

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 419th Newsletter, I want to give us a chance to consider Cholesterol, the Myths about Cholesterol and Statin Drugs and the effects they have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

The BLIND SPOTS about Cholesterol that can END UP KILLING YOU and the people that you LOVE ... in the OPPOSITE WAY than what DOCTORS told us!!!

Cholesterol is a familiar word to us all by now. In this Newsletter we want to GIFT you with the KNOWLEDGE about a lot of the BLIND SPOTS that Doctors are HIDING about Cholesterol since is not **convenient** for their FINANCIAL BENEFIT nor that of the **Pharmaceutical Industry**. Even if you think you have nothing to worry about in the arena of Cholesterol then please read this for your loved ones.

You will possibly **discover** that having 'HEALTHY Cholesterol' may **kill you** ... you will see in this NL why. Keep reading for your health and the health of all those you love.

Here is a Preview of 1 of the

many BLIND SPOTS that will **open up for you** inside of our Newsletter: Did you know that people who have LOW Blood cholesterol have the **SAME rates of heart disease** as people who have HIGH Blood cholesterol??

Cholesterol is not only a familiar word but over **1/2 of the people in the US** and 1/3 of the global population have been **diagnosed** with high cholesterol, so it has become something that we think we are AWARE OF, but we have been **massively LIED** to and you may discover WHY in this Newsletter. Chances are that you or some of the people you love have been **impacted** by current conventional medical guidelines for the treatment of cholesterol.

Even if you think you have heard EVERYTHING there is to hear about cholesterol please keep reading this newsletter to the end so you can be **informed** about the reality of cholesterol vs. what you have already heard. What you know may not be the full story and it may also simply **not be true**.

We will also explore the other impact of these current **conventional** medical cholesterol guidelines: The **\$100 billion dollar** cholesterol-lowering statin drug industry! In the 45+ age groups alone, for both genders, one in four Americans, are now taking a **statin drug** for cholesterol. The amounts of statin drugs that are being given to younger people are rising also so being under 45 **does not** let you off the hook.

This simply gives you a view of

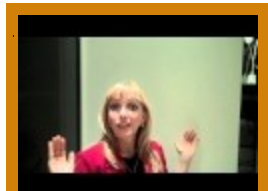


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statistics but what is the **real story** behind this all of these numbers? Cholesterol has been **blamed** for heart attacks and strokes but is it true? Statin drugs are the pharmaceutical answer to high cholesterol but are they the **answer**, do they work and what other side effects are they causing? One hint could be that Australia and countries in Europe have **banned** statin drugs and thousands of people in the US began to sue the BigPharm in 2014 but they are still being pushed.

In this newsletter we will provide you with **information** about cholesterol, what it is, what the BENEFITS of it is in the human body, what causes it to become **unbalanced** and how to naturally balance it and keep it balanced. We will also provide you with the real facts about statin drugs and the **dangerous** side effects of those drugs on your health.

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Did you know that there has NEVER EVER been a direct link between high cholesterol and dying from a heart attack? In truth, high cholesterol levels can be ONE of many indicators of heart disease. However what has been happening, in wild numbers, is a medical culture of lowering cholesterol levels with drugs without addressing the underlying conditions that caused the symptoms in the first place. Then to make matters worse there are the claims that the drugs reduce heart disease.

Debunking the Myths

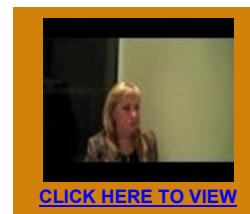
Let's begin with UNCOVERING and exploring some myths that are rampant, with some facts proven through numerous studies in multiple countries. These facts are known throughout the holistic medical communities but this knowledge has yet to stop the "cholesterol fear" and the diagnosis of high cholesterol by doctors followed by prescribing statin drugs.

Here are the basic facts:

- Cholesterol is not a deadly poison, but a substance that you need to be healthy. High cholesterol itself does not cause heart disease.
- People who have low blood cholesterol have the same rates of heart disease as people who have high blood cholesterol.
- Statistics show that 80% of people who have had heart attacks did not have elevated levels of blood cholesterol prior to these attacks.
- The cholesterol found in your blood comes from two sources: cholesterol in the food that you eat and cholesterol that your liver makes from that food and other nutri-

ents. The amount of cholesterol that your liver produces varies depending on your diet. If you eat a lot of cholesterol producing food, your liver produces less. If you don't eat much cholesterol, your liver produces more. This is why a low cholesterol diet does not typically decrease a person's blood cholesterol by more than a few percent.

- Studies have indeed shown that that men who are young or middle aged have a slightly greater risk for heart attack if their total cholesterol level is over 300. However, for elderly women and men, higher cholesterol has been associated with a longer life. In addition, cholesterol levels just below 300 carry no greater risk than very low cholesterol levels. The suggestion by conventional medicine to take statins if cholesterol is over 180 or 200 is completely arbitrary and harmful over the long term.
- Drugs that solely lower your cholesterol (statins) do not decrease your risk of dying from heart disease, nor do they increase your lifespan. These drugs themselves pose dangers to your health (from nerve damage to sexual dysfunction to type 2 diabetes and even cancer) and may decrease your lifespan.
- Low cholesterol was correlated with a higher risk of early death than high cholesterol and also to hormone imbalance, adrenal disorders, hypoglycemia, depression, fatigue, anxiety, sexual disorders, Alzheimer's disease, obesity, type 2 diabetes, low blood pressure, cognitive decline and poor health overall including the mental impacts of higher rates of depression, suicide, and acts of violence.
- There are many better predictors for heart attack or stroke than cholesterol.
- Research has repeatedly shown (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/ Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible!

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a link between C-reactive protein (CRP), a "marker for **inflammation** in the body," and heart disease. CRP may be a **better** indicator for developing heart disease than high LDL levels.

- Optimal cholesterol — is **different for every individual**. There aren't precise goal levels that apply to all.
- Diets that substitute carbohydrates for saturated fat may actually **increase** the risk for heart disease.

Cholesterol is Needed in our Body

Your body **requires** cholesterol to be healthy. The good news is that abnormally low cholesterol levels are rare, because a healthy liver can manufacture all the cholesterol **we need**. The unfortunate news is that cholesterol-lowering drugs can **override** the normal process and push cholesterol too low. This form of lowering cholesterol is very distinct from your body, if it is optimally healthy, finding its own unique perfect levels and **balance**.

Your body actually **produces** cholesterol (mainly in the liver and also to a small degree in the intestines and the skin) as it serves some key functions in the body such as:

- Maintaining **neurotransmitter** and brain function (serotonin production in particular).
- Cholesterol is a component in the membrane of **every living cell**, preventing the cell's contents from leaking out and keeping harmful chemicals outside the cell from getting in.
- **Builds brain and nerve tissue** – Cholesterol is essential for the formation of synapses; the small space between neurons that allows them to form connections. Without it, thought processes, attention span and memory can't function properly.

- Nourishes the **immune system**.
- Provides the insulation around **nerves** that transmit electrical impulses.
- Is a keystone of normal **cell production** and function (every cell in the body including those in the brain, nerves, muscles, skin, liver, intestines, and heart).
- Is a major component in plasma membrane, or outer **coating of cells**.
- Is critical in **mood regulation**.
- It is an overall **repair substance**: When the body has an infection or inflammation or wound, cholesterol is concentrated in the areas that are getting healed. In other words, it's possible that the presence of cholesterol may be an indicator of **inflammation** rather than a root cause.
- Repairs **damage to tissue** in the arteries (that is why cholesterol is rushed to your arteries to assist in forming plaque in the first place).
- Converts into **bile salts**, which are produced by the liver and stored in the gallbladder. Bile salts help in the digestion and **absorption** of fat and the fat-soluble vitamins A, D, E, and K.
- Cholesterol is converted into **Vitamin D** when the skin is exposed to ultraviolet rays from the sun, which most likely explains why much of the population is deficient in vitamin D.
- Produces all of the important **steroid hormones**, including adrenal hormones (cortisol and aldosterone), and sex hormones (estrogen, progesterone, DHEA, and testosterone) which in turn includes the following benefits:
 - **Anti-inflammatory** properties that prevent immune hyperfunction
 - Controlling sodium and potassium transportation with **electrolytes**

- Increased libido with aging, as well as anti-aging effects
- Healthy **bone density** and strength
 - **Calcium** regulation within the blood using Vitamin D
 - Regulation of menstrual cycles
 - Increased focus, memory and **energy**

In its natural, unstressed state your liver makes **75% of the cholesterol you need**. The rest comes from the food we eat. Cholesterol is so important to the human body that nature has devised a **backup plan** just in case. Without proper cholesterol levels in the blood, the liver starts working on overdrive producing even more cholesterol to **make up for the loss**. Then the body puts itself in the fat preservation mode triggering a dangerous increase in the levels of **triglycerides**, which leads to advanced atherosclerosis (hard fatty plaque deposits on the arteries).

