

Lower Your Cholesterol Levels:

Reasons And Methods
To Achieve It

By Martín Teixido

Dear reader,

“I am scared because my cholesterol levels are sky-high”. Who hasn't heard this phrase at least once? And after we are told about any alteration to our health, here come the questions and worries. *How do you feel? Do you feel any pain? Do you check your health often? What did the doctor say? Were you prescribed with any medication? Are you taking any medicine?*

If you have been in this situation before, you can probably remember how you felt, and be wiser now, compare adequately. Or maybe we can recall a friend who went through the same situation. Or maybe a relative with a serious disease which did not end well could come to us, relating it to cholesterol.

The truth is we could spend a long time talking about cholesterol. If you only take into account what you have heard, you will probably not be able to take this matter seriously. It is important to be respectful to each other when talking about our doubts and fears.

Again, if we only fight the cholesterol issue with what we have heard, we will not be helpful when trying to find a solution for

someone suffering from high cholesterol. And neither will be able to help ourselves, if we happen to suffer from cholesterol or want to take precautions in time to avoid it.

Cholesterol requires a lot of attention, to really understand its cause and find a solution. It is not something to take lightly.

As with all health issues, and even more with cholesterol, which has spread throughout the world like an epidemic disease, it is wise to be advised by professionals who know how to prevent, control and help others. Especially when it comes to helping our loved ones and specifically when there are children who depend on us, we must educate them so they can enjoy a healthy life and have a promising future.

We must do some thorough research on cholesterol, because we need serious and respectable sources to give this subject a proper treatment. This does not mean that we have to read journals for health professionals, which can use very specific and complicated language. It is convenient to pay attention to other sources of spreading information in order to have better access

to the issue of cholesterol. Get close to publications seeking to educate, raising awareness and preventing disease.

That is suggest the reading of [>> Cholesterol Never Again <<](#)

Next we will show you the most common doubts that came up when talking about cholesterol, and some quick answers to continue investigating and learning. We still need to get to the bottom of the cholesterol issue, and therefore we invite you to read [>> Cholesterol Never Again <<](#). True advice to have a better life! Do not hesitate.

What Is Cholesterol?

Cholesterol is a waxy or lipid substance found in blood plasma and organic tissue, from the moment the fetus is formed. It covers and protects every cell.

Cholesterol is mostly produced by the liver (nearly 75 per cent), although a small amount enters the body through the food we eat.

Why Is It Bad To Have Cholesterol?

This question can be very confusing. To make things clear, we will explain this. If Cholesterol both covers and protects every cell on our bodies, there must be a reason for it. And if there is a reason, it means it's a good one.

Our bodies need cholesterol to function, to keep cells alive. Commonly, when they say your cholesterol levels are high, they are referring to LDL cholesterol or "bad cholesterol" or your total cholesterol, and not making reference to HDL cholesterol or "good" cholesterol. So we will see that both of these are necessary, on controlled amounts.

So Cholesterol is always necessary?

Exactly, cholesterol is always necessary on a right amount. And either an excessive increase or decrease can be dangerous for you health. Not too low and not too high, that would be the formula.

The truth is, there is only one type of cholesterol. We apologize if we are confusing you, but indeed there is only one type of cholesterol. The thing is, when combined with fat and protein, differences begin to appear.

But Then, What Does Cholesterol Do?

The time has come to find out what cholesterol really does, in order to realize its true importance. Cholesterol:

- Takes part in the formation of Bile Acid, needed to digest fat.
- Intervenes in brain synapse.
- Integrates the plasma membrane.
- Is a hormone precursor, such as progesterone, estrogens and testosterone.
- Is a precursor of vitamin D.
- Is a precursor of cortisol and aldosterone.
- Is a precursor of the thyroid hormone.

Certainly, there is no life without Cholesterol.

What Does LDL, HDL, VLDL Mean?

