the body! Then it would not be such a big cause of worry as it is today. Bad cholesterol clogs the veins. Even though they have a tiny diameter, this can cause a hindrance to the smooth flow of blood which can even be fatal.

It is a common misconception that all cholesterol is bad for health. Good cholesterol is important for all the vital processes of the human body. The bad cholesterol is the one that clogs arteries. However it takes many years of unchecked dietary habits that gradually leads up to these levels of cholesterol that can be fatal.

Cholesterol usually affects obese or overweight people. The factors that adversely affect this are drugs, bad diets and hereditary traits. As a result, cholesterol in people with normal weights is comparatively rarer, but not unheard of.

There is not much information available about prevention of cholesterol these days. Most of the available information only talks about reduction of cholesterol levels after a person has been diagnosed clinically. Therefore personal diagnosis cannot ensure a safer future when concerned with cholesterol.

Maintaining a healthier lifestyle is the most effective method in preventing various health disorders to begin with. Although this is talked about all the time, carefully watching over your food consumption is the most practical way of preventing bad health. And one of the many ways to do this-avoid fat.

On the other hand, various food groups help in lowering of cholesterol levels. Such foodstuffs contain antioxidants that help in preventing increase in bad cholesterol levels in the body. These include:

**FIBERS including OATMEAL-** This is a fiber of high nutritional content with a capability of reducing cholesterol. Many studies were conducted on this in the 1980's right up until 1989.

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However it lost its popularity temporarily till 1997 when it was revived again by the Food and Drug Administration after it was declared that combined with a good diet that is low in fat, it can prevent various heart diseases. Other fibrous foods include legumes, rice, brewer's yeast, bran, wheat, breads, beans and various other cereals that help in increasing the levels of good cholesterol in the body.

**FRUITS and VEGETABLES-** These are full of vitamins and antioxidants and are found at the top of the food pyramid. It is necessary that we eat lots of these natural food that processed food. They cleanse the body and are healthy as they do not contain any fats. Citrus fruits that contain vitamin C should be particularly favored. The best medicine to combat free-radical elements that cause various diseases is cucumber as it is rich in the anti oxidant vitamin E.

**FISH-** Fishes with white meat and tuna are also a part of healthy diets as fishes contain lesser amounts of unsaturated fats.

**LEAN MEATS-** extra lean beef, liver, turkey and chicken without their skin are all fat free and are rich in proteins. Therefore they are an integral part of healthy diets.

**YOGURT-** It helps in digestion of food by regulating the stomach acids. Hence it helps in reduction of cholesterol levels and is also low in fat.

## The Deadliest Excess Substance That Could Form In The Body

The sustenance of outer membrane cells in every vertebrate requires cholesterol. It helps in blood circulation to the tissues of the body and blood plasma carried as alcohol and fatty lipids (steroids). Proper maintenance of cholesterol levels is necessary for unhindered flow of blood and plasma. The required levels of cholesterol should be maintained and should not be exceeded.

Nowadays fast foods and highway eateries are taking over the food market. Hence there needs to be awareness about intake of additional or unwanted cholesterol that can affect the health of the present generation adversely.

First of all proper, awareness on the working of cholesterol and its effects on the metabolic process of the human body are necessary before knowing how to eliminate it. "Bad cholesterol" refers to low density lipoproteins. Lipoproteins are the carrier molecules. LDL can deposit cholesterol on the artery walls increasing its thickness and thus obstructing normal passage of blood. This causes atherosclerosis. On the other hand, high density lipoproteins are the "good cholesterols".

The various functions of good cholesterol includes manufacturing of bile, anti-oxidants, digestion of fats that are essential for the function of vitamins like vitamin A, D, E and K which are fat soluble. These vitamins help in various metabolic processes of the reproductive organs starting from puberty onwards right up until old age that depend on estrogen levels in the body.

### **The good cholesterol in our body comes from two sources:**

1. Almost 75% that is three fourths of the required good cholesterol is produced in the body itself in the tissues of various organs like liver, reproductive organs central nervous system including the spinal chord and the brain, atheroma and adrenal gland. Any degenerative change in the atheroma can cause the development of coronary artery disease and atherosclerotic plaques that can cause a hindrance to the flow of blood. This sudden clogging of the arteries

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can affect the flow of blood to and from the heart resulting in heart attacks that can even be fatal.

2. The rest of the cholesterol that is 25% comes from external sources. Hence one must be aware of what they eat and maintain a proper diet. Animal meat, dairy products and egg yolk contain large amounts of cholesterol. The amount of this cholesterol intake must be carefully monitored as even a small excess in this can cause an imbalance of cholesterol levels in the body.

**The cholesterol more than the required 25%, that is, the idle cholesterol can be lowered by:**

- Using non-saturated cooking oils that can reduce the intake of fats. The healthiest oil containing non-saturated fats is olive oil which is a palm oil. Others such as coconut oil contain highly saturated fats. Eating fruits and vegetables with high fiber content, taking low sodium content foods and complex carbohydrates can greatly reduce cholesterol levels of the body. Soybeans, nuts, corn, wheat, legumes and staple cereals are some of the best cholesterol reducing food stuffs.
- Eating in restaurants and fast food joints should be avoided as they contain high sodium content foods and saturated fats. Alcohol can also cause increase in cholesterol levels and should be avoided.
- Omega-3 acids found in mackerel, Salmon, some species of tuna and deep sea fishes help in decreasing levels of idle cholesterol in the body.

Medicines including reductase inhibitors such as HMG-COA, atorvastatin (Liptor) and lovastatin (Mevacor) which are statins can be taken to effectively reduce LDL but only with the guidance of a physician.

## Foods To Avoid To Lower Cholesterol

People basically just love to eat. Any free time they get they don't miss out on catching up on a meal. The meal specified here is not one of the three basic meals one has during the course of the day, but it is one the inter meal cravings one indulges in. In other words snack breaks. Never does an individual pay attention to what exactly is the cholesterol content in the food they are consuming. Their ultimate pleasure lies only in the taste. These snacks oft picked up from fast food centers are extremely unhealthy and have high cholesterol content which has even encouraged McDonalds to mention the calorie content in every product.

The alarming growth in the number of obese and overweight people is something to watch out for is what the doctors have realized. The obvious implications of these are the number of people who would be prone to heart diseases and heart attacks would increase in USA. Many suggestions have been made to try to curb this growing syndrome. It includes visiting the doctor annually and making changes to ones daily habits and lifestyle. The only way to reduce the cholesterol intake is to be conscious about your diet. This is the only way you could reduce the amount of it going into your system.

If your are wondering what kind of food is that which is very high in cholesterol content? What kind of food is it that you must avoid? Here it goes.

First and foremost if you are a voracious red meat eater, you must definitely cut down upon the amount of red meat you consume like steak, bacon and ham. They are extremely high in fat content.

Foregoing it at one instant will be hard for an individual, hence the age old technique of divide and conquer must be adopted. One can start by gradually decreasing the amount of such food content .The oil and constituent ingredients used to cook fried foods like burgers and French fries are a store house of cholesterol and fat. This list also includes frozen meals which have been prepackaged.

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Diary and Poultry products like eggs, milk and chicken should be minimized in ones diet. To ensure that the body gets sufficient amount of calcium one can instead include milk (non-fat) and yogurt in the diet.

As kids one is not as much threat as an adult is with high intake of junk food. Eventually as one grows older the dietary necessities must be taken into consideration.

Above we have mentioned the food items one must avoid. Apart from fat and cholesterol these food items may consider other vital elements essential for a diet. Hence we shall look into substitutes for these food items.

Products such as fruits, soy, whole wheat grain and vegetables must be taken aplenty. These products have omega 3 acids which reduce the cholesterol content in the human body apart from the essential vitamins and minerals required . One must adopt the motto of eat less and live long and make sure the diet one consumes must be within the limit of thirty percent of cholesterol. One can always visit a dietician for further guidance who will set up a daily dietary pattern with variations.

### **A Drug free Way To Lower Cholesterol**

In the recent years the number of people suffering from high cholesterol levels has increased substantially. Studies have proven that many heart diseases are caused primarily due to high levels of cholesterol in the body. This results in heart attacks and strokes which can even prove fatal if unchecked. In industrialized societies like that in the US, the most widespread cause of death is coronary heart disease. Usage of saturated fats, bad lifestyle, and smoking are leading causes of high levels of cholesterol of the people in such places.

Many drugs to decrease cholesterol levels are now being sold world over. Reductase inhibitors like HMG-CoA or better known as statins are some of the most popular drugs available in the market today. This group of drugs is marketed under various names and helps in greatly lowering cholesterol levels in patients with high risk. They also help in increasing HDL widely known as “good cholesterol” in the body.

Even though these drugs have been proven effective time and again, some people prefer not to use them and instead use other methods to reduce cholesterol levels in the body. One such method is leading an active life. Exercise and physical activity form an integral part of many therapies for low cholesterol. This results in reduction in weight, lowering of blood pressure and also greatly reduces risk of diabetes.

A proper diet with low cholesterol content can also greatly lower cholesterol levels in the body. A good and a healthy diet contain low levels of “bad cholesterol” but sufficient quantities of “good cholesterol”. It has been shown that such a diet can lower cholesterol levels up to 29 percent in just one month’s time. Therefore proper diets, just like drugs, can be effectively used for controlling cholesterol levels. Eating foods with high fiber content can reduce levels of cholesterol by almost 7 percent.