Moreover, with less cholesterol the body does not have enough **building material** to handle any of the functions listed above. This overdrive state can't shut off until you start eating cholesterol again. The **high levels of insulin** that are released in most conventional cholesterol lowering diets will put a person at an increased risk of (Cont. on next page)

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overeating and loading up on foods rich in carbohydrates, sugars and artificial ingredients, which triggers the body to siphon off **excess blood sugar** into the liver to make cholesterol and triglycerides (which are used for energy and fat storage).

Blood cholesterol levels also respond negatively to **emotional stress**, perhaps for similar reasons. Some health practitioners see high cholesterol levels first and foremost as a sign of liver distress. Others think that problems stem more from the **oxidization** of cholesterol by **free radicals** than from the presence of cholesterol itself.

There has long been a vocal minority of doctors, researchers and health professionals who have proven that cholesterol and fat have been **wrongly convicted** as the primary promoters of heart disease. They believe that this emphasis on cholesterol has caused us to take our attention off what we believe to be the true promoters of heart diseases – **inflammation, oxidative damage, stress and sugar**. Books such as Uffe Ravnskov's book "The Cholesterol Myths: Exposing the Fallacy that Saturated Fat and Cholesterol Cause Heart Disease" are packed with hundreds of medical references from peer-reviewed journals.

While it is a fact that the plaque found in clogged arteries contains cholesterol (fat), it is also a fact that **every cell** in our body contains cholesterol. Cholesterol pervades every healthy part of our body and can be found in arterial plaque as well. One could deduce from this that cholesterol is **not the problem**.

Inflammation Causes Cholesterol

Cholesterol in food has **far less** effect on blood cholesterol than other types foods, particularly sugar. According to the findings of leading researchers in the field studying the correlation between **blood lipids** and deaths caused by heart disease, dietary cholesterol is not to be blamed. □□ Their studies show that actually the cause of deaths by heart disease is the inflammation that a body is under due to eating highly **high-glycemic**, processed foods loaded with sugars, artificial sweeteners, chemicals and alcohol multiplied by the lack of exercise. (See our Newsletter on Inflammation for detailed information on the causes and natural solutions to inflammation.)

Inflammation leads to **damaged cells** that the body will try to fix by overproducing cholesterol, leading to a drastic increase of LDL cholesterol and triglycerides in blood. Another important culprit behind heart disease and atherosclerosis is body's **oxidative stress** caused by high paced lifestyles, chronic lack of sleep, environmental pollution and "fake" chemical filled foods.

Inflammation **causes** high levels of cholesterol and not the other way around, so lowering cholesterol artificially is not doing the body any good. This is because the **underlying** factors contributing to the high cholesterol condition have not been taken into consideration.

Inflammation is your body's **natural response** to invaders it perceives as **threats**. If you get a cut for instance, the process of inflammation is what allows you to heal. Specifically during inflammation:

- Your blood vessels **constrict** to keep you from bleeding to death

- Your blood becomes thicker so it can clot
- Your **immune system** sends cells and chemicals to fight viruses, bacteria and other "bad guys" that could infect the area
- Cells multiply to **repair the damage**

Ultimately, the cut is healed and a **protective scar** may form over the area. If your arteries are damaged, a very similar process occurs inside of your body, except that a "scar" in your artery is known as **plaque**. This plaque, along with the thickening of your blood and constricting of your blood vessels that normally occur during the inflammatory process, can indeed increase your risk of **high blood pressure** and heart attacks. Notice that cholesterol has yet to even enter the picture. Cholesterol comes in because, in order to **replace your damaged cells**, it is necessary so the liver will send it to the area.

In the eyes of conventional medicine, when they see increased cholesterol circulating in your bloodstream, they conclude that it - **not the underlying damage** to your arteries - is the cause of heart attacks. Sally Fallon, the president of the Weston A. Price Foundation, and Mary Enig, Ph.D, an expert in lipid biochemistry, have gone so far as to call high cholesterol "an **invented disease**, a 'problem' that emerged when health professionals learned how to measure cholesterol levels in the blood."

Ron Rosedale, MD, who is widely considered to be the leading **anti-aging doctor** in the United States said, "If excessive damage is occurring such that it is necessary to distribute extra cholesterol through the bloodstream, it would (Cont. on next page)

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not seem very wise to merely lower the cholesterol and forget about why it is there in the first place. It would seem much smarter to reduce the extra need for the cholesterol - the excessive damage that is occurring, the reason for the chronic inflammation."

Renowned heart surgeon Dr. Dwight Lundell recently stepped forward to expose how embracing the high cholesterol myth has been wrong and the harm that has resulted, stating that the recommendations to lower cholesterol and severely restrict fat intake "are no longer scientifically or morally defensible."

Dr. Lundell explained that inflammation in our arterial walls is the real culprit for heart disease and stated "the injury and inflammation in our blood vessels is caused by the low fat diet recommended for years by mainstream medicine."

"Simply stated," said Dr. Lundell, "without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel."

In addition, Dr. Lundell said, "The long-established dietary recommendations have created epidemics of obesity and diabetes, the consequences of which dwarf any historical plague in terms of mortality, human suffering and dire economic consequences."

As Dr. Lundell revealed, the emerging truth is that inflammation is the real culprit in heart disease and drugs and diets designed to lower cholesterol actually contribute to heart disease as well as other health problems. Recent year studies on statin drugs have backed up Dr.

Lundell and demonstrated that what few benefits may be derived from dangerous statin drugs actually come from lowering inflammation levels.

If we can see that inflammation is the real cause then natural solutions such as diet, lifestyle and natural foods and herbs such as turmeric, ginger and omega-3s can effectively lower inflammation far more safely than statin drugs.

According to Dr. Lundell and other experts, the simple solution to quieting inflammation and preventing heart disease is to return to foods closer to their natural state, (including lots of raw organic vegetables and fruits, healthy fats (EFAs and Omega 3 oils)) and cut down or eliminate foods that are processed and filled with inflammation-causing chemicals.

Cholesterol has also been blamed for diabetes and high blood pressure but that relationship is actually in reverse. These diseases can affect atherosclerosis. For example, diabetes can lower HDL levels and increase triglycerides and thus accelerate the development of plaque buildup.

Because high blood pressure puts added pressure on the artery walls, over time this extra pressure can damage the arteries. This makes it more likely that cholesterol gets underneath the artery lining and into the wall causing the plaque buildup and consequent narrowing that, in turn, compromises blood flow.

Cholesterol, a steroid-fatty substance (lipid), is manufactured in the liver (and also to a much smaller degree in the intestines and the skin) and transported via the blood stream to the sites where it is needed. When the body is stressed by physical injury or even damaged due to exces-

sive exercise (as when muscles are strained or torn) your body manufactures more cholesterol than usual because of the increased demand.

In this case if there were not enough cholesterol available in your blood, your body would not heal and would literally decay. So when your body creates more cholesterol in response to injury or increased exertion levels there will be a measurably higher cholesterol level in your blood at that time. □□ So, of course sometimes your blood cholesterol levels will be higher and sometimes they will be lower, not just because of what you eat, but because your body is doing some repair or regeneration work and makes more cholesterol to help with the repairs.

Measuring Cholesterol

What about the much-hyped distinction between "good" cholesterol and "bad" cholesterol? These labels, too, are a bit simplistic. High-density lipoproteins (HDL, or "good" cholesterol) and low-density lipoproteins (LDL, or "bad" cholesterol) are actually not cholesterol at all; they are the fat molecules that transport cholesterol through the bloodstream. There is only one cholesterol and cholesterol is just cholesterol.

Since cholesterol is fat and because blood is mostly water, in order to travel in the blood stream it has to latch onto a special protein molecule called lipo-proteins. LDL (Low-density Lipo-proteins) delivers cholesterol to where it is needed in the body and HDL (High-Density Lipo-proteins) carries old or excess cholesterol back to the liver where the majority of it is secreted in the bile that is used to break down food. These are both (Cont. on next page)

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normal and needed in the body and without them the body would **stop functioning**.

When everything is working normally in the body the system is **in balance**. However, like every other system in nature and in the body this balance is **dynamic**, not static. This means that when the body needs more cholesterol the liver creates it and the level of **serum** cholesterol will be higher. When the levels of cholesterol are excessive that excess cholesterol is removed from body, which results in **lower** serum cholesterol readings.