First, we will introduce a word used to refer to a particle directly linked to cholesterol: lipoprotein. Cholesterol is carried through the blood from the liver or intestines to all the different organs. On the way, it is joined by particles called lipoproteins.

What are lipoproteins? Lipoproteins are macromolecular compounds made of lipids and proteins.

LDL are low density lipoproteins, in charge of carrying cholesterol from the liver to all cells in the body.

HDL are high density lipoproteins. They have the mission to pick up cholesterol from arteries and tissues to return it to the liver, to be converted and returned as other particles to cells and tissues, or to be excreted through bile.

So bad cholesterol would be the one we call low density lipoproteins (LDL). And good cholesterol, the one we call high density lipoproteins (HDL). Some HDL proteins are better than others.

Cholesterol joined with low density lipoprotein (LDL) is installed in the artery walls and forms atheroma or plaque, producing progressive narrowing which might result in atherosclerosis, hypertension or even heart disease.

Cholesterol joined with high density lipoproteins (HDL) sends excessive cholesterol back to the liver, so it can be eliminated.

VLDL are very low density lipoprotein. They make up LDL or bad cholesterol.

Total cholesterol is the link between bad LDL cholesterol and good HDL cholesterol.

And What Are Triglycerides?

Our bodies digest fat contained in nutrients, and releases triglycerides in the blood and adipose tissue, which will later be used as energy or stored as fat. The liver produces triglycerides, and some are converted to cholesterol.

If your triglyceride levels are too high, arterial obstructions or hardening could appear, with the risk of suffering a heart attack or stroke.

Triglycerides can also increase due to diabetes, hypertioidism, kidney insufficence, obesity, excessive consume of calories found in sugar and alcohol, some medicaments (such as diuretics, anticonceptives, steroids).

Or there may be genetic reasons to make triglycerides levels higher than normal.

Both triglycerides and cholesterol are two types of fat in the blood. Triglycerides come from all the calories ingested and not used. In general, high levels of triglycerides and the increase of cholesterol are produced at the same time.

Which Are The Recommended Levels of Cholesterol And Triglycerides?

- LDL or bad cholesterol must not be above 150mg /dl (milligrams per deciliter of blood).
- HDL or good Cholesterol must not be inferior to 40 mg/dl. 60 mg/dl is a good and healthy amount.
- Total cholesterol must not be superior to 200 mg/dl. When total cholesterol is above 300 mg/dl, there is serious risk of suffering heart from disease.
- Triglycerides must be between 35 mg7dl and 165 mg/dl, be at a low, recommended value.

How Do I Know If My Cholesterol And Triglycerides Levels Are Too High?

There are no specific symptoms indicating that Cholesterol or Triglyceride levels are too high. The only way to find out your cholesterol and triglyceride levels is by making a blood test or bloodwork, which must be ordered by a doctor and consists of a blood extraction to analyze after 12 hours of fasting.

Basically, this lab test will determine the levels of LDL bad cholesterol, HDL good cholesterol, total cholesterol and triglycerides.

If you only want to know the total cholesterol level, you can do so by pricking your finger to analyze a single drop of blood instantly. This analysis is usually performed by a nurse at the pharmacy. It could be useful to get this first results quickly, and if there are any risks, to immediately consult with a doctor.

There is also an analysis not commonly solicited by doctors, although its importance is already well known: C reactive protein tests (CRP). A C reactive protein exam can prevent the risks of suffering heart disease.

What is C reactive protein? It is a plasma protein produced in the liver, which is found in the blood and increases its levels when responding to inflammation.

When the body fights an inflammation, such as artery narrowing or obstructing by atheroma or plaque, there are high levels of C reactive protein, which increase the risk of heart disease, despite not having other risk factors present.

We said this plasma protein increases its levels in response to inflammation. But, what happens when there is inflammation? Inflammation is nothing more than a healing organic reaction established around a foreign body.

When there is a lesion to the arteries it is known as atheroma or plaque. Due to excessive cholesterol plus various substances sticking to the arteries, narrowing and obstruction is produced, risking high pressure and heart disease. Cholesterol then increases in response to the organic reaction to inflammation, to reestablish cells.