By eating unprocessed or non-hydrogenated fats, the risk of various heart diseases can be greatly reduced. Nuts, soy proteins, foods with high fiber content such as barley and oats are some of the food stuffs that help in reduction of bad cholesterol accumulated in the body. Fishes and some plant sources contain Omega-3 fats also help in lowering cholesterol levels. Fruits and vegetables can also be used for this purpose.

## Following a Low Cholesterol Diet Plan

It is a fact that higher cholesterol levels lead to a range of diseases. The amount of cholesterol in the human body can be reduced by adopting various techniques.

If we notice the food patterns adopted by people now days, we can notice that people tend to consume more of the food which is high in LDL which is the bad cholesterol.

Sedentary lifestyle is a big no-no and people must inculcate regular exercise regime in their daily routines. Bad habits like smoking and drinking are main contributors to the increasing cholesterol levels. On a long term basis this paves the way for various heart diseases. In the USA heart diseases are considered the prime killers. People must be educated that reducing the amount of cholesterol levels can reduce risk of heart attacks.

The earlier one puts this into practice the better and there will be lesser probability of one suffering from heart disease.

A healthy lifestyle includes the following- a balanced diet consisting of all the essential vitamins, minerals, proteins, carbohydrates and fiber; drink sufficient amount of water and develop a regular exercise regime. This will help reduce the amount of cholesterol intake. A healthy and balanced diet is a must for anyone who is trying to reduce the cholesterol level in their body. If one wants to develop a formula for a dietary plan which will help reduce the amount of cholesterol one must have a precise idea in mind of what one will be doing and must be mentally prepared. If one is mentally prepared and has a fair idea of what ones goals are and is deterministic about following the diet which is low in cholesterol, there is higher probability that one would adhere to it with more heart and soul for a longer period of it and not get weary of it.

Prior to jumping on to a strict diet regime to ensure lower cholesterol levels, one must look and do some research on what food types are recommended and which are not and why. The main thought process which goes behind one's mind while starting a diet plan for educating the level of cholesterol is to reduce the consumption of fats(saturated), calories and cholesterol in the human body. This not only helps in the lowering of cholesterol levels but also plays a role in weight reduction. Extra bonus!

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As mentioned earlier the primary food items to be consumed to ensure this are fruits and vegetables.

These not only have vitamins, but are also high in fiber content. One can consider fiber to be synonymous to a sponge ball which absorbs all the cholesterol and helps dispose it or get rid of it from the human body. Fruits like pears, apples and oranges have high fiber content and when it comes to vegetables there is carrot. Oats are highly recommended too.

## Sorting Fact From Fiction About Cholesterol

It has been noticed there has been a lot of confusion with regard to cholesterol due to the fact that there are just too many kinds of them! There are the good cholesterol and the bad cholesterol. For an average human being he is lost. Unsure of what all the terms mean. But information is wealth and one must learn to distinguish between what is the truth about cholesterol and what isn't.

Therefore all those who are ignorant I suggest you take some time off to read this article carefully.

**Fact or Fiction:** Since hardly ever fall ill and I'm an exercise freak, there is no way I can have cholesterol problem.

Here is the reflection of the hard fact-If a person has very high cholesterol he will not exhibit any of the symptoms of cholesterol. Exercising regularly is definitely a very good habit but it isn't a sure shot prevention for cholesterol problems. It depends on a variety of factors like the food intake, gender, one's weight, family history and age.

**Fact or Fiction: It's generally the old people who have high cholesterol levels**

This is definitely a myth! Cause one can be in their youth and still have high cholesterol levels. It is highly recommended that one gets their cholesterol checked regularly. If heart diseases run in your family history or have an unhealthy diet or live a very sluggish lifestyle you better be alert. Cholesterol levels must be tested at regular intervals to keep complications at bay.

**Fact or Fiction: Intake of anti-oxidants like Vitamin C and Vitamin E ensures that one doesn't have any cholesterol problems**

Myth! Fiction! The intake of anti-oxidants may be help reduce the risk but do not ensure prevention as such. An integration of factors affect the cholesterol level. A healthy and balanced diet with a regular exercise regime helps reduce the cholesterol level.

## **Fact Or Fiction: Regular Intake Of Red Wine With Dinner Enhances Immunity To Heart Diseases**

Red wine in meager amounts is known to increase HDL. But this has side effects. Red wine is high in calories and causes increase of triglycerides. This pressurizes the liver and increases blood pressure.

**Fact or Fiction: When buying any product check for healthy products which have low cholesterol level.**

Fiction! Though some products may seemingly be safe, behold! Products which are low in cholesterol need not necessarily have low fat content too!

**Fact or Fiction: One must never attempt to lower one's cholesterol level**

I

Naturally the human liver produces the amount of cholesterol required to perform the necessary functions. A non-sedentary lifestyle with healthy diet will definitely enable one to reduce cholesterol levels.

**Fact or Fiction: Overweight people are more prone to high cholesterol levels.**

This may be a contributing factor but not necessarily a definite one. As mentioned earlier if one has high cholesterol the symptoms may not be evident. The formula for a long life blossoming with good health is healthy diet and regular exercise regime.

## The Best Low Cholesterol Diet Plan

Having the perfect balanced diet is one of the keys to maintain ones cholesterol levels at the lower end. It is a time long proved fact that a person's dietary habits that is what food one consumes on a daily basis has a profound impact on ones body cholesterol levels.

Another long proven fact is that cholesterol levels the risk of development of coronary heart diseases is directly proportional to each other. A person is more likely to suffer from heart disease at any stage in his life if his blood cholesterol levels are on the higher side of the spectrum. This is potentially very dangerous.

Taking medicines may reduce the level of cholesterol in ones body but the healthier option would be to definitely opt for a more cholesterol free diet. Consumption of products like soy products, eating green leafy vegetables and other special low cholesterol food products may prove to be an effective option. By sticking to a vegetarian diet, one can lower their cholesterol level by about one third within one month time is proven by studies.

Including vegetable like red pepper and broccoli in your diet( a healthy portion mind you) is potentially one of the best diets one can follow for reducing the amount of cholesterol. Soy products such as soy sausages and soymilk, serving of oats , bran, cereal and whole wheat bread, aplenty of fresh fruits and certain nuts constitute an effective low cholesterol diet. The products mentioned above especially nuts, fiber rich products like barley and oats and soy protein can reduce cholesterol levels by seventy percent.

A diet low in cholesterol content makes it mandatory for one to reduce the intake of fatty substances by around twenty five to thirty percent and saturated fats by 70%. Consumption of non-hydrogenated which is unprocessed fats in comparison to the hydrogenated variety is considered to be one of the ideal diets for reducing the risk of coronary heart ailments. By increasing the intake of fish oil, fats(omega-3) from fish or sources from plants such as flaxseeds is the recommended forms of fat consumption while following a diet which is low in cholesterol. Apart from this, one's intake of sodium should also be brought down to around 2400 milligrams per day.

## How To Lower Your Cholesterol

One can plan ones day in the following way. The first meal of the day, the breakfast can consist of bran oat cereal with healthy nuts like almond or walnut, fruit salad, soymilk, whole wheat or oatmeal bread and jam. Te next meal of the day that is the lunch shall probably consist of bean soup along with bran bread, soy nuts and ending with a bowl of fruits. The dinner can consist of tofu, almonds, fruit and stir-fry vegetables. If one follows this regime with heart and soul not deviating from it a large difference of about twenty nine percent drop in cholesterol level in one month can be made.

## Lowering The Cholesterol Levels The Natural Way

Studies have shown that the number of people who are obese or overweight has gone up through the years. This is attributed to the type of food being served in schools and fast food joints as well the lack of physical activity as the person grows older.

The problem goes farther because this means that many more Americans will suffer from high blood pressure, heart disease and strokes in the future. The good news is that this can be prevented before it is too late.

The natural way to lower the cholesterol will be by making some lifestyle changes and exercising regularly. This will help the individual lose weight, which is directly related to the cholesterol levels in the human body.

When people think of dieting, many think this means saying goodbye to some of life's more juicer foods but it is not. The person will just have to limit the consumption and add new things that are healthier.

More often, this will require eating foods that are high in fiber and low in saturated fats. A few examples of these are artichokes, corn, fish, garlic, legumes, mushrooms, nut, olive oil, soy milk and whole grains.

The individual should not forget to have some fruits and vegetables as well since these are rich in sterols that are known to keep the cholesterol levels down. All of these products are affordable and can easily be purchased in the supermarket.

Aside from eating properly, the person must also take the necessary precautions when consuming liquids. This means drinking a glass of red wine moderately, reducing the consumption of beer, drinking fresh juices, non-fat milk and water.

Apple juice for example has been known to reduce cholesterol levels by up to 50% when taken regularly. Other fruits can also do the same so cutting this and putting it into a blender can do the trick or getting this in bottled form.

## How To Lower Your Cholesterol

The next step to lowering the cholesterol levels naturally is through exercise. This can be achieved in many ways such as brisk walking, jogging or running around the neighborhood. Learning a new sport and doing it regularly is another option.