Determining what constitutes an unhealthy cholesterol level is probably the most **confused** and **controversial** aspect of current science on the subject. "A total cholesterol level of 200 is normal," says Mary Enig, PhD, a biochemist and the author of Know Your Fats. "For some individuals, 220 is normal. For others, 240 and even 260 is normal." Enig and others base their views on the fact that many studies have established a **less-than-airtight** connection between high cholesterol levels and heart disease.

For example, in the famous Framingham study, which is considered the **cornerstone** of the cholesterol-Coronary Heart Disease (CHD) connection, the "correlation coefficient" between high cholesterol and coronary heart disease was only **0.36** – about half of that between smoking and lung cancer.

Some researchers even believe that relatively high cholesterol levels may **actually prevent** coronary heart disease by defending against the infections that may contribute to atherosclerosis.

Another problem for the most

common cholesterol guidelines is that **elderly people** (and especially women) with moderately high cholesterol levels tend to be healthier than their peers with lower levels. In the Framingham study, although individuals with high cholesterol were more likely to die from CHD, their **overall mortality rate** was actually lower than that of individuals with lower cholesterol.

Plaque and Cholesterol

What's more, there is now growing evidence that the **quality** of LDL particles is as important as their number. Some are **big and fluffy** and less likely to deposit in an arterial wall. Others are **small and dense** and are more likely to get trapped. Experiments have demonstrated that moderate exercise improves the quality of LDL particles. It has long been known that exercise **reduces the risk** of CHD without directly lowering LDL levels (although it does lower them indirectly by inducing weight loss).

Here's what's known: Low-density lipoproteins are small particles, and those that are especially small can **infiltrate** the lining of an artery and get deposited in its wall. There are a number of reasons cholesterol might end up there, including **preceding damage** to the artery caused by infection, previous inflammation or the presence of free radicals.

Some of the LDL that does get trapped in artery walls can then get **oxidized** (i.e., damaged) by any number of factors and then provoke a complex (secondary) inflammatory response. These **trapped fats** are subsequently ingested by the immune system's white blood cells, which accumulate (along with fibrous material, calcium and other substances) within the artery wall.

Over the years, these areas of

accumulation form **scab-like plaques**, which partially or even completely block the artery. This condition is known as atherosclerosis. Either a complete blockage or a ruptured plaque can **cut off blood supply** to the heart or brain, resulting in a heart attack or stroke.

The important point here is that high LDL levels alone are **not sufficient**, nor even necessary, for atherosclerosis to develop. Atherosclerosis is common in individuals with low LDL levels as well, perhaps because there are a **disproportionate number** of small LDL particles or because too many are being oxidized. Likewise, individuals with high LDL levels often have perfectly healthy arteries, because one or more of the many other causes of plaque formation are not a **contributing factor**.

The real question is **what causes plaque** (which sometimes contains cholesterol or fat) to form in the arteries of some people but not form in the arteries of others? While it's true that cholesterol is found in the plaques that clog arteries, there has to be some type of damage or **weakness** in the artery wall before cholesterol, calcium, and the other substances that form plaque will begin collecting there. This damage can be caused by dozens of factors, including:

- **Rancid**, oxidized fats
- High blood pressure
- Loss of arterial **elasticity**
- Nutritional deficiencies
- Improperly digested foods
- **Chemical toxins**

If you can reduce the impact of any (and preferably all) of these factors, you will **simultaneously** reduce your cholesterol level.

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Some of us are simply **more prone** to high LDL levels, LDL oxidation, easily damaged arteries and blood clotting. Other strong predictors of CHD are family history of the disease, high blood pressure, diabetes and smoking. (**Stress** and anger are weaker, but still significant, predictors.) Also included in your total cholesterol count are:

Triglycerides: Elevated levels of this dangerous fat have been linked to heart disease and diabetes as they increase inflammation and oxidative stress. Triglyceride levels are **known to rise** from eating too many grains and sugars, being physically inactive, smoking cigarettes, drinking alcohol excessively and being overweight or obese.

Lipoprotein(a), or Lp(a): Lp(a) is a substance that is made up of an LDL part plus a protein (apoprotein a). Elevated Lp(a) levels are a **very strong** risk factor for heart disease. This has been well established, yet very few physicians check for it in their patients.

What Causes Higher Cholesterol Production?

What **drives** our bodies to higher and higher cholesterol production? The list is more complicated but here is the top five: (1) Inflammation, (2) **low thyroid issues**, (3) an imbalanced diet with too many grains and sugars causing (4) high Insulin levels, and (5) **heavy metals** and other toxins locked into the organs.

Sugar in any form or refined carbohydrates (white food) drives the HDL down, causes triglycerides to go up, creates small damaging cholesterol particles, and causes metabolic syndrome or pre-diabetes. In

this case, **metabolic syndrome** is another cause of heart attacks, NOT LDL cholesterol.

We know that **cooked fats** (heated oils, roasted nuts, cooked fatty meats, fried foods, etc.), cooked carbohydrates, refined sugars, white and refined flours, excess coffee (more than two cups daily, especially after meals) and over-eating anything regularly, will **over-stimulate insulin** production. This, in turn, prompts storage of food in the body as fat.

Regulating your blood sugar is the first thing that needs to be done to lower triglycerides. The higher a food ranks on the **glycemic index**, the faster it increases **glucose** in the blood. High glucose levels push up insulin production, which, in turn, causes the liver to release more triglycerides into the bloodstream.

Examples of foods **high on the glycemic index** list include ice cream, alcohol, commercial tobacco, pastries, potatoes (except "new" and sweet potatoes), white bread, and watermelon. Foods that rank as "moderate" include most types of rice, pita bread, popcorn, honey and mangoes. A few **low glycemic index foods** include most beans, vegetables, grapefruit, apples and tomatoes. To balance and normalize your blood sugar, try eating foods low on the glycemic index for a few months.

Although weight is not always an indication, **losing extra weight** will also help reduce health risks and in turn heart risks.

If you **reduce your consumption** of refined carbohydrates, starches and other fast acting sugars along with hydrogenated oils you will automatically be decreasing your risk of developing cardiovascular disease because it's actually the

inflammation caused by eating **too many refined carbohydrates** that creates higher risk for heart disease.

When we eat more foods that turn into glucose than we need our body stores the **excess** as fat. This fat accumulates in our body and in our liver; hence elevated serum (blood) triglycerides occur. As our **liver** gets fuller and fuller with this fat it has a much more difficult time doing its job removing toxins and thus we become more inflamed and toxic and this is where the term "**fatty liver**" comes from. So this is another down side of consuming so many carbohydrates.

This along with checking for proper **thyroid and adrenal** function is key to understanding how to effectively managing cholesterol because high cholesterol is merely a symptom of something else going on.

According to Dr. Sherry Rogers in Detoxify or Die, we can create a high cholesterol situation simply by receiving **one dose of toxins** like Polychlorinated Biphenyl (PCB's), and mercury. High cholesterol is a messenger that informs us when we are experiencing an **overload of** (Cont. on next page)

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free radicals. Once free radicals eat holes in our arteries they attract nature's Band-Aid: Cholesterol. **Detoxifying** our bodies on a regular basis is a great way to keep your body clean and balanced and your cholesterol too.

Highly elevated cholesterol levels can also be **symptomatic** of dietary problems. Diets that are lacking sufficient fiber or certain vitamins and minerals, or high in saturated fats, cause high blood cholesterol levels. These **eating habits** also make it harder for cholesterol to stay properly dissolved in the blood, and therefore it's more likely to "settle out" and accumulate on arterial walls. □□

An excellent way to create optimal health and optimal cholesterol levels is a **raw vegan diet** filled with all organic vegetables and fruits. Healthy diets also drive down insulin problems; another root cause of high-cholesterol. By using **quality** olive oil, coconut oil and flax oils and eliminating bad fats we gain control over disease states caused by trans-fatty acids and rancid oils. With a proper **balanced**, organic and toxin free diet you could eliminate all excess cholesterol from your diet and your liver would continue to produce more because your body needs it.

If you've been diagnosed with high cholesterol did your doctor look for the **root cause** of this problem or were you handed a pharmaceutical prescription to take care of the issue? If given a pill did you also understand at the time that this cholesterol-lowering, statin drug was to be used every day for the **rest of your life**? Using statin drugs to **mask** symptoms creates a domino effect. This tactic leads

to additional disease within the body; meaning more pain and suffering down the road.