Small particles of LDL bad cholesterol are a problem because they can stick to artery walls, oxidate or rot, and provoke inflammations and other problems to the body.

What Do The Different Levels Of C Reactive Protein Shown In The Test indicate?

Reference values for C reactive Protein (CRP) are the following:

- If the CRP level is 3 or more milliliters per liter of blood, the risk of suffering cardiovascular disease is high.
- If the CRP level is between 1 and 3 milliliters per liter of blood, then there is a moderate risk of suffering a cardiovascular disease.
- If the CRP level is inferior to 1 milliliter per liter of blood, then the result shows a desired, positive, low risk of suffering a cardiovascular disease.

The CRP protein exam can be important in preventing diseases because it allows us to detect artery inflammation, while at the same time predicting a cardiovascular disease before symptoms begin to show.

And reducing artery inflammation will be what allows us to lower our levels of cholesterol.

If The Blood Results Are Not Within The Recommended Values, Will I Have No Choice But To Take Medication?

The question should not be whether or not to take medication. This is a far more complex matter, which requires a thorough analysis.

Adequate diet and regular exercise are the main solutions, there is no doubt. On the contrary, an unhealthy diet and sedentary lifestyles attract disease.

With a balanced diet, a good proportion of essential non-trans fat, along with a good exercise program carried out regularly, you can increase your HDL good cholesterol levels, lower LDL bad cholesterol levels, and reduce triglyceride levels.

What is a diet? A good and healthy food plan must be composed of fruit and fresh vegetables, organic and raw.

Also, a good plan must include cereal, skim milk, a moderate amount of organic lean meat (red or white), deep coldwater fish (with omega 3 essential fatty acids), healthy fats and vegetable oil.

Essential fatty acids, useful for cardiac and other systems functions, must also be incorporated through food and/ or supplements because the organism does not produce them.

All of these ingredients need to be taken on their own proportion and variety, not too few nor too many.

Avoid processed foods with chemical additions of any type, and trans-fat, as well as alcohol and sugar.

You can drink alcohol moderately, like a glass of wine a day for men and half a glass for women. Drink filtered spring water to hydrate, at least two liters a day. And control our sodium intake, both in salt and in industrial aliments.

What is a good exercise program? You can walk, three or four times a week, for about half an hour.

Also include physical activity targeting cardiovascular and respiratory system at least two or three times a week. Do also activities that increase flexibility, strength and muscle resistance.

It has been proven that regular exercise slows down the accumulation of cholesterol in the arteries and therefore

prevents atherosclerosis. It also combats the formation of blood clots, which can result in strokes and heart attacks.

Good food planning and physical activity are the most important parts of the treatment to control cholesterol and triglycerides as well as prevent disease, but there are other things to consider.

You must build a healthy lifestyle in every way possible, making it a role model for your entire life: control your anxiety, acquire techniques to improve your health and mind set, do not smoke, drink alcohol moderately, keep your weight stable and according to your age and height.

Be positive and cooperative in the way you face life and relate with other people, and be proactive when making decisions affecting both our physical and mental well being.

Are There No Prescriptions To Get Better Fast?

You should never self-mediate, even if we are talking about Over The Counter drugs (OTC). Only take medication prescribed by your doctor. However, if you drastically change your lifestyle by following our program, this will be the fastest, most definitive cure to high cholesterol and triglycerides.

Numerous studies have concluded that the main cause of high levels of cholesterol and triglycerides is our hazardous lifestyle.

There are a number of cases where cholesterol levels obey only genetic or organic causes, such as diabetes or morbid obesity, which are the most difficult when it comes to controlling disease in a permanent and efficient way.

Remember that we speak of obesity, both in men and women, when the Body Mass Index (BMI), which is the connection between height and weight, is over 30%.

Could The Medicine Be Worse Than The Disease?