Those who want to be looked after by a personal trainer can check out the gym since there are professionals that can create a program to achieve the person's desired results. This will be a combination of cardio-vascular exercises as well as weight lifting to burn the calories and lower the cholesterol levels.

There is another way to reduce the cholesterol levels but is only used as a last resort if these two do not work. The individual will be required to use medicine to make it happen. There are a lot of products out there and studies have shown this can drop the cholesterol levels by as much as 15% to 30%.

The person should be aware though that these drugs have certain side effects so it is best to consult a doctor first to make sure it is safe to use.

Cholesterol is something that is produced in the body and is also taken when food is eaten. The only way to make sure the levels in the blood doesn't exceed the limit is to have a checkup regularly and watch the food that is being cooked or served in the restaurant.

### Natural Ways To Reduce Cholesterol

Cholesterol is just one of substances that the body can make on its own. Unfortunately, eating food that is high in oil and saturated fats creates an imbalance. If precautions are not taken now, the chances of a heart attack and other cardiovascular diseases get higher as the person ages. Cholesterol is classified into two. The first is called LDL or low-density lipoprotein. This is better known as bad cholesterol and having too much of it can cause problems in the health of an individual.

It is a good thing that the body can counter this with HDL or high-density lipoprotein, which is called good cholesterol. There must a balance between the two so that the heart, blood circulation and all the other systems are working.

The only way for the patient to know the levels in the body is through a blood test. Those who fall within 4.4 to 7.1 have a small chance of experiencing a heart attack. Any figure above that is bad and anything below means the risk are much lower.

The natural way to reduce cholesterol will be to do something physical everyday. A person can do brisk walking every other day while those in between can be working up some sweat in the gym while working on the weight machines.

Studies have shown that getting those muscles to work is much better and safer than taking prescription drugs that are known to have certain side effects when it is taken. The same goes for the use of food supplements since the human body needs exercise to keep in functioning. Another natural way will be to eat right. This may mean changing one's eating habits but the long terms effects are rewarding. The individual will have to cut down on red meat, other oily foods and junk food. This includes bread, cake, candy bars, cookies, French fries and potato chips.

Changing the way food is cooked is also another way to reduce cholesterol naturally. Instead of frying, the person can try steaming, boiling or the quick way of throwing it in the microwave. There was a time that doctors encourage children and adults to drink milk. Though this can help strengthen the bones as one ages, this too is has certain ingredients that are not safe. This

## How To Lower Your Cholesterol

should be changed for soy or non-fat milk that may taste a little different but is much healthier than the old one.

It is strongly encouraged to drink lots of water and natural fruit juice since it also has the properties that can reduce cholesterol just like eating it before it is mixed using the blender. Unsweetened tea is also safe to drink. It may taste different so mixing a sachet of Equal or NutraSweet can add some flavoring.

Watching the food and drinks being consumed is the best way to watch the cholesterol levels and improve the overall health of the person. The first blood test may show disturbing numbers but by exercising and going on a diet, there will be some improvements.

It does not cost much to live a healthier lifestyle if only one tries. This just proves that lowering the cholesterol can be done which is much better than ending up in the hospital with complications that will either mean the life or death of the patient.

## Measuring Cholesterol

### **Cholesterol Basics**

More than half of Americans, and according to American Heart Association figures, most of them have less than desirable cholesterol levels. What this means is that every other person walking down the street is at risk for some sort of heart disease. But how do we know how grave those risks are when we are looking at ourselves? These numbers help the average person make cholesterol levels and risks understandable and because of this it can also make establishing achievable goals easier. Actually achieving them, of course, is something else altogether, but I digress.

### **Measuring Your own Cholesterol Levels**

There are actually five different ways to measure for a complete reading on your own cholesterol levels and they are: total, HDL, LDL, total/HDL ratio, LDL/HDL ratio. These measurements are actually categorized as desirable, borderline, and of course, at risk. Measurement units are milligrams per deciliter. It is extremely misleading to consider any of them on their own. Consult your health practitioner to best understand your cholesterol levels and what, if anything, to do about them or how to maintain them properly.

Here is how it really works in the numbers. Total desirable is below 200 mg/dL, total borderline level is 200 to 240 and total risk above level 240. HDL ideal level is above 45 mg/dL, HDL borderline is 35 to 45 and HDL at risk below 35. LDL ideal level is below 130 mg/dL, LDL borderline is 130 to 160 and LDL at risk above 160. Total/HDL ideal ratio is below 4.5, total/HDL borderline is 4.5 to 5.5 and total/HDL at risk is above 5.5. LDL/HDL ideal ratio is below 3, LDL/HDL borderline is 3 to 5 and LDL/HDL and at risk is above 5. Whew! That is a lot of numbers!

What all of that shows is that one very important set of numbers that you will want to bear in mind as you face your own cholesterol levels is that every milligram per deciliter makes a very large difference: with a 10 mg/dL drop in your overall cholesterol comes an approximate 40 percent decrease in risk of heart disease. Isn't that a good enough reason for you to want to do something about it?

## How To Lower Your Cholesterol

When it comes to actually doing something about your cholesterol levels, a balanced diet, combined with a good fitness regimen is your best bet in combating high cholesterol. You have to be both active and eat right to maintain the right balance. You can look to the my pyramid charts as a means of being sure that your eating habits are balanced. Supplements of vitamins will not be able to compensate for your poor eating. You have to eat whole foods for any of this to be effective, and you must lay off of heavy fatty foods and junk food to keep your cholesterol balanced.

## Controlling Your Cholesterol

How you should best control it if you have high cholesterol depends on how high it is and why it is so high in the first place. By doing this you will at least be aware of the risk of having high cholesterol. You may already know that you have it. You may just want to learn more about it. Either way, you will need to get a grip on your cholesterol and get informed about controlling it.

You may know that cholesterol plays a significant and decisive role to heart disease. You probably already know that the primary cause of heart attack and stroke are clogged arteries, and blood clots because of those arteries traveling to either the heart or the brain, and that high cholesterol is what clogs the arteries. You likely already know that it is important to control high cholesterol before it gets to be high. If you don't....now you do.

If you have high cholesterol, you are going to want to lower it. If you don't, you want to know how to avoid getting it in the first place. Your first step to control high cholesterol is to establish healthy eating habits, healthy exercise habits and healthy drinking and smoking habits. When I say healthy habits there is a meaning to this.

Healthy smoking habits are not smoking cigarettes and cigars that are healthy it is a fireplace with the vent open, meat or vegetables on the grill, or perhaps fireworks in July. Tobacco smokers have a single advantage over nonsmokers: if they quit they raise their HDL cholesterol levels very quickly, and that's a good thing. Healthy drinking habits are a little less crazy than smoking. Indications today state that a glass of red wine a day actually helps raise HDL cholesterol.

Healthy exercise habits mean regular aerobic exercise at least several times a week. This can be walking for 30 minutes, tennis, running, cycling, volleyball. Whatever you enjoy doing and it gives you a good cardiovascular workout. Healthy eating habits are one of the best ways to control high cholesterol. If you do this it will give you higher HDL and, more importantly, much lower LDL. What these whole foods do place more emphasis on fruits, vegetables, whole grains, legumes and less on animal products that are high in saturated fats and they focus less on processed foods. They could mean the difference from you having a heart strong enough body to maintain it properly.

## HDL Cholesterol Level

### **What is HDL Cholesterol Level?**

When you think of cholesterol, your only thought is that it should be lower, however HDL levels are not the same. The higher the better is the necessary information when it comes to HDL cholesterol levels. HDL is not the same as cholesterol. In fact your HDL levels are high density lipoproteins. Our bodies can never seem to have quite enough of them. Their role in our body is to carry cholesterol away from body tissues after LDL has carried it to them. Because LDL vastly outnumbers HDL by about 3 to 1, we're much better off if we can raise our HDL cholesterol levels.

There are several different ways that you will want to achieve this. On the list are the excessive smoking, alcohol, body weight, exercise and medications. Let's look at the actual numbers on this. You have to remember that the smallest changes in HDL levels are significant. It would be going too far to say it is exponential, but a 1 mg/dL increase in your HDL cholesterol levels means as much as a 2 to 4 percent reduction in risk of heart disease and cardiac problems in general.

### **Breaking Down The Numbers on HDL Cholesterol Levels**

When we start thinking about HDL levels you need to remember that the numbers are different for men and women. In general, the average figure for HDL is approximately 40 mg/dL for what someone wants in HDL cholesterol levels. That is certainly the range that you have to think in terms of.

At this point we should go from risky HDL to average HDL to ideal HDL levels. The too-low danger flag about this goes out at 37 mg/dL for men and at 47 mg/dL for women. The normal range for men to have is about 40 to 50 mg/dL, and for women 50 to 60 mg/dL. The general target range for HDL cholesterol levels, but you have to remember that nothing is set in stone in this area, but it is about 60 mg/dL. A reasonable goal we can all set is and should be to increase HDL cholesterol levels by 10 mg/dL from whatever it is now.

## How To Lower Your Cholesterol

As you can see there is a vast difference from your cholesterol levels and your HDL levels. It is wise for you not to confuse the two of them. Common sense would be for you understand that HDL levels work in the exact opposite manner that cholesterol does, however your HDL levels is akin to monitoring your cholesterol in that they both play a huge role in your overall health. It amazes me how much people get so involved in their cholesterol levels that they forget about everything else. You can keep your HDL levels in regulation height by simply eating a balanced and nutritious combination of whole foods.