Cholesterol Numbers and Tests for Coronary Heart Disease Risk

Understanding what your cholesterol numbers mean is important but it involves so much more than just looking at the numbers the way **conventional** medicine does. If you look at a typical CBC Blood panel you will see readings for total cholesterol, HDL and LDL and sometimes triglycerides. Total cholesterol comprises **all of the cholesterol** found in the body: HDL, LDL and triglycerides.

Instead of looking just at the cholesterol numbers, we need to look at the cholesterol **particle size**. The real question is: Do you have **small or large** HDL or LDL particles. Small, dense particles are more atherogenic (more likely to cause the plaque in the arteries that leads to heart attacks), than large buoyant, fluffy cholesterol particles. Small particles are associated with pre-diabetes (or metabolic syndrome) and diabetes and are caused by **insulin resistance**.

Checking your particle size is a simple blood test that called the **NMR LipoProfile**, which most doctors do not look at it, even though many holistic doctors and researchers it is the **only meaningful** way to evaluate cholesterol numbers. You can have LDL cholesterol that looks normal, at 101, but you may have over 1000 small LDL particles, which are very **dangerous**. On the other hand, you can have the same LDL number of 101, and it may be made up of only 400 large particles, which cause no real health risk.

In reality, in order to actually know your risk of Coronary Heart Disease, there are **several tests** that if done and examined by a holistic or

functional doctor can give you a more accurate picture. Key tests can **reveal problems** with a person's blood sugar and insulin, inflammation level, level of folic acid, clotting factors, hormones, and other bodily systems that affect your risk of cardiovascular disease. These include:

- NMR LipoProfile – particle size of cholesterol
- Total cholesterol, HDL cholesterol, LDL cholesterol, and triglycerides.
- HDL/Cholesterol ratio
- Triglyceride/HDL ratios
- Your fasting insulin level
- Your fasting blood sugar level
- Your iron level
- Glucose Insulin Tolerance Test
- Hemoglobin A1c
- Cardio C-reactive protein
- Homocysteine
- Lipid peroxides or TBARS test
- Fibrinogen
- Lipoprotein (a)
- Genes or SNPs
- Get a high-speed CT or (EBT) scan of the heart
- Cardiac Stress Test

No matter what, there are foods and herbs that lower cholesterol **completely naturally**. We will delve into those natural solutions in our next article naturally. Very High (or very low) cholesterol can be an **indicator** of many health conditions and systems being out of balance so even though studies are showing that it is not the cause of heart attacks, per say, it is still something you want to keep you eye on, use to diagnose other health conditions and **keep balanced**.

Why Statin Drugs?

So given all of these now discovered (Cont. on next page)

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vered and disclosed facts then why did the 2004 National Cholesterol Education Program guidelines lower the previous guidelines to recommend that more people take statins (from 13 million to 40 million) and that people who don't have heart disease should take them to prevent heart disease? Do you think it could possibly have been because 8 of the 9 experts on the panel who developed these guidelines had financial ties to the Pharmaceutical Industry?

In order to achieve these outrageous and dangerously low targets, someone would typically need to take not one but multiple cholesterol-lowering drugs. So the guidelines instantly increased the market for these dangerous drugs. Now, with testing children's cholesterol levels, they're increasing their market even more.

Now let's explore statin drugs and the myths being spread about them such as that they are effective and perfectly safe for men, women, children and the elderly. Fact is that they are not and that the only group that has shown a very modest effect on is middle aged men who have already had at least one heart attack. Drugs don't treat the underlying causes of chronic illness.

Statin drugs were originally recommended for high-risk individuals to keep their cholesterol under control while they altered lifestyle choices. Eventually the patient was worked off the drug and their body resumed the work of equilibrating systems and components. Nowadays, statin abuse is on the rise. It is even being used to prevent high cholesterol. Prevention is not found in a drug. The prevention of health problems is healthy life-

style habits, especially healthy eating, regular exercise and a mindful lifestyle.

More than half of insured Americans are taking drugs for chronic health conditions. Statins are now the number one selling class of drugs in the United States and new cholesterol medications are produced every day. The latest in a new class of "super" cholesterol drugs, CETP inhibitors, now in the drug approval pipeline. At best these new "super cholesterol" drugs will lower a few cholesterol numbers without killing too many people while increasing health care costs by billions of dollars. And they do nothing can cannot be done and done even better, and with no side effects, naturally.

These drugs do not address the fundamental underlying cause of heart disease. Heart disease is not a statin deficiency. It is a complex end result of multiple factors driven by our diet, fitness level, stress and other lifestyle factors such as smoking, social connections, and, increasingly, environmental toxins.

We cannot use a drug to correct what happens to our biology because of a high sugar and refined flour, low fiber, processed diet, a sedentary lifestyle, excessive stress, lack of sleep or the harmful effects of pollution.

Here are some basic facts, backed by research, about statins:

- If you lower bad cholesterol (LDL) but have a low HDL (good cholesterol), there is no benefit to statins.
- If you lower bad cholesterol (LDL) but don't reduce inflammation (marked by a test called C-reactive protein), there is no benefit to statins.
- If you are a healthy woman with high cholesterol, there is no

proof that taking statins reduces your risk of heart attack or death.

- If you are a man or a woman over 69 years old with high cholesterol, there is no proof that taking statins reduces your risk of heart attack or death.
- Aggressive cholesterol treatment with two medications (Zocor and Zetia) lowered cholesterol much more than one drug alone, but led to more plaque build up in the arteries and no fewer heart attacks.
- 75 percent of people who have heart attacks have normal cholesterol
- Older patients with lower cholesterol have higher risk of death than those with higher cholesterol.
- Countries with higher average cholesterol than Americans, such as the Swiss or Spanish, have less heart disease.

Recent evidence shows that it is likely statins' ability to lower inflammation that accounts for the benefits of statins, not their ability to lower cholesterol (and that can be done much more effectively through diet and lifestyle changes).

Most pro-statin studies are sponsored by the drug manufacturers (Cont. on next page)

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themselves, which will, of course, typically **skew results** in their favor. Worse yet, **conflicts of interest** have become more of the norm than the exception when groups such as the American Heart Association (AHA) and the American College of Cardiology (ACC) have created guidelines.

A pioneer and internationally recognized expert in the fields of Integrative and Functional Medicine, Dr. Frank Lipman stated, "The medical profession is **obsessed** with lowering your cholesterol because of misguided theories about cholesterol and heart disease.

Why would we want to lower it when the research actually shows that **three-quarters of people** having a first heart attack have normal cholesterol levels, and when data over 30 years from the well-known Framingham Heart Study showed that in most age groups, high cholesterol **wasn't** associated with more deaths?

In fact, for older people, deaths were **more common** with low cholesterol. The research is clear – statins are being prescribed based on an incorrect hypothesis, and they are not harmless."

The actual numbers show that statin drugs help **1 out of every 140** people. Studies have shown that statins are barely more effective than placebos at best.

When it comes to women, the elderly and middle-aged men at a lower risk of CHD, "there isn't even a **trend** toward total mortality benefit," says Beatrice Golomb, MD, PhD, of the University of California, San Diego.

The Dangers of Statin Drugs

Worse, statins cause a number of **side effects**, which many researchers and doctors are currently studying. Golomb stated, "The most common side effects associated with the statins are muscle pains and weakness, fatigue, deteriorating cognitive function, liver toxicity, and neuropathy [pain from damaged nerves]," she says. "The problems in some cases can be very serious, with some people actually **losing the ability to walk.**"

Statin are literally an **intracellular poison** that have been show to cause:

- Rhabdomyolysis as well as other forms of muscle pain and weakness
- Type 2 Diabetes
- Atherosclerosis
- Acidosis
- Anemia
- Nerve damage (including an increased risk of polyneuropathy, which is nerve damage that causes pain in the hands and feet and trouble walking)
- Muscle damage
- Cataracts
- Sexual dysfunction
- Memory loss and cognitive decline and impairment
- Damage to the liver and pancreas
- Weakened and dysfunctional immune system
- Increased risk of cancer
- Dizziness
- Headaches
- Abdominal cramping
- Bloating
- Nausea
- Depression
- Liver damage, liver toxicity and other liver problems, including a potential increase in liver enzymes
- Increased risk of Lou Gehrig's disease

- Kidney damage

□ Some of the key elements **inhibited** by statin drugs – all of which are critical to the normal functionality of the body - are:

- **HMG-CoA reductase** - responsible for the production of other **sterols and functional compounds**. This includes dolichols (needed to maintain the structural integrity of cell membranes). It also impact syntheses of sex hormones, adrenal hormones and vitamin D are also affected.
- **Coenzyme Q10 (CoQ10)** - is an essential cofactor in the generation of **energy molecules** (ATP) in cells, its depletion leads to muscular weakness and contributes to most of the side effects commonly associated with statins.
- **Squalene** - essential in preventing breast cancer. Squalene reduction caused by the statin can also raise your risk of immune system **dysfunction**.