It is always best to use medication when there is no other natural alternative to implement. If we say that you can make a real change to your lifestyle and control your cholesterol and triglyceride levels, why not put all your energy into making this change happens as soon as possible?

A healthy lifestyle will never have side effects, like drugs or medicine do. So if the most effective solution is at hand, what are we waiting for to start putting it to action?

Medications are the extreme resource to take, when controlling cholesterol by other non-invasive, natural ways is impossible.

Attention! What Are The possible Side Effects Of Medications Used To Control Cholesterol And Triglycerides?

Basically, medicine to control cholesterol reduces the production of LDL bad cholesterol and increases its destruction by the liver.

The most common drug used to lower cholesterol is called statine, which inhibits enzyme production in the liver, needed to produce cholesterol. This attack to cholesterol production can turn on itself if it ends up destroying more cholesterol production than needed, which as we have seen before, is essential to a healthy lifestyle on controlled amounts.

And we completely agree that cholesterol cannot disappear completely from our bodies, and not even reach certain levels under what is considered normal (less than 150 mg/dl); the optimal amount would be 200 mg/dl.

Some scientific studies have confirmed that people suffering from chronic cholesterol sublevels, an affection known as hypocholesterolemia, sustain more risks of depressive symptoms. Why does this happen? It provokes the decrease of

serotonin, a neurotransmitter from the nervous system which is formed by an essential aminoacid, which is called tryptophan.

When serotonin concentration decreases, the body could suffer from anxiety, headaches, sadness, aggressive outbursts, insomnia, obsessions, low self esteem, violent behavior, and even suicidal tendencies. There are even studies that could determine a direct connection between very low levels of cholesterol and Parkinson's disease. This makes it clear that reducing your cholesterol levels to a very small quantity, like they do with high risk patients, could end up being counter productive. We must also take into account that when cholesterol levels are reduced drastically, most of the time there are drugs involved. This could cause many health issues and side effects you had never experienced before.

Let's continue with the side effects of statins. Among the most common we can find allergic reactions, diarrhea, constipation, insomnia, sickness, gas, acidity, indigestion, vomit, nausea, cognitive impairment.

Astatine inhibits the absorption of vitamins and nutrients. They eliminate the q-10 coenzyme, useful for muscular and coronary functions. The use of astatine has led doctors to find a disease produced by muscle necrosis called rhabdomyolysis. These drugs can also produce kidney failure and an increase in polyneuropathy, which can result in nerve damage, hand and feet pain and general decrease of motor skills. And not to generate any panic, but maybe to urge you to act, is the fact that astatine could also increase the potential risk of suffering an oncological disease.

Is It Enough To Have A Healthy Diet And Exercise Regularly To Control Cholesterol And Triglycerides?

In most cases, an adequate diet and regular exercise is enough to control high levels of cholesterol and triglycerides. There will be other suggestions, like the use of supplements or nutritional compounds, which have proved to be very efficient. Or we will reinforce the vitamins and minerals most needed to control cholesterol and triglycerides: betacarotene, vitamin C, vitamin E, selenium, calcium, copper, zinc, plum. Or there will be a special emphasis put on certain foods, which may be included in regular diets. These are designed specifically to control cholesterol and triglycerides.

In order to control cholesterol and triglycerides, you need to start attacking the causes that originate the disease. We must find and treat the cause that leads to inflammation, and consequently, to increased cholesterol. If a person starts taking medication without eliminating the cause of the disease, the problem will never be truly solved. It may seem that progress is being made due to the effects of medication, but the original disease will continue to be present. As if this wasn't enough, the

main disease, such as high cholesterol and triglyceride levels, can be accompanied by side effects coming from medications or drugs used. This is why we insist on attacking the cause and not the effect.

How Do We Attack The Cause And Not The Effect?

Let's see some examples. If the person who is trying to take control of cholesterol and triglycerides is overweight, a way to attack the cause is to begin a hypocaloric diet plan which allows him to lose weight gradually and steadily.