## Cholesterol And Your Heart

### **Lower your Cholesterol For Your Heart**

Having a lower cholesterol is very important to our overall health, no matter how old we are or aren't. This is especially true if we want to avoid having a heart attack or stroke. In order to understand what this means and how to achieve it, we all need to understand a few of the key concepts and terms first. Among the things that we need to know are cholesterol, HDL, LDL, lipoproteins, serum cholesterol, dietary cholesterol, saturated fats, atherosclerosis, and coronary artery disease.

Cholesterol is basically just a fat-like substance that is found all through the body. Basically it gets there in one of two ways, either from the body itself or in the foods we eat and put into it. It is a very common, and very important worker bee in the body's honey comb. Too much of it, however, is not healthy for the body. Too much of it can clog our arteries, block our hearts, and actually threaten to end our lives. More often than not we need to lower cholesterol in our bodies.

There are two kinds of cholesterol that we have, which may be confusing at first. High density lipoprotein is one of them, and it is commonly known as HDL, sometimes it is also called the good cholesterol because it can protect the heart. Low density lipoproteins, which are commonly known as LDL, and are sometimes called the bad cholesterol because it can clog arteries and kill us, is the other. We have both kinds of cholesterol in our bodies and we then need both. The balance between them is critical to our body. It is what helps determine whether a heart is healthy or in dyer need of correction.

The link between cholesterol and heart disease has been established in numerous studies. In Specific, the higher the cholesterol, the greater the risk is of us getting heart disease. It's really that simple. High cholesterol is common for most people. However the good news is that we can do something about it. We all want lower cholesterol. The hard thing though is that most of us have a hard time to control this.

## Cholesterol And Your Lifestyle

### **Our Lifestyle and Lower Cholesterol**

Cholesterol in our body is produced in the liver, which is the organ that uses the fats in our diet as fuel. What it produces is all the cholesterol the body needs to keep us moving. Why does it need cholesterol you may wonder? Among other things, it works by producing bile that is needed to help with digestion, protecting nerve fibers, building cell membranes, creating hormones, and also creating vitamin D.

Cholesterol that is found in our foods comes only from animal products that are rich in saturated fats. Plant foods have no cholesterol in the, at all. Our bodies need fats, of course, and we get a natural mix of them in many whole foods. But a diet that is too rich in saturated fats and transfatty acids such as those that you get in processed foods is a proven health risk. Studies now indicate that polyunsaturated and monounsaturated fats, which can be found in olive and fish oils, are better for us and can help lower cholesterol.

Dietary fats are a concentrated source of special calories and because of this one of the two main causes of people being overweight and obesity. Lack of exercise is the other reason for this. Decreasing dietary fat and increasing regular exercise are the first and quite frankly the easiest steps that you can take to lower cholesterol and improve your overall and heart health.

## Lowering Cholesterol

### **Lowering High Cholesterol**

Most of us are at some risk for heart disease. All of us are better off if we work on lowering high cholesterol. Cholesterol is all a huge part of reducing our overall risk of both heart disease and stroke. By now we all already know this. We know that diet and exercise help as well. We know that medications are sometimes needed, and when they are that they're most effective when they are combined with a heart healthy diet.

The cholesterol that's actually being lowered when it is talked of lowering high cholesterol is LDL, which is the cholesterol that outnumbers the other cholesterol (HDL) in the order of around 3 to 1. We're not lowering our cholesterol simply because there's more of it, even though we are trying to raise HDL because there never seems to be quite enough of it. We're lowering our LDL levels because of what it has a tendency to do once it's done what is required of it by our bodies; which is to help with digestion, protect the nervous system, and build cell walls. What it does that we need to stop is build up in our arteries.

### **What Helps for Lowering High Cholesterol?**

Medications, of course, can be taken for help in chemically lowering high cholesterol in the circulatory system, and it can even inhibit their being produced in the liver all together. There are synthetic and natural or herbal medications that you can use, but discussing them is a separate subject. Dietary adjustments are also particularly effective in reducing the inflow both in the those foods that we eat which are the building blocks of LDL in the liver, and those that are directly absorbed into the bloodstream.

The problem foods that do not necessarily help when you are working toward lowering high cholesterol include such things as animal products that are high in saturated fats and processed foods and oils. Physical exercise is effective for the most part because it entails burning as energy the molecules that otherwise accumulate in the body and bloodstream as fat, which results in overloading the workload of the vital organs, the heart being the major one among them.

## How To Lower Your Cholesterol

As you can see when it comes to actually doing something about your cholesterol levels, a balanced diet, combined with a good fitness regimen is your best bet in combating high cholesterol. You have to be both active and eat right to maintain the right balance. You can look to the my pyramid charts as a means of being sure that your eating habits are balanced. Supplements of vitamins will not be able to compensate for your poor eating. You have to eat whole foods for any of this to be effective, and you must lay off of heavy fatty foods and junk food to keep your cholesterol balanced.

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## Lowering Cholesterol Naturally

### **Lowering your Cholesterol the Natural Way**

For those people who would prefer not to take prescription drugs for lowering their cholesterol, there is an alternative and more natural way. The alternative to using pharmaceuticals are natural cholesterol reducers. Many people prefer them to taking the drugs as they are believed safer. More and more studies are being conducted on the medicinal values of naturally occurring substances such as herbs etc. More and more of these results show their effectiveness in alleviating symptoms or in reducing your chances of a heart disease or disorder. The choice is yours.

### **What Exactly Are Natural Cholesterol Reducers?**

Natural cholesterol reducers are regularly seen as substances occurring without human intervention in their natural growth and development. This means that they were not created with the use of chemicals or pesticides. A large number of them have been the subject of recent studies, and have been proven effective as natural cholesterol reducers. Garlic is on the list as a significant inhibitor to the development of arteriosclerosis and even aid in disabling the recurrence of heart attacks. Fish oils possess their omega-3-fatty acids and are commonly known to reduce heart disease occurrences by as much as 45 percent.

Cholesterol's close relative which is called beta-sitosterol can very effectively cuts blood serum cholesterol with practically no changes made in your diet or exercise regimens. Curcumin, which is the extract of a curry spice (turmeric), lowers cholesterol as well as does some other things. However if we move a bit farther on into the exotic spices etc. we will learn that gulgul gum resin that you will find from the myrrh tree reduces high cholesterol levels as well as it helps you with weight problems.

A specific sugar cane wax derivative, called policosanol, prevents LDL from oxidizing in the bloodstream and due to this its levels in the body. Psyllium, which is the fiber of a plant that is native to India and Iran, also lowers LDL levels. It is important to note that Ogul Gum Resin, garlic, Curcumin, and Policosanol only have limited effectiveness's, because they can only last for about six months. This is because they are exogenic so it's a good idea for you to look for

## How To Lower Your Cholesterol

endogenic supplements such as Beta Sitosterol, Beta Glucan, Chromax and soy isoflavones to assist you in your efforts.

### **How you should Use Natural Cholesterol Reducers**

Any medication that you choose to take should be used in the accompaniment of living a healthy lifestyle which includes exercise and diet and better overall daily habits that are conducive to your good health. This means that you will be required to make some degree of regular physical exercise, moderate body weight and always a balanced diet a part of your life. Of any one thing that you should take into account, lifestyle almost always goes the furthest distance. This is true for cholesterol levels, and particularly for LDL, because this is the cholesterol that is driven so strongly by your diet. HDL is not any exception to this rule, it is simply influenced by other factors as well. Medications alone are usually not enough to ensure long term health.

## Risk Factors

### **The Risk Factors for High Cholesterol**

You might say that you're very well learned with the risks of heart disease; especially with the high amount of information that is available on this subject. But risk factors for high cholesterol, are a completely different story altogether. You may be wondering what they are. Perhaps you are wondering what they have to do with you. The first thing that needs to be said is in identifying what they are.

Some are part of your diet such as fast foods, chips, soft drinks, candy bars, refined sugars, butter cream, fried cheese, fried dough, and cotton candy. These are the ones you can control with a great deal less effort than you think. You probably grew up eating these things. They are familiar to you and they are likely your comfort foods. However you should be warned that they will kill you if you let them. Some risk factors for high cholesterol are part of your normal every day lifestyle.

Weight problems, smoking, alcohol abuse, and laziness are all another part of your daily life structure. Some of these are health conditions you did not choose for yourself as they were handed down from your parents. However, they are still there and can destroy you. Diabetes, kidney disease, liver disease, hyperthyroidism are just some of the dangers that these foods invoke. Some specific prescription drugs can also destroy you. Blood pressure medicine (such as clonidine and methyldopa), diuretics (water pills), anabolic steroids, beta blockers, and progestins can all cause harmful or even fatal complications. All these risk factors for high cholesterol affect you in different ways, but I assure that they do effect you.

If you want to do something about the risks you face you must first be honest with yourself about what your problem areas are that you face them. This may sound completely obvious to you already, but self-denial is a powerful force. If your diet is too heavy in saturated fats and transfatty acids, you will need to reduce them dramatically. If you do not exercise regularly, you should start because it is never too late. (it doesn't have to be two hours at the gym every day, just a mere 30-minute walk will suffice). If you take prescribed medications for other conditions, you should consult your doctor. The most important thing is to face the risks and then deal with them.