New research shows that when statin drugs do accomplish helping with CHD that the primary mechanism by which that happens is not by reducing LDL cholesterol but instead by **decreasing systemic inflammation**. And if that's the case, there are plenty of diet, lifestyle, and supplement strategies that can accomplish the same thing—without potential **side effects**.

Why would we use a drug, with all of the side effects of statin drugs, to correct what happens to our biology because of a **high sugar and refined flour**, low fiber, processed diet, a sedentary lifestyle, excessive stress, lack of sleep or the harmful effects of pollution? (Cont. on next page)

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Some of these drugs, initially approved by the FDA have been **taken off the market** after causing **death**, muscle weakness and atrophy and neurological problems, including dementia as mentioned earlier. However, there are many other cholesterol lowering drugs still on the market causing significant **damaging side-effects**.

As a simple example of how this all works in conventional medicine: **Metabolic syndrome** is the most common medical condition in America, but the most rarely diagnosed. It affects over **half the population**. It is one of the major causes of heart disease, diabetes, and aging, and it is one of the major causes of dementia and cancer, not to mention infertility and sexual dysfunction.

Currently there are **no drugs** on the market to treat it effectively – but there are statins so that is what is being prescribed. We know high cholesterol is a clue that you're going to have serious health problems if something doesn't change, but is it the cholesterol that is **life threatening**, or is it only a marker? Disregarding what is going on in the rest of the body is dangerous!

A **risk factor** is not necessarily the cause. A risk factor is a **warning** that something is abnormal and needs to be addressed. Masking the symptom does not cure the problem. Ignoring other risk factors in the evaluation of cholesterol is only looking at one variable, which can be important but limited and shortsighted rendering it **meaningless** overall. When we look only at peoples' cholesterol levels as the killer, we are missing the big picture. We are focusing on a raindrop that's part of a waterfall. It is time we stop attacking only high cholesterol levels.

Natural Prevention and Balancing Cholesterol

Science around the world is finding that the key to good health is **prevention**. More and more people are coming back to the basics. You can't live recklessly and expect to be healthy. There is **no quick fix**. There is no replacement for a healthy lifestyle and a healthy lifestyle does take work! A good doctor will still tell you how to improve your lifestyle **first**.

By changing your lifestyle, you are not just treating symptoms. You are not just treating **markers**. You are taking care of the problems. As your cholesterol lowers, as you shed those extra pounds, as you have an increase in energy, you are giving your body a chance to get **back into balance**. As you lower your LDL properly, through lifestyle changes, you are simultaneously taking care of other problems **accumulated** along the way. You will not only lower your risk of heart disease, but also diabetes, high blood pressure, cancer and many other lifestyle diseases.

And, most in the holistic and integrative medical field agree with the accepted wisdom that a **plant-based**, high-fiber diet of fresh whole foods and regular exercise restores lipid health. **Balance is the key**.

Brian Clements from the Hippocrates Health Institute said, "The Hippocrates health lifestyle is definitely a cholesterol lowering diet. By eating **organic living foods**, you will see the cholesterol numbers coming down." He also has proven that if you eat this kind of diet that your values will never get too low. Instead you will be **exactly** where you should be.

Clements explains that that "normal" is based on **averages**, and with so many people having

300 cholesterol numbers, 200 became the average and was considered "fine". Clements referred to the Framingham Studies, which have been running for **65+ years** and introduced the whole concept of cholesterol and the effect and impact it has on the human anatomy and health. Literally it has **proven** that nobody has ever had a heart attack or stroke with a 150 general standard cholesterol reading.

So what you see with the **raw living food diet** – the cholesterol lowering diet – 150 or below, and what the epitomy of scientific biological research says are the same. Having cholesterol numbers of less than 150 is not only not low cholesterol, it's **very healthy**.

A Raw VEGAN Living Foods DIET including plenty of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the greatest way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to a healthy, long lasting life. I invite you (Cont. on next page)

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to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

The following research resource links will provide you with tons of additional information and scientific data that you may use to learn more about cholesterol:

<http://hippocratesinst.org/cholesterol-and-healing-the-body>

- Cholesterol and Healing the Body

<http://naturallysavvy.com/eat/worry-free-from-cholesterol> - Worry Free From Cholesterol

<http://www.hippocrateshealthlifestyle.com/1029/normal-cholesterol-numbers-on-living-foods-too-low-cholesterol/> - Normal Cholesterol Numbers on Living Foods; Too Low Cholesterol?

<http://www.westonaprice.org/holistic-healthcare/cholesterol-high/> - Cholesterol

<http://www.holistichealth.net/blog/tidbit-tuesday-is-your-cholesterol-too-low/> - Is Your Cholesterol Too Low?

<https://experiencelife.com/article/cholesterol-myths/> - Cholesterol Myths

<http://www.balanceofnature.com/library/index/?pid=45&p&search#.VnApfMpeqY> - The Truth About Cholesterol

<http://whole9life.com/2014/10/truth-cholesterol/> - The Truth About Cholesterol

<http://nourishholisticnutrition.com/whats-the-real-driver-of-elevated-cholesterol/> - What's the real driver of elevated cholesterol? hint: it's not saturated fat!

<http://articles.mercola.com/sites/>

articles/archive/2015/01/12/7-factors-cholesterol-levels.aspx - 7 Factors to Consider if You're Told Your Cholesterol Is Too High

<http://www.holistic-medicine-works.com/high-cholesterol-myth.html> - The High Cholesterol Myth of Heart Disease!

<http://life.gaiam.com/article/why-cholesterol-may-not-be-cause-heart-disease> - Why Cholesterol May Not Be the Cause of Heart Disease

<http://www.healthline.com/health/high-cholesterol/alternatives-statins#Overview1> - What Are Statins?

<http://www.diagnosisdiet.com/diet/vegan-diets/> - Do vegan diets improve cholesterol levels?

<http://www.naturopathic.org/content.asp?contentid=406> - Naturopathic Approaches to Managing Your Cholesterol

http://www.naturalnews.com/035514_cholesterol_myths_heart_doctor.html - Prominent heart doctor exposes the myths about cholesterol, statins and low fat diets

<http://articles.mercola.com/sites/articles/archive/2010/08/10/making-sense-of-your-cholesterol-numbers.aspx> - The Cholesterol Myth That Is Harming Your Health

<http://www.thecholesteroltruth.com/> - The Cholesterol Truth

http://www.huffingtonpost.com/nancy-brown/cholesterol-guidelines_b_4363121.html - Cholesterol Guidelines: Myth vs. Truth -- What You Need to Know
<http://www.everydayhealth.com/heart-health/arthur-agatston-md-truth-about-cholesterol-3442.aspx> - Cardiologist Dr. Arthur Agatston, creator of the South Beach Diet, separates myths from facts about cholesterol.

<http://www.doctoroz.com/article/cholesterol-facts-vs-myths> - Cholesterol Facts vs. Myths

<https://www.womentowomen.com/healthy-weight/the-truth-about-cholesterol-and-fat/> - The Truth About Cholesterol and Fat

<https://thepeopleschemist.com/dude-high-cholesterol-heart-disease/> - Dude! High Cholesterol Will Never Cause Heart Disease. Here's Why...

<http://gizmodo.com/the-truth-about-cholesterol-1618109844> - The Truth About Cholesterol

<http://chriskresser.com/heart-disease/> - Debunking Outdated, Harmful Myths About Cardiovascular Disease

<http://cholesterolnumbers.org/> - The Truth about Healthy Cholesterol Numbers

<http://www.progressivehealth.com/large-particle-ldl-vs-small-particle-ldl.htm> - Don't Believe This Cholesterol Myth

<http://www.virginiahopkinstestkits.com/cholesterolarticle.html> - What Your Dr. May Not Tell You About Cholesterol

<http://golowcholesterol.com/2013/08/23/cholesterol-tests-your-doctor-hasnt-told-you-about/> - Cholesterol Tests Your Doctor Hasn't Told You About

<http://www.wakingtimes.com/2015/08/05/what-most-doctors-wont-tell-you-about-cholesterol/> - What Most Doctors Won't Tell You About Cholesterol

(Cont. on next page)

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<http://realmealrevolution.com/real-meal-radio/the-cholesterol-bombshell-what-you-need-to-know-and-arent-being-told> - The cholesterol bombshell: What you need to know and aren't being told

<http://www.thehealthyhomeeconomist.com/why-you-should-stop-letting-your-doctor-scare-you-about-cholesterol/> - Cholesterol Myths to Wise Up About

<http://www.healthyandnaturalworld.com/what-most-doctors-wont-tell-you-about-cholesterol/> - What Most Doctors Won't Tell You About

Cholesterol

<http://www.alsearsmd.com/2015/03/cholesterol-i-told-you-so/> - Cholesterol: I Told You So!