It is crucial that when you reach an adequate weight you maintain it by all means. Or if the person trying to control their cholesterol and triglycerides is overweight but also lives a sedentary life, a way to fight the cause is to start doing regular exercise gradually.

Also planning physical activity, even fifteen minutes a day for a walk and increasing both time and intensity in a progressive way, until you reach about 30 minutes of exercise a day.

If the person trying to control cholesterol and triglycerides has been dealing with a lot of stress, another way to attack the cause is to do some relaxing activity, so stress can be completely removed from their life.

If the person is an addict of some sort, like a smoker or drinker, an efficient way of fighting the cause is to quit in a moderate, gradual way.

We insist on the fact that controlling cholesterol and triglycerides begins by detecting their cause, which is not always easy to spot. Once you know the cause, the treatment should be focused to correcting the disease itself, and eradicating it once and for all.

Now, we said that most cases of high levels of cholesterol and triglycerides can be controlled with a healthy diet and regular exercise.

And that you need to eliminate every harmful factor to your health, like stress and addictions. You will need to generate positive changes and never go back, never again pick up the things we know can hurt us.

Once you acquire good habits, these need to last through time. Don't give up on good habits in order to live a healthy life.

What If Cholesterol and Triglyceride Levels Respond To A Cause That Cannot Be Modified?

There are some less frequent cases of people who see their levels of cholesterol and triglycerides altered by genetic or organic causes.

Like in many diseases, the hereditary pattern plays an important role which can be decisive. Predisposition to certain diseases our parents had is hereditary.

This predisposition sometimes becomes manifest, like with the case of high levels of cholesterol and triglycerides. When this happens, it is much more difficult to take control and sometimes it is not enough to use your will and determination to keep cholesterol and triglycerides under control.

Dieting and regular exercise will surely help, but sometimes they are not enough to deal with disease and eliminate it completely. In any case, an adequate diet and exercise will help a lot, and should always be put into practice.

Something similar happens when high levels of cholesterol and triglycerides respond to a disease like diabetes mellitus. In this case, controlling the diabetes will also control cholesterol and triglycerides. The same happens with obesity.

Diabetes mellitus, obesity, high cholesterol and triglycerides, all of these can be treated and controlled by focusing on two main things: a healthy diet and abandoning sedentary lifestyles.

Dieting and exercise is a recommendation that has been repeated many times to reduce the risk of suffering multiple diseases, among them coronary disease.

Conclusion.

Controlling cholesterol and triglycerides requires a lot of investigation. That is why it is highly recommended to become acquainted with the subject. Although, it is not only about reading, but making the right decisions.

In food planning, and nutrition, physical exercise, relaxing activities, it is important to take the best things from every situation. ["Cholesterol Never Again"](#) gives you exhaustive and documented information, while giving practical solutions.

The true cause of the problem must be attacked, not its effects. Medications should be the last resort, when there is no other alternative to try. To sum up, the steps you need to follow are these:

1. Check with your doctor regularly to detect risks to your health from high cholesterol/triglycerides. Perform the required blood tests.

2. Read everything you can about cholesterol and triglycerides, to get acquainted with the subject and know how to deal with them and prevent disease.
3. Attack the problem through its real cause with natural method, not risking drug use or side effects.
4. With your goal set to living a healthy life, change everything for the better. No delays or giving up!
5. Try to show people and especially children, how to live a healthy life.
6. Once your desired lifestyle is reached, you need to maintain and defend it always.

If followed, these steps will prove very useful and will keep you healthy and free from disease. The decision to live is a very personal choice. So live long and enjoy!

[You will find everything you need to know about "Cholesterol Never Again". You can simply click and read about it.](#)

Martin Teixido is an expert in natural health and best- seller author who teaches how to dramatically improve your health in a natural way, with no expensive and potentially dangerous medications.

Martin's hard work and perseverance can be seen in all of his works. He is the proud author of many natural health programs:

[>> Cholesterol Never Again <<](#)