## How To Lower Your Cholesterol

Lowering your cholesterol doesn't have to be the most difficult thing you do, it is necessary only that it be a main priority. In lowering your cholesterol, you are guaranteeing that you are working to prevent serious illnesses. You can't always stop them all together but you can combat them.

## Cholesterol Drugs

### **The Dangers of Cholesterol Drugs**

When it comes to treating high cholesterol, you are often prescribed certain drugs by your doctors. These are called statin drugs. The statins are a specific class of drugs, which are more formally referred to as pharmaceuticals, and are used to reduce cholesterol levels. There are many accusations that are made against the use of statin drug dangers and some of these dangers include: peripheral neuropathy, muscle damage, elevated liver enzyme indices, plasma fibrinogen levels and including kidney damage. You must remember however that these are only allegations at this point and not set in stone.

Some studies have been made in this area. The medical community as a whole has yet to make any definitive judgment on the allegations that are not fully corroborated studies. Some of the common complaints of side effects include memory loss, personality changes, irritability and muscle pain. These are not occurring to all who take them, but they are occurring.

Statin drug dangers in the United States are all due to the seven statin drugs on the market. There are those that are in the fermentation group which are lovastatin, pravastatin and simvastatin. Next there are those that are in the synthetic group which are atorvastatin, fluvastatin, rosuvastatin and cerivastatin. Some of the brand names of these same drugs are: Zocor, Lipitor and Pravachol. Those in the fermentation group seem to be more effective in lowering LDL levels.

Without question there have been a number of deaths that have been related to the use statin drugs. Separating them however, is in part a job for the experts and in part a challenge that is actually caused by the experts. With you now knowing this, you must do more than simply read what the media reports on the deaths that are related to any specific medication. The media are journalists and newscasters and it is not their job to diagnose the causes of deaths.. They are not medical specialists either and are therefore not equipped to do so. To better understand the real statin drug dangers and the implications for you, consult your physician and assess the chances of these major side effects.

If you do feel that you would benefit from using any of the drugs mentioned here for controlling your cholesterol levels, your doctor is your first place to go. If your doctor gives you the ok, you

## How To Lower Your Cholesterol

should then follow the instructions to the letter. Misusing your medication can be fatal. You should also keep following your diet and exercise plan because the drugs can only do so much to help you. In the end, you have to help yourself too.

## Cholesterol Reducing Vitamins and Drugs – 3 Key Variations

Cholesterol is the name that scares one and all in terms of health. Here are some healthy eating habits to control cholesterol. The key cause of heart diseases as the doctors suggest is cholesterol. High cholesterol level in the blood can not only lead to heart attacks but also several weight problems.

Let us first understand what this cholesterol is – It is a waxy fat-like substance naturally made in the liver of our body. Though cholesterol holds a thorough 'bad guy image,' surprisingly it serves many vital functions for our healthy living.

Coronary heart disease or the CHD is the medical term for heart attacks. While studies have shown that having a higher level of cholesterol increases the risk of suffering with CHD, people with low cholesterol levels are less likely to get it. Hence, lowering the bad cholesterol in your blood stream seems to be a drastic solution to coronary heart diseases.

While CHD does not react instantly, it gradually develops with the person's growing age and sustained high amounts of blood cholesterol. In order to live a healthy and long life it is a must for you to lower the cholesterol levels as early as possible.

Here are some specialized medications and substitutes to fight back the rising cholesterol levels instantly:

### **1. Statins**

These are specialized medications aiming at lowering the cholesterol levels. Such medications are grouped in to different classes. The most common ones that are available in the market these days are HMG-CoA Inhibitors, in words of the common man the statins.

Statins reduce the cholesterol in our body by blocking the enzyme HMG-CoA. Formation of this enzyme is one of the important functions in the steps involved in the conversion of fats in to cholesterol. These are most effective form of drugs lowing blood cholesterol made till date.

Hence, they have lent great help to the people who require urgent and drastic reduction in the cholesterol levels.

### 2. Bile Acid Sequestrants

Human liver produces a special bile. These cholesterol lowering drugs bind itself with this bile. Bile is a substance that aids our digestion system in the absorption of fats in our intestines. Bile acid sequestrant prevents the formulation of cholesterol. It actually prevents the bile acid from digesting the fats.

### 3. Vitamins

Vitamins help lower the cholesterol levels. Some of these effective vitamins are as follows:

#### i. Vitamin B

Vitamin B3 or the Niacin is the most common cholesterol lowering vitamin. It is one among the 8 water-soluble B vitamins. It helps our body in the conversion of carbohydrates in to glucose that provides energy for the body. B vitamins are also quite important in breaking down the body fats as well as proteins and acids that aid in making our nervous system, eyes, skin, mouth, hair & liver healthy. Niacin is also helpful in getting rid of the toxic & harmful chemicals in the body.

Niacin also increases the effects of the other cholesterol reducing drugs, only if taken in very high doses. But this is something not very advisable as taking large amounts of Vitamin B can lead to flushing of skin. This happens due to the dilation of blood vessels. The other side effects of excessive intake of Vitamin b are head aches, itching, headaches, muscle cramps and nausea.

#### ii. Lecithin

L is among the other substances and vitamins that lower body cholesterol. It allows cholesterol and fats to get dispersed from our body. It also prevents the fatty build up in the arteries.

### iii. Vitamins C and E

Vitamins E & C prevent LDL cholesterol from damage hence save the individual from heart disease. While LDL cholesterol is also known to be the bad guy, most off the cardiologists believe that only damaged LDL cholesterol contributes to the rising risk of heart diseases.

## Lower Your Cholesterol With Accurate Diet - 11 Easy Tips

The key cause of heart diseases as the doctors suggest is cholesterol. High cholesterol level in the blood can not only lead to heart attacks but also several weight problems.

Let us first understand what this cholesterol is – It is a waxy fat-like substance naturally made in the liver of our body. Though cholesterol holds a thorough 'bad guy image,' surprisingly it serves many vital functions for our healthy living.

Basically, cholesterol is of two types:

- i. Low Density Lipoprotein or LDL
- ii. High-Density Lipoprotein or HDL

### **Low Density Lipoprotein or LDL**

1. It is the actual bad guy. It is this type of cholesterol that clogs the blood vessels leading to increased risks of heart attack and other heart diseases.
2. The researchers have now proved that diet comprising of highly saturated fats increase the level of LDL cholesterol in our body, though it is only a dietary cause for the same.

### **High-Density Lipoprotein or HDL**

This is 'the good man' or to be more specific, the favorable type of cholesterol.

1. It clears 'the bag guy' that is the LDL cholesterol from our blood stream, thereby, reducing the risk of all heart ailments.
2. Researches have shown that a diet rich in fruit and vegetables along with average levels of omega-3 from fish oil greatly helps raise HDL cholesterol levels.

## How To Lower Your Cholesterol

While diet is the major cause of rising cholesterol levels in the bloodstream, the experts suggest that there are several other factors as well that trigger this problem in the human body. These factors are as follows:

- i. Genetics
- ii. No physical activities
- iii. Obesity
- iv. Unhealthy lifestyle for instance excessive smoking & drinking
- v. Hormones
- vi. Varying high & low cholesterol levels

### Healthy Cholesterol Diet

As cholesterol is becoming a common health problem across the globe now, the experts suggest that individuals over 20 years old must be rather concerned about the cholesterol levels in their blood. Hence they are suggested to do all that is possible to lower the LDL cholesterol in their body.

While it may not be easy to follow the actual requisites in totality, the experts say that this problem can be combated with the consumption of proper diet.

Low cholesterol level can surely ensure less or no risk of heart ailments and for that you need a very controlled and regulated low cholesterol diet, yet this being a hard nut to crack it is rather simpler to take the right foods along with knowing the effective cholesterol formulas.

Some easy tips on perfect cholesterol free diet are as follows:

#### 1. Low cholesterol diet primarily includes the following:

- i. Grains - Mainly whole grain products & cereals
- ii. Fish rich in the element called Omega3, like Salmon and Tuna
- iii. Fruits & leafy vegetables
- iv. Nuts
- v. Juices, etc.

## How To Lower Your Cholesterol

2. Visit your physician prior to initializing any low cholesterol diets. This would help you gauge through the improvements of changes in your health.
3. Replace the saturated fats with polyunsaturated fats in chicken, meat, & whole milk products.
4. Try to avoid pastas, sugary, sugar coated foods and the bakery products as they contain refined carbohydrates that add to your cholesterol levels.
5. While eating out, opt for boiled or steamed food preparations.
6. If possible, pick out lean fish, meat and skinless chicken that are baked, broiled, steamed, grilled, poached, etc., that is anything except fried.
7. Focus more towards vegetable side dishes & fresh fruit desserts.
8. Try avoiding margarine, eggs and butter in your regular diet.
9. Prefer using natural-based oils for instance corn, vegetable, olive, etc. while cooking in place of your usual cooking oil.
10. Add lots of garlic while cooking your food. It lowers the HDL cholesterol level tremendously.
11. All plenty of high quality vitamin & mineral supplements in your diet like Vitamin E that improves blood circulation; Vitamin C & Vitamin B3 that lower the high cholesterol levels, etc.