<http://www.drdauidwilliams.com/high-cholesterol-causes/> - What Causes High Cholesterol Levels?

<http://www.drweil.com/drw/u/ART03028/High-Cholesterol.html> - High Cholesterol

<http://treeoflifecenterus.com/the-mythological-dangers-of-high-cholesterol-and-high-fat/> - The Mythological Dangers of High Cholesterol and High Fat

<http://kathrynlafond.com/tag/high-cholesterol/> - High Cholesterol – What's it really all about?

<http://www.all-about-lowering-cholesterol.com/dangers-of-cholesterol-lowering-drugs.html> - Dangers of Cholesterol Lowering Drugs and Alternatives.

<http://www.all-about-lowering-cholesterol.com/cholesterol-medications.html> - Cholesterol Medications & Drugs Side Effects.

There ARE many GREAT and NATURAL Solutions to having Balanced Cholesterol that also adds to your OVERALL Optimal Health!!!

The best way to balance your cholesterol (and be optimally healthy) is by reducing inflammation through **adopting a diet rich in nutrients**, good fats, fiber and antioxidants, detoxification and making lifestyle changes.

Changing the way you eat can play an **important role** in lowering your cholesterol. According to the National Institutes of Health, you can have a LDL cholesterol reduction of up to **30 percent** just by making simple changes in your diet. This is **similar** (and perhaps higher) to the results you would get from some cholesterol-lowering drugs.

To lower cholesterol, you should start by **decreasing** the amount of saturated (animal) fat you eat and eliminate sugars and all processed foods. You also need to add 5-10 grams of **fiber** to your diet every day. If you're overweight, losing as little as **10 pounds** can reduce your cholesterol by up to eight percent. On the whole, studies suggest that vegan diets can lower cholesterol levels by between 10 and 35 percent.

Since cholesterol **comes from animal foods**, vegan diets are, by definition, cholesterol-free. Even though cholesterol is a vital component of every human cell, vegans do not need to worry about not getting enough cholesterol, because the **body can make** all the cholesterol it needs from non-animal foods. In fact, it is even possible for strict vegans to develop high cholesterol levels, because cholesterol is primarily **created in the liver**, not absorbed from the diet.

Vegans tend to eat **more fiber**, have lower LDL cholesterol levels, and weigh less than omnivores, and these factors are all associated with **lower risk** for heart disease. There are numerous epidemiological studies demonstrating that vegans tend to have lower total cholesterol levels and lower LDL levels. In epidemiological studies it is impossible to be certain that levels were lower because of vegan diet, as opposed to some other lifestyle difference, however, the **trend is very clear**.

Here are some strategies that will help you balance your cholesterol and help you reduce risk of heart

disease:

- Maintain a **healthy weight**: A high body mass index (BMI) can increase your risk of high cholesterol. Losing even five to 10 percent of your body weight can begin to improve your cholesterol counts.
- **Replace processed foods** (which are loaded with refined sugar and carbs, processed fructose, and trans fat—all of which promote heart disease) with (Cont. on next page)

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whole, unprocessed or minimally processed foods, ideally organic and/or locally grown.

- **Avoid meats and other animal products.**
- **Eliminate no-fat and low-fat foods,** and increase consumption of healthy fats. Half of the population suffers with insulin resistance and would benefit from consuming **50-85 percent** of their daily calories from healthy saturated fats, such as avocados, coconuts and coconut oil, unheated organic nut oils and raw soaked nuts. No-fat or low-fat foods are usually **processed** foods that are high in sugar, which raises your small, dense LDL particles.
- Balancing your **omega-3 to omega-6 ratio** is also key for heart health, as these fatty acids help build the cells in your arteries that make the prostacyclin that keeps your blood flowing smoothly. Omega-3 deficiency can cause or contribute to **very serious** health problems, both mental and physical, and may be a significant underlying factor of up to 96,000 premature deaths each year.
- You also need the appropriate **ratios of vitamins, minerals and nutrients** including calcium, magnesium, sodium, and potassium, and all of these are generally abundant in a whole food diet. To get more fresh vegetables into your diet, consider juicing.
- Optimize your **Vitamin D** level. Optimizing your vitamin D level through regular sun exposure, as opposed to taking an oral supplement, may be key to optimizing your heart health. If you do opt for a supplement, you also increase your need for **Vitamin K2**.
- **Optimize your gut health.** Regularly eating fermented foods, such as sauerkraut, will

help reseed your gut with beneficial bacteria that may play an important role in preventing heart disease and countless other health problems.

- Quit smoking and **reduce your alcohol consumption.**
- Reduce, with the plan of eliminating, **sugar, grains and flour** that you eat. Recent evidence indicates that added sugar - in the form of table sugar (sucrose) or high-fructose corn syrup - is probably a **greater contributor** to heart disease than is saturated fat. As a general rule, don't consume foods with added sugars. In particular, don't consume soft drinks, which, because they contain **no fiber to slow metabolism,** cause rapid spikes and dips in blood sugar levels. The result can be overeating, obesity and heart disease. If your HDL/Cholesterol ratio is abnormal and needs to be improved it would also serve you well to virtually eliminate fruit from your diet, as that it also a source of fructose. Once your cholesterol improves you can **gradually** reintroduce it to levels that don't raise your cholesterol.
- **Avoid trans-fat.** These heart-damaging fats can reduce HDL levels and raise LDL levels. Trans-fat is found in many margarines and in most heavily processed foods, as well as in snack foods like chips, crackers and cookies, and in the oils used to cook fast-food french fries, doughnuts and movie popcorn.

Below is a list of **nutrition** recommendations that are great for you balancing your cholesterol, lowering inflammation and enhancing your overall heart health.

- Ensure regular intake of a wide variety of **nutrient-dense plant foods** (vegetables, legumes, fruits, whole grains, and small amounts of nuts and seeds).
- Eat some **nuts every day.** Nuts, especially almonds, walnuts and

cashews, contain heart-healthy monounsaturated fat. NOTE: Make sure the nuts you eat are **raw and soaked.** Roasted or otherwise processed nuts do NOT provide the nutrients you need and may actually be harmful to you.

- Eat **Healthy fats:** Eat healthy, preferably raw, fats that correspond to your nutritional type. This includes:
 - Olive and olive oil
 - Coconut and coconut oil
 - Avocados
 - Raw soaked nuts
 - Seeds
- Substitute **plant protein** for animal protein. Plants are full of protein so load up
- Use **fresh garlic** regularly in your meals. Garlic has been shown to lower both cholesterol levels and blood pressure - and it tastes wonderful, too. Use one or two raw cloves a day.
- Drink **green tea** daily. The antioxidants in green tea help lower cholesterol and prevent the cholesterol in your blood from oxidizing.
- Eat plenty of **soluble fiber.** Soluble fiber has a powerful cholesterol-lowering effect. The best sources of soluble fiber are beans and lentils, apples, citrus fruits, oats, barley, peas, carrots and ground flax seed.
- **Limit refined carbohydrates.** Go for plant based carbohydrates instead.
- **Take coenzyme Q10 (CoQ10)** if you need to. CoQ10 is a powerful **antioxidant** that has been shown to be beneficial for heart health by protecting LDL cholesterol from oxidation and by **re-energizing** the mitochondria in the heart cells, which is where energy metabolism occurs. CoQ10 may also help lower blood pressure.
- Eat **Omega 3.** Daily Omega 3 oil (Cont. on next page)

There ARE many GREAT and NATURAL Solutions to having Balanced Cholesterol that also adds to your OVERALL Optimal Health!!! (Cont.)

is an effective preventive strategy against heart disease, and has been shown to **lower tri-glyceride** (blood fat) levels, minimize inflammation and clotting, and increase HDL ("good") cholesterol. Research indicates that omega-3s may help reduce the risk and symptoms of a variety of disorders influenced by inflammation, including heart attack and stroke. Great sources of Omega 3 are: Algae, Flax, Chia

While overall guidelines are great we want to also provide you with **some specific nutrients** and foods that will take cholesterol and your health to an optimal level:

Vegetables:

Members of the Onion Family:

Garlic
Onion, white and yellow
Chives
Leeks
Scallions

Leafy Greens:

Cabbage
Spinach
Dandelion Greens
Carrot Greens
Kale
Mint Leaf
Wheat Greens or Grass
Barley Greens
Nasturtium leaf

Other Vegetables:

Artichoke
Asparagus
Olives
Bell Pepper...all colors
Broccoli
Celery
Cucumber
Mushrooms
Radish
Horse Radish
Hot Peppers
Rose Hip
Sea Weeds

Fruits

Apples
Berries
Avocados
Banana
Lemons
Oranges
Grape fruit
Limes
Apple Cider Vinegar

Nuts and Seeds (Please make sure you soak any nuts or seeds overnight in pure filtered living water to remove the enzyme inhibitors and activate full nutrient potential):

Almonds
Hazelnuts or Filberts
Walnuts
Flax Seed
Chia Seed
Sesame Seeds
Poppy Seed
Pumpkin Seed
Sunflower Seeds

Grains (These grains should only be eaten in its whole and not polished form):

Rye
Oats
Barley
Amaranth
Sprouted Red Winter Wheat
Brown Rice
Red Rice Yeast
Buckwheat (not really a grain but is usually categorized this way)

Legumes

Mung Beans and its sprouts
Soy Beans and its sprouts
Peas.
Lima Beans
Kidney Beans
Navy Beans
Green Beans
Garbanzo Beans or Chick Peas
Butter Beans
Lentils

Oils

Extra Virgin Olive Oil
Flaxseed Oil
Coconut Oil

The **herbs for high cholesterol** are very effective, and you will find that there are many cholesterol-lowering herbs that you can take for lowering cholesterol naturally. Some of the **best herbs** for high cholesterol are:

- **Skullcap** – A Japanese study showed that the plant can help to increase your body's natural production of the beneficial HDL cholesterol. This means that taking skullcap will help your body to more naturally get rid of the cholesterol on its own.
- **Turmeric** –The root can actually help to decrease the cholesterol levels in your body, thus helping to decrease the risk of serious heart problems. Eating more chicken curry is a great idea, thanks to the health benefits of this amazing herb.
- **Ginger** – Will help to cut back on your cholesterol levels as well as make your food taste great. You can take ginger tea to help fight sore throats and control cholesterol, or you can add it to raw your food to obtain the same cholesterol lowering effects.
- **Chicory Root** – The Chinese (Cont. on next page)

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have used this root for years as a treatment for high cholesterol. The reason the herb works is that it helps to regulate the body's natural metabolism of the cholesterol, thus stopping the high production of LDL cholesterol.

- **Fenugreek** – Used as an aid to digestion, but it can also help to cut back on the sugar in your blood and reduce the amount of cholesterol in your body.
- **Hawthorn Berry** – Hawthorn berries help the stomach to work properly, and it will also have a positive effect on your spleen and liver. It will help to boost your body's natural circulation, and will help to lower the levels of cholesterol in your body.
- **Holy Basil** – Is one of the natural herbal remedies that help to control cholesterol levels. It can also help to reduce your blood sugar, and will counteract stress.
- **Cinnamon** - When taken in small amounts, cinnamon can help to lower your triglycerides, LDL cholesterol, and even your blood sugar. It won't do anything to increase your HDL cholesterol, but it will help to keep your cholesterol levels regulated.

The following **Vitamins and Minerals** (all of which can be found in the above food vs. taking supplements) are very important for **balancing cholesterol** and for heart health: Niacin (Vitamin B3), Vitamin B5 (contains pantethine), Vitamin B6, Vitamin C, L-carnitine, Vitamin C, Vitamin E (contains Tocotrienols), magnesium, chromium, and lipic acid.

A few other important foods that have been proven to deal with cholesterol imbalances are: **Red Yeast Rice** – This yeast product actually has shown results **more**

powerful than any statin drugs in reducing cholesterol. NOTE: because this is a yeast-derived product, it can carry **toxins** from mold in high doses; these can be quite toxic to the kidneys. In highly purified and certified ready-to-use products, it's important to avoid kidney damage.

Cacao – Just to sweeten things up we have this **superfood**, which has a multitude of health benefits (See our Newsletter on Cacao). In a 2007 study published in AJCN, participants who were given cacao powder had a **24% increase in HDL** levels over 12 weeks, compared with a 5% increase in the control group. Cacao boost arterial health by improving **blood flows**, reducing blood pressure, and they contain soluble and insoluble fibers that lower cholesterol and improve heart health. Cacao is also a good source of **sulfur**, a mineral that supports healthy liver function for daily detoxification. Enjoy it organic as dark as possible and raw. Avoid highly sweetened and refined cocoa powders, bars and any form of milk chocolate.

Finally there are several things have been **proven** to lower cholesterol, reduce inflammation, improve your heart and expand your overall health namely: **exercise and stress reduction**.

Exercise regularly. Exercise is actually one of the safest, most effective ways to prevent and treat heart disease. In 2013, researchers at Harvard and Stanford reviewed 305 randomized controlled trials, concluding there were "no statistically **detectable differences**" between physical activity and medications for heart disease. Exercise **boosts your HDL while lowering LDL**.

When you exercise you increase your **circulation** and the blood flow throughout your body. The components of your immune system are

also better circulated, which means your **immune system** has a better chance of fighting a health condition before it has the opportunity to spread.

You should be getting at least **40 minutes** of moderate-to-vigorous aerobic exercise 3 to 4 times each week to help keep cholesterol levels in check - along with many other health benefits. Of course, adding exercise every day of the week will improve your health even more. **High-intensity** interval training, which requires but a fraction of the time compared to conventional cardio, has been shown to be especially **effective**.

If you're just getting started on an exercise routine or haven't been active regularly in a while, try **low-impact aerobic exercises** such as walking, cycling, or swimming. **Yoga** has a vast array of proven health benefits is an incredible way to not only exercise but also to practice **mindfulness** and relaxation. (See our Newsletter on Yoga for all of the benefits and suggestions on various poses to help any health condition)

Finally ... find ways to deal with any **emotional challenges**, de-stress and relax. Emotional **stress** may trigger the body to release fat into the bloodstream, raising cholesterol levels (we will talk more about this in our next article). **Practice daily** breathing exercises and a stress-reduction technique that works for you, such as yoga, meditation, guided imagery or tai chi.

The following resource and research links will allow you to delve into much more detail about the amazing **natural solutions to balancing** your cholesterol:

(Cont. on next page)

There ARE many GREAT and NATURAL Solutions to having Balanced Cholesterol that also adds to your OVERALL Optimal Health!!! (Cont.)

<http://www.drrobbs.com/heart-health/6-cholesterol-lowering-herbs/?gclid=CMmSrc2J0skCFQcSHwod>

- 6 Best Cholesterol Lowering Herbs

<http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/health-tip/art-20049268> - Want lower cholesterol? Eat flaxseed

<http://nutritionistoakville.com/how-to-lower-ldl-cholesterol-naturally-oakville-nutritionist/> - How To Lower LDL Cholesterol Naturally?

<http://www.all-about-lowering-cholesterol.com/how-to-lower-cholesterol-naturally.html> - How to Lower Cholesterol Naturally Without Medication?

<http://www.all-about-lowering-cholesterol.com/about-cholesterol-levels.html> - About Cholesterol Levels & How to Lower Cholesterol Naturally

<http://renegadehealth.com/blog/2011/04/21/top-five-vegan-cholesterol-lowering-foods> - Top Five Vegan Cholesterol-Lowering Foods: Exclusive Article from Dr. J. E. Williams

<http://www.onegreenplanet.org/natural-health/plant-based-foods-that-promote-healthier-cholesterol-levels/> - 10 Plant-Based Foods that Promote Healthier Cholesterol Levels

http://www.huffingtonpost.com/dr-mark-hyman/lower-cholesterol-naturally_b_815393.html - 7 Tips to Fix Your Cholesterol Without Medication

<http://www.greenmountainhealth.com/lower-cholesterol-naturally> - Lower Cholesterol Naturally

<http://www.all-about-lowering-cholesterol.com/cholesterol-supplements.html> - Cholesterol

Supplements that Lower Cholesterol?

<http://www.holistic-medicine-works.com/cholesterol-lowering-foods.html> - Cholesterol Lowering Foods Lower Your Cholesterol Naturally, Learn About Foods To Lower Your Cholesterol!