## Cholesterol And Heart Disease

Cholesterol is the name that scares one and all in terms of health. Here are some healthy eating habits to control cholesterol. The key cause of heart diseases as the doctors suggest is cholesterol. High cholesterol level in the blood can not only lead to heart attacks but also several weight problems.

Let us first understand what this cholesterol is – It is a waxy fat-like substance naturally made in the liver of our body. Though cholesterol holds a thorough 'bad guy image,' surprisingly it serves many vital functions for our healthy living.

These days the experts are divided in to two opinion polls where one holds cholesterol as the whole sole villain and the others contradict saying that it is not the only dominant reason for heart diseases.

Coronary heart disease or the CHD is the medical term for heart attacks. While studies have shown that having a higher level of cholesterol increases the risk of suffering with CHD, people with low cholesterol levels are less likely to get it. Hence, lowering the bad cholesterol in your blood stream seems to be a drastic solution to coronary heart diseases.

Recently, a study was conducted where statins that are the drugs to lower the total cholesterol level were given to some patients, and this reduced their chance of suffering a heart attack phenomenally, hence undermining the need of undergoing a bypass surgery, and total negation to death from CHD - related causes.

Besides high cholesterol on the blood stream, there are some other risk factors as well that increase the risk of developing a heart disease. While some of them can be changed, some are undeniably here to stay. And the fact remains that the more conditions you meet, higher the risk is of experiencing a heart disease.

Here are the risk factors that you must know but you can't really help yourself in these cases:

### **1. Age**

## How To Lower Your Cholesterol

The chances of suffering CHD increase with your age – for males it is 45 years and older; for females it is 55 years and older.

### 2. Genetics

In case heart troubles persist in your family history that is parents or blood related relatives dying of heart diseases, it can be a case for you as well.

Take some time to review the factors given below thoroughly and work towards the changes as soon as possible and these are quite controllable if concentrated on in time:

1. High level bad cholesterol in the blood.
2. Lower levels of the good cholesterol in your blood.
3. Your history of smoking.
4. High Blood Pressure owing to the genetic predisposition or some family history regarding high blood pressures.
5. History of Diabetes and if this has some family history.
6. No exercising - living quite a sedentary lifestyle.
7. Obesity or overweight.

Let your consulting physician if you suffering with high blood cholesterol and take his words seriously in order to live a healthy life.

Some experts disagree with the fact that only high cholesterol level adds to the risk of CHD, and they rather put the blame on the animal fats.

Another belief of the experts explains that weight, stress and physical activity influence the level of cholesterol in our blood. They say that while it can not be really that dangerous, but it certainly reflects on one's unhealthy lifestyle.

However, while the experts are having a hard time making a unanimous decision, we can make one safely that leading a healthy lifestyle would lead to no problems absolutely!

## Lower Cholesterol With Exercises – 14 Reasons And Tips

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Unhealthy eating and drinking habits like extra consumption of alcohol and elements of high sugar, fats and oils in the food can cause irreparable harms to an individual's body. Such a person would very soon land up to CHD, diabetes, high blood pressure, etc.

The better way out of these problems is hidden in that age old saying – Prevention is better than cure. We must change our lifestyle and add some little habits that would help us live longer, healthier and happier. Though these little habits would call for a lot of sacrifices and adjustments from our body, ultimately it is for our own benefit. It becomes rather more important to act on it quickly as aging is one factor that adds further more to the cholesterol related problems. The younger you are, the easier it is to sustain the changes and hence avoid the ill effects.

Here are some easy tips to inculcate in your daily life so as to live a cholesterol free life:

1. Eat controlled diet preferably prescribed by a professional dietician.
2. Exercising – that is the healthiest of all resorts against cholesterol and perhaps the most effective as well when it comes to terms in the long run.

## How To Lower Your Cholesterol

3. Exercising increases your heart rate and improves the metabolism of the body allowing improved expulsion of harmful oils, detrimental to an individual's health.
4. What exercise or what type of exercises you must do, would thoroughly depend on the varied factors and along with your medical history. The deciding factors also include your age, gender and weight.
5. The one's who are new to the world of exercising must first consult their physician and check out what is safe for them and what's not.
6. The individuals already suffering with a heart trouble might not be advised any rigorous exercises. They could resort to simpler alternates like stretching, weight lifting, walking, etc.
7. In case your physician allows you to participate in some high impact exercises; try your hand in swimming, running, bicycling, aerobics, etc.
8. Ask your doctor to sketch your fitness plan in detail and stick to the same with the guidance of a professional fitness trainer. As a good patient and a responsible individual following the plan duly is in your hands.
9. Usually the results of such plans become evident within a week or two. Very soon the bad cholesterol would start getting reduced in the body, getting replaced with good cholesterol leading to a considerable reduction in the individual's body weight.
10. Exercising is also supposed to be a better resort than all other remedies as it has less or no side effects, for instance consuming drugs has a lot of side effects on our body.
11. In case you do not have time in your daily schedule to go out for a gym, try on other simple resorts like brisk walking in the early morning or just before going to your workplace.
12. Some organizations these days encourage their people to walk up 1 or 2 flights of stairs, in place of using the elevators to go up & down only a few floors.

## How To Lower Your Cholesterol

13. Especially the companies that have big parking lots, the people working there could try walking only a few yards more.

14. Whenever you take up any exercise, consuming lots of water helps you a great deal. This would prevent your body from dehydration and its repercussions like exhaustion. For this, do not run up to the fountain time and again, rather carry a water bottle with you. While working on a machine or carrying on a group activity, this thing really helps and moving from your place again and again is just not professional.

## Lower The Cholesterol Level With A Healthy Diet - 8 Easy Tips

Reality shows are becoming the talk of the town these days with their natural presentation and real emotions with no pre-written scripts like the other television series. They unfold naturally in the course of viewing and inspire you for one and many things. One such hot-seller these days is - The Biggest Loser.

Inspiring its viewers to become healthy and fighting fit once again, the contestants on this show are an interesting bunch of overweight people comprising both men and women, working out thoroughly and following strictly balanced diet. They are working out with full devotion to reduce their weight. At the end of each week, 1 player is eliminated. The winner would be the one who sheds of the most pounds in three months and he/she shall be in for a prize worth \$250,000. He/She shall also win over a golden second chance to live a healthy life.

These individual are fighting for much more than money - their own life and health - after all, health is wealth. If you pamper your body well, it can give you much more than what the Dollars can get you.

Work outs are considered to be the healthiest way of reducing fats in the body. This is perhaps the fastest way of cutting down those excess deposits beneath your skin but after the work out what you require is some energy back up. This meal that follows right after the work out must be a real balanced diet with the right amount of proteins, carbohydrates, fats, etc. This meal would repair the damaged tissues of the body, refuel the individual and lower their body's cholesterol.

While lowering the cholesterol won't just happen overnight, observing proper diet along with exercises help you lose those extra pounds and considerably cut on the cholesterol levels.

The key cause of heart diseases as the doctors suggest is cholesterol. High cholesterol level in the blood can not only lead to heart attacks but also several weight problems.

## How To Lower Your Cholesterol

Let us first understand what this cholesterol is – It is a waxy fat-like substance naturally made in the liver of our body. Though cholesterol holds a thorough 'bad guy image,' surprisingly it serves many vital functions for our healthy living.

The following are some examples that if taken after a workout would help you minimize your blood cholesterol:

1. Those of you who prefer having bread after the work outs, consider substituting the regular bread with wheat bread, as certain ingredients in your regular bread are rich sources of the bad cholesterol. Wheat bread is much healthier.
2. As nuts also help a great deal in lowering the cholesterol levels, try having the sandwiches with low fat peanut butter.
3. Fruits are perhaps the best source to lower your cholesterol levels. The experts advise you to consume the fruits as a whole rather than peeling of the skin or making them in to a juice. Studies suggest that eating the fruit in its natural form keeps their natural fibers intact that add to your health. For instance, apple - just wash it and have it.
4. After your gym session, instead of spending some extra Dollars, simply hold to a home made packet containing Some cut sticks of carrot or sliced tomatoes. These can be made within no time and packed in some plastic container. This made perfect food to push off to your office directly from the gym.
5. Returning back from the work, all of us crave for some filling food. Here have some chicken or fish that is baked in a microwave or simple steamed. The experts explain that fried food is full of cooking oils that tremendously shoot up the cholesterol levels. So try cooking with other means rather than frying.
6. Add a lot of vegetables to your meals.
7. Garlic and onions are quite easy to prepare and these as the studies explain are majorly helpful in lowering our liver's cholesterol production.
8. The last meal of the day must end with some yogurt in the dessert. This would leave you satisfied and light.

## Lowering Cholesterol With Good Diet – An Easy Meal To Follow

James is a healthy, cautious and responsible individual who exercises twice a week and loves to eat. He has just undergone an annual physical examination and a blood test under the same drill. The results changed all his life.

The reports read that LDL cholesterol or the commonly known bad guy cholesterol was far high in his blood than the required HDL cholesterol or the good cholesterol. Now the doctor has warned him to watch over his lifestyle else he could suffer high blood pressure, heart attack or stroke any time now.