<http://deliciousliving.com/heart-health/6-natural-ways-boost-heart-health> - 6 natural alternatives to statins

<http://www.webmd.com/cholesterol-management/guide/high-cholesterol-alternative-therapies> - Alternative Treatments for High Cholesterol

<http://www.everydayhealth.com/cholesterol/treatment/> - High Cholesterol Prevention and Treatment

<http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol-lowering-supplements/art-20050980> - Cholesterol-lowering supplements may be helpful

http://www.naturalnews.com/035653_stat_in_drugs_natural_remedies_cholesterol.html - Forget Lipitor and other statin drugs - The top 7 natural remedies to reduce cholesterol levels
<http://www.thehealthsite.com/diseases-conditions/herbal-remedies-for-high-cholesterol/> - 8 natural remedies that can help lower cholesterol levels

<http://www.prevention.com/health/health-concerns/how-lower-cholesterol-naturally> - 12 Foods That Lower Cholesterol Naturally

<http://lowcholesterol-dietplan.com/cholesterol-lowering-herbs/> - List of Cholesterol Lowering Herbs and Natural Supplements for a Healthy Body

<http://altmedicine.about.com/od/highcholesterol/a/highcholesterol.htm> - Remedies for

High Cholesterol

<http://members.upnaway.com/~poliowa/Reducing%20Cholesterol.html> - NATURAL WAYS TO REDUCE CHOLESTEROL

<http://www.drweil.com/drw/u/ART00685/high-cholesterol> - Controlling High Cholesterol

<http://www.allthingshealing.com/Holistic-Nutrition/Lemon-Water/6243#.Vm9tnMpepqY> - Lemon Water

<http://omtimes.com/2012/11/natural-healing-for-gastritis-depression-high-cholesterol/> - Natural Healing For Gastritis, Depression & High Cholesterol

<http://www.drrobbs.com/heart-health/6-cholesterol-lowering-herbs/?gclid=CMmSrc2J0skCFQcSHwod> - 6 Best Cholesterol Lowering Herbs

<http://www.all-about-lowering-cholesterol.com/diet-for-lowering-cholesterol.html> - 2 Rules For A Diet For Lowering Cholesterol!

<http://www.all-about-lowering-cholesterol.com/cholesterol-foods.html> - What Are Cholesterol Foods? High vs Low Cholesterol Foods.

If you would, please go to this link and give us/me your feedback:

([CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com))

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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Physical, MENTAL, Spiritual and EMOTIONAL Wellness will almost totally produce Balanced Cholesterol!!!

Cholesterol has a direct impact on us physically, mentally, emotionally and then spiritually. Approximately **25% of the cholesterol in our body is made in our brain**. The blood-brain barrier even has a protection mechanism to stop this locally produced cholesterol from being exchanged with the lipoproteins in the blood. The cholesterol is actually used to help build the **myelin sheath** that surrounds the axon of our **neurons**.

Cholesterol is an important factor in the receptor sites of the cells binding with the appropriate **neurotransmitter**, in particular **acetylcholine and serotonin**. Research has suggested that cholesterol is the facilitator of the attachment between the neurotransmitter and the cell membrane, as well as their delivery to specific protein receptors. Another study goes a step further and hypothesizes that this mechanism actually causes **inhibition** of neurotransmitter release due to the low levels of cholesterol.

Long term use of statin drugs showed significant changes in the **structure and function** of serotonin cell receptors. Serotonin is responsible for fighting off depression and anxiety. Having improper structure and function at these sites will lead to **depression** in a high number of cases.

One large study conducted by Dutch researchers found that men with **chronically low cholesterol** levels showed a consistently higher risk of having depressive symptoms. This may be because cholesterol affects the metabolism of **serotonin**, a substance involved in the regulation of your mood. On a similar note, Canadian researchers

found that those in the lowest quarter of total cholesterol concentration had more than six times the risk of committing **suicide**, as did those in the highest quarter. These same results have been also shown with **women**.

Stress Increases Cholesterol

In terms of the reverse impact of stress on cholesterol there have been many results that show that **stress increases cholesterol** not only in the short-term but can also affect cholesterol levels even years down the road.

One of the things Hans Selye, MD (known as "the father of stress") reported in the medical literature 40 years ago, was that **within 15 minutes** of a measured stressor, the cholesterol and triglycerides shot up. Then they would stay elevated for about **2 hours** from just THAT stressor. If there was a second stressor within those 2 hours, the levels would stay up for **12-24 hours**. Imagine what this means in our lives filled with constant stressors!

In the studies performed it also clearly showed that the amount of stress in your life isn't as important as **how you deal with it**. Studies have shown that those who manage stress in unhealthy ways (via hostility, social isolation, or self-blame, for example) tend to have **lower levels of HDL cholesterol**.

Research has also shown that the more **anger and hostility** that stress produces in you, the higher (and worse) your LDL and triglyceride levels tend to be. Stress encourages the body to produce more energy in the form of metabolic fuels, which cause the **liver** to produce and secrete more LDL. Also, stress may interfere with the body's **ability to clear lipids**.

One theory is that stress hormones' function is to provide fuel for a potential **fight-or-flight** situation. But if this energy is not used, it gradually **accumulates** as fat tissue. In addition, sugars that are produced with stress are repeatedly left unused and are eventually converted into **triglycerides** or other fatty acids.

Stress not only increases **inflammation** in the body but also causes poor eating habits and poor food choices - all of which affect cholesterol levels. But cholesterol can also be regarded as a stress **response** from the body.

During a stressful situation, the brain produces the hormones **cortisol and adrenaline**. The release of these hormones sends signals that increase blood flow to the brain and eventually produces **more energy** for the body. When cortisol and adrenaline are released, it raises your cholesterol level.

Specifically, the release of cortisol raises **blood-sugar** levels for the body's use as energy, as it locks away fat so it's not used during this state as energy. Therefore, as **cortisol** is released, it raises the body's blood-glucose level, which in turn creates more triglyceride production. Higher **triglycerides** create higher cholesterol levels. Keeping your stress response under control is a great way to manage cholesterol levels for the long term.

Now add this information to the facts that are known about how stress contributes not only to **heart attacks** and coronary disease, but also **cardiovascular deaths** due to stroke and we have a real rea- (Cont. on next page)

Physical, MENTAL, Spiritual and EMOTIONAL Wellness will almost totally produce Balanced Cholesterol!!! (Cont.)

son to manage our stress in healthy ways and to take care of our mental, emotional and spiritual balance.

(Cont. on next page)

As always when we are experiencing physical health conditions and those conditions impact us emotionally and mentally or visa versa then it is much more **challenging** for us to hear the quiet voice of our soul. Taking on **mindfulness** practices such as deep breathing, meditation, prayer, yoga, tai chi, journaling, and or visualization will allow you to not only balance your cholesterol, **strengthen** your heart but also find a balance for yourself mentally, emotionally and spiritually so that you can continue to have optimal health.

The following resource and research links will allow you to expand your **knowledge** about the mental, emotional and spiritual connections to cholesterol:

<http://www.everydayhealth.com/>

cholesterol/experts-how-does-stress-contribute-to-cholesterol.aspx -How Does Stress Contribute to Cholesterol?

<http://www.medicalnewstoday.com/releases/34047.php> -Mental stress raises cholesterol levels in healthy adults

<https://www.psychologytoday.com/blog/the-breakthrough-depression-solution/201106/low-cholesterol-and-its-psychological-effects> -Low Cholesterol and Its Psychological Effects

<https://www.psychiatrytimes.com/mood-disorders/statins-cholesterol-depletion%E2%80%94and-mood-disorders-what%E2%80%99s-link> -Statins, Cholesterol Depletion— and Mood Disorders: What's the Link?

<http://www.psychiatrytimes.com/mood-disorders/statins-cholesterol-depletion%E2%80%94and-mood-disorders-what%E2%80%99s-link> -Statins, Cholesterol Depletion— and Mood Disorders: What's the Link?

<http://robbwolf.com/2012/11/01/cholesterol-mental-health/> - Cholesterol and Mental Health

<http://www.fitnessandpower.com/fitness-and-health/stress-and-cholesterol/> -Stress and Cholesterol

<http://www.bodybio.com/content.aspx?page=low-cholesterol-mental-health> -Low Cholesterol And Mental Health

http://www.reducetriglycerides.com/relaxation_stress_relief_template.htm - Lowering High Triglycerides: Keep Your Stress at Bay

<http://www.stress.org/why-reducing-stress-is-much-more-important-than-lowering-cholesterol/> - Why Reducing Stress Is Much More Important Than Lowering Cholesterol

<http://www.apa.org/news/press/releases/2005/11/marital-stress.aspx> - Mental Stress May be Another Culprit in Raising Cholesterol Levels in Healthy Adults, According to Study

<http://healyourlifeforever.com/tag/cholesterol-spiritual-meaning/> - Spiritual Meaning Of Illness

<http://www.apa.org/news/press/releases/2005/11/marital-stress.aspx> - Mental Stress May be Another Culprit in Raising Cholesterol Levels in Healthy Adults, According to Study

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our commu-

nity (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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