He has a family to take care of comprising of two littler children, hence he is too cautious of the precautions doctor has suggested him to take.

Here are the key advices that the doctor gave to James:

1. Increase your work out to four days a week in place of two days.
2. Engage in other activities that help to lower the cholesterol level.
3. The right intake of food is very important. After all, exercising would make no sense if you keep consuming the unwanted elements in the body and consume them all over again. Your food must not supply the cholesterol that you are working out to burn. Hence, the doctor referred him to a dietician.

James had a long discussion with the dietician as he explained him what is good and what is bad. Which food can be replaced with what and what exactly does he need to cut down on.

The diet plan that the dietician gave to James was as follows:

1. The food for James would now contain low fats and no rich carbohydrates.
2. The breakfast would comprise of the yellow portion of egg without the white parts.

## How To Lower Your Cholesterol

3. Morning coffee would be replaced with unsweetened tea.
4. James could also have the cereals with his kids. But his milk won't be the one the rest are having. James must stick to the non-fat milk.
5. For lunch, something heavier could be considered. Skinless chicken with reduced portion of steak are a good option.
6. Consider having lot of vegetables and other such side dishes in lunch.
7. As the new diet plan is something very different form the usual, initially it won't be easy for James and he would feel hungry again by the late afternoon. At that time some fruits or salads could be consumed like some carrot sticks or one apple. This is a much healthier option that a donut loaded with sugar.
8. With the snack, while James usually had a cola, now he would shift to some plain water or the fresh fruit juice. Packaged juices are full of sugar again.
9. Before going to bed, the dinner would have some fish or pasta, along with some sidings.
10. In terms of drinks, do not consider beer by any chance. James could rather have some red wine.
11. One important point to remember is that this diet plan must be followed even while you are in a party or eating out in a restaurant. Health diet chart has no day offs for the one at risk of a heart disease, high blood pressure, etc. The family and your health stand most important at the end of the day.

James followed this plan strictly for a few days and the doctor reported tremendous improvement in his condition in the next check up. The LDL cholesterol was much lower than HDL cholesterol that is quite good for an individual of that age.

This was just of the diet programs that are available in the market. There can be many more of them, you would need time to look for one that suits your needs.

Lower your cholesterol and live healthy again!

## Lowering The Instant Rise In Bad Cholesterol Levels

Studies show that the genes we inherit are closely related to the high rise in the cholesterol levels of our body.

This rise in the cholesterol levels also comes due to several other factors like:

1. Unhealthy lifestyle
2. Saturated fat intakes & calories
3. Unhealthy eating habits
4. Lack of exercises
5. Excessive drinking
6. Menopausal stage among women – it is when estrogen goes on a brink to diminish
7. Age factor – senior citizens often suffer this ailment.

The key cause of heart diseases as the doctors suggest is cholesterol. High cholesterol level in the blood can not only lead to heart attacks but also several weight problems. Let us first understand what this cholesterol is – It is a waxy fat-like substance naturally made in the liver of our body. Though cholesterol holds a thorough 'bad guy image,' surprisingly it serves many vital functions for our healthy living.

Basically, cholesterol is of two types:

- vi. Low Density Lipoprotein or LDL
- vii. High-Density Lipoprotein or HDL

### **Low Density Lipoprotein or LDL**

3. It is the actual bad guy. It is this type of cholesterol that clogs the blood vessels leading to increased risks of heart attack and other heart diseases.
4. The researchers have now proved that diet comprising of highly saturated fats increase the level of LDL cholesterol in our body, though it is only a dietary cause for the same.

### High-Density Lipoprotein or HDL

This is 'the good man' or to be more specific, the favorable type of cholesterol.

1. It clears 'the bag guy' that is the LDL cholesterol from our blood stream, thereby, reducing the risk of all heart ailments.
2. Researches have shown that a diet rich in fruit and vegetables along with average levels of omega-3 from fish oil greatly helps raise HDL cholesterol levels.

In the absence of any remedial measures, the rising levels of LDL cholesterol can lead heart ailments, high blood pressure, etc. Here are some solutions to lower your cholesterol levels instantly:

1. Many people believe that exercising regularly, eating the right diet with out saturated animal fats, diary and lard, they could get some final solutions to treat the high cholesterol levels. Well, going through these foods' lipid sources shows that they can not create any instant suspension of the unwanted elements of the body. Though they make no side effects on various cardiovascular diseases & disorders in the artheroma degeneration related to arterial walls.
2. To instantly decrease the rising cholesterol level in blood, 'statins' are considered quite effective. It is considered to be an effective medication, state the very reliable Medical Groups.

CRESTOR (rosuvastatin calcium) is the statin - this medicine puts a halt on the very high bad cholesterol levels. It reduces them by 52% with a 10mg dosage, as compared to 7 mg placebo. Crestor increases HDL cholesterol or the good cholesterol by 14%, versus 3% up HDL cholesterol of the placebo.

It works both the ways, reducing LDL cholesterol, and increasing HDL cholesterol. So it's a real significant pro-life saving drug.

## How To Lower Your Cholesterol

You must inform your licensed physician regarding the factors given below in order to undergo an effective treatment. At the same time, some of these factors he would come to know all by himself during the examination:

- i. liver & kidney problems
- ii. Pregnancy among women
- iii. Excessive or normal drinking – liver is highly affected by alcohol
- iv. Family history – the high cholesterol cases
- v. Your current position of the problems like thyroid functions, diabetes and hypothyroidism
- vi. Any recent incidents of heart and/or hypertension attack
- vii. Other disease that are not pertaining to the problem of high cholesterol
- viii. The Chinese and/or Japanese ancestry
- ix. Consumption of the counter medicines that are antacids
- x. All your other prescriptions.

The side effects of crestor are as follows:

- i. Constipation
- ii. Muscle aches
- iii. Abdominal pain
- iv. Weakness
- v. Nausea.

Though these are all quite mild symptoms and all go away with time.

The patients in such cases must take care that they minimize their intake of fatty unsaturated substances. In this regard here are some important points:

- i. Cooking in olive oil is the best for such patients as it reduces the fatty unsaturated acids to a great extent.
- ii. A report made by Dr. P. Rethinam & Mohartuyo from Asian and Pacific Coconut Community Press that was quoted in the Jakarta Post on June 18, 2003, confirms that coconut oil is best among all the other vegetable oils present on hand like corn, sunflower, soy, rapeseed, cottonseed, palm kernel, etc. Coconut oil they say is the best medium to control bad cholesterol in the body.

## Lowering Cholesterol – 4 Sure Shot Means

Our body as science says is a complicated system that controls all aspects of life in its own peculiar way and in order to live healthy it is a must for us to keep all these systems in tact and well in control. There are several substances produced in our body that circulate in our bloodstream, for good and for bad. For instance insulin – it is secreted from our pancreas in response to increasing amounts of sugar that are released from the food we eat. Now the cells absorb this insulin thereby releasing calories and energy to survive.

Another such naturally produced element is cholesterol. The key cause of heart diseases as the doctors suggest is cholesterol. High cholesterol level in the blood can not only lead to heart attacks but also several weight problems. Let us first understand what this cholesterol is – It is a waxy fat-like substance naturally made in the liver of our body. Though cholesterol holds a thorough 'bad guy image,' surprisingly it serves many vital functions for our healthy living.

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- ix. High-Density Lipoprotein or HDL

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## How To Lower Your Cholesterol

2. Researches have shown that a diet rich in fruit and vegetables along with average levels of omega-3 from fish oil greatly helps raise HDL cholesterol levels.

When you get a blood test done to check the cholesterol level of the bloodstream, in the report we read through a breakdown of LDL and HDL. These figures are not as important for the doctors as the other two figures. These are - total cholesterol and triglyceride level.

The doctors give you a clean bill of healthy only if the readings remain within a certain range. These are:

Total Cholesterol : Equal to or less than 200mg/dl.

Triglyceride Level : Equal to or less than 150mg/dl.

On a positive note, with four simple ways one can work on gradually reducing the cholesterol levels of the body. These are as follows:

### **1. Change your Diet**

Focus less on the high saturated fats like red meat & dairy products. Replace them with fruits, fish, oatmeal, nuts, and vegetables.

Studies have proved that consuming oatmeal regularly for two weeks reduces the LDL cholesterol and triglycerides level considerably. Imagine its impact if you continue to do that for over a month or so?

### **2. Exercise**

Exercising is the healthiest of all resorts against cholesterol and perhaps the most effective as well when it comes to terms in the long run. Exercising increases your heart rate and improves the metabolism of the body allowing improved expulsion of harmful oils, detrimental to an individual's health. What exercise or what type of exercises you must do, would thoroughly depend on the varied factors and along with your medical history. The deciding factors also include your age, gender and weight.

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The one's who are new to the world of exercising must first consult their physician and check out what is safe for them and what's not. The individuals already suffering with a heart trouble might not be advised any rigorous exercises. They could resort to simpler alternates like stretching, weight lifting, walking, etc. In case your physician allows you to participate in some high impact exercises; try your hand in swimming, running, bicycling, aerobics, etc. Ask your doctor to sketch your fitness plan in detail and stick to the same with the guidance of a professional fitness trainer. As a good patient and a responsible individual following the plan duly is in your hands. Exercising is also supposed to be a better resort than all other remedies as it has less or no side effects, for instance consuming drugs has a lot of side effects on our body.

### 3. Vitamins Supplements and Drugs

While CHD does not react instantly, it gradually develops with the person's growing age and sustained high amounts of blood cholesterol. In order to live a healthy and long life it is a must for you to lower the cholesterol levels as early as possible. Here are some specialized medications and substitutes to fight back the rising cholesterol levels instantly:

1. Bile acid resins
2. Ezetimibe
3. Fibric acid
4. Niacin
5. Statins

Studies show that their regular in take can lower the cholesterol level from 15-30%.

Anyhow, these have a lot o side effects so do not opt to have them all by yourself. Consult your doctor before shifting to any of these resorts. Remember there are n numbers of brands selling these drugs that you can choose from and this is for your doctor to decide that which one would be the best option for you.

### Regular Check Up

## How To Lower Your Cholesterol

Prevention is simply the best cure to any disease. Hence, remember to follow your regular check ups with the doctor. That li'l expenditure would save you the long hospital bill that could come up in future.

## **Bad Cholesterol – What Is It And How Does It Work?**

The key cause of heart diseases as the doctors suggest is cholesterol. High cholesterol level in the blood can not only lead to heart attacks but also several other issues like hart failure, hypertension, diabetes, weight problems and other long term & acquired conditions. Let us first understand what this cholesterol is – It is a waxy fat-like substance naturally made in the liver of our body. Though cholesterol holds a thorough 'bad guy image,' surprisingly it serves many vital functions for our healthy living.

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## How To Lower Your Cholesterol

Cholesterol - This word has now become too common in among the middle aged individuals. Though, the teenagers fortunately are yet very far from this disaster.

Understanding some medical terms regarding cholesterol is important like - Atheroma.

Caused by the bad cholesterol or the LDL it is a plaque of our arteries – in a lay man's lingo fat streaks. If not monitored well, 'macrophage white blood cells' accumulation can even happen to a 10 year old child or even younger.

In such cases the early but quiet and slow symptoms start developing in the child at the tender age of 5. As the child grows up veins get choked with accumulations. Most oft, the exact symptoms show up only after the prognosis that is the on set of heart attack or a stroke – unfortunately it comes to the surface when it is already late. This type of stroke often acts as a silent killer that may cause death or lifetime disability.

It is incapacitating to imagine how the high level of bad cholesterol can lead to serious consequences for the body. Though some people appear to be healthy on the forefront all through the life, their ailment shows up only with the lab tests. These results are at times too surprising or shocking.

The hidden fact behind this drastic rise of bad cholesterol in the body is simple enough - high in take of saturated fats in your diet.

It just a minute to read through the labels of labels or the guides of the processed foods such as canned goods & other packed products among groceries. They all clearly mention the amount of cholesterol that food has.

In order to understand the functioning of cholesterol in the body, we must first understand as to how does it get metabolized in our body.

Cholesterol does not come from your diet alone. Diet is just one of the factors and there are several other mechanisms attached to this process. The good cholesterol supports the biochemical functioning of our body like producing bile and regulation of fat soluble vitamins like K, A, E, and D.

## How To Lower Your Cholesterol

Cholesterol also makes great impact on our body's synthesis of the hormones. Right after the cholesterol is utilized in our body, it excretes in the form of excess lipids in our gall bladder & liver as crystal particles. Cholesterol basically is not soluble in water. Hence, it circulates in our body over & over again until it gets converted in to bad cholesterol or the low density lipoproteins. In the healthy individuals the metabolism is smooth where bad cholesterol minimizes and comes in large quantities. The bas cholesterol comes in n number of small sizes. It is usually trapped in our veins as the accumulated clogs.

The key to lower the high cholesterol is simply watching over our diet, with no genetic weaknesses on the cards. Avoid foods where cholesterol or fatty oils are prevalent in excess like animal meats & fats, especially beef & pork.

Try and discipline your life and you could work better on your less cholesterol diet!

## Natural Ways Of Reducing Cholesterol – 3 Best Alternates

The key cause of heart diseases as the doctors suggest is cholesterol. High cholesterol level in the blood can not only lead to heart attacks but also several weight problems. In fact it has now become the No. 1 reason of deaths in all developed countries.

Let us first understand what this cholesterol is – It is a waxy fat-like substance naturally made in the liver of our body. Though cholesterol holds a thorough 'bad guy image,' surprisingly it serves many vital functions for our healthy living.

Coronary heart disease or the CHD is the medical term for heart attacks. While studies have shown that having a higher level of cholesterol increases the risk of suffering with CHD, people with low cholesterol levels are less likely to get it. Hence, lowering the bad cholesterol in your blood stream seems to be a drastic solution to coronary heart diseases.

While CHD does not react instantly, it gradually develops with the person's growing age and sustained high amounts of blood cholesterol. In order to live a healthy and long life it is a must for you to lower the cholesterol levels as early as possible.

Though unhealthy eating habits are the key reason to growing cholesterol ailments it is not the only reason of increasing cholesterol in an individual's body. The other reasons for the same are:

### **1. Age**

The chances of suffering CHD increase with your age – for males it is 45 years and older; for females it is 55 years and older.

### **2. Genetics**

In case heart troubles persist in your family history that is parents or blood related relatives dying of heart diseases, it can be a case for you as well.

## How To Lower Your Cholesterol

Take some time to review the factors given below thoroughly and work towards the changes as soon as possible and these are quite controllable if concentrated on in time:

8. High level bad cholesterol in the blood.
9. Lower levels of the good cholesterol in your blood.
10. Your history of smoking.
11. High Blood Pressure owing to the genetic predisposition or some family history regarding high blood pressures.
12. History of Diabetes and if this has some family history.
13. No exercising - living quite a sedentary lifestyle.
14. Obesity or overweight.

Let your consulting physician if you suffering with high blood cholesterol and take his words seriously in order to live a healthy life.

There are several natural ways to reduce and control the cholesterol from our body. These are as follows:

### **Diet**

Some easy tips on perfect cholesterol free diet are as follows:

1. Low cholesterol diet primarily includes the following:
  - i. Grains - Mainly whole grain products & cereals
  - ii. Fish rich in the element called Omega3, like Salmon and Tuna
  - xii. Fruits & leafy vegetables
  - xiii. Nuts
  - xiv. Juices, etc.
2. Visit your physician prior to initializing any low cholesterol diets. This would help you gauge through the improvements of changes in your health.
3. Replace the saturated fats with polyunsaturated fats in chicken, meat, & whole milk products.

## How To Lower Your Cholesterol

4. Try to avoid pastas, sugary, sugar coated foods and the bakery products as they contain refined carbohydrates that add to your cholesterol levels.
5. While eating out, opt for boiled or steamed food preparations.

### Vitamin Supplements & Medicines

Here are some specialized medications and substitutes to fight back the rising cholesterol levels instantly:

#### 1. Statins

These are specialized medications aiming at lowering the cholesterol levels. Such medications are grouped in to different classes. The most common ones that are available in the market these days are HMG-CoA Inhibitors, in words of the common man the statins.

Statins reduce the cholesterol in our body by blocking the enzyme HMG-CoA. Formation of this enzyme is one of the important functions in the steps involved in the conversion of fats in to cholesterol. These are most effective form of drugs lowing blood cholesterol made till date. Hence, they have lent great help to the people who require urgent and drastic reduction in the cholesterol levels.

#### 2. Bile Acid Sequestrants

Human liver produces a special bile. These cholesterol lowering drugs bind itself with this bile. Bile is a substance that aids our digestion system in the absorption of fats in our intestines. Bile acid sequestrant prevents the formulation of cholesterol. It actually prevents the bile acid from digesting the fats.

#### 3. Vitamins

Vitamins help lower the cholesterol levels, though it is the last resort for such patients. Some of these effective vitamins are as follows:

### ***Vitamin B***

Vitamin B3 or the Niacin is the most common cholesterol lowering vitamin. It is one among the 8 water-soluble B vitamins. It helps our body in the conversion of carbohydrates in to glucose that provides energy for the body. B vitamins are also quite important in breaking down the body fats as well as proteins and acids that aid in making our nervous system, eyes, skin, mouth, hair & liver healthy. Niacin is also helpful in getting rid of the toxic & harmful chemicals in the body.

Niacin also increases the effects of the other cholesterol reducing drugs, only if taken in very high doses. But this is something not very advisable as taking large amounts of Vitamin B can lead to flushing of skin. This happens due to the dilation of blood vessels. The other side effects of excessive intake of Vitamin b are head aches, itching, headaches, muscle cramps and nausea.

### ***Lecithin***

L is among the other substances and vitamins that lower body cholesterol. It allows cholesterol and fats to get dispersed from our body. It also prevents the fatty build up in the arteries.

### ***Vitamins C and E***

Vitamins E & C prevent LDL cholesterol from damage hence save the individual from heart disease. While LDL cholesterol is also known to be the bad guy, most of the cardiologists believe that only damaged LDL cholesterol contributes to the rising risk of heart diseases. Alas, it would be all the worth spending some time in the research and meeting your doctor on ways to reduce cholesterol through a healthy lifestyle and all natural means.

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