

How To Lower Your Cholesterol

HOW TO LOWER YOUR **CHOLESTEROL**

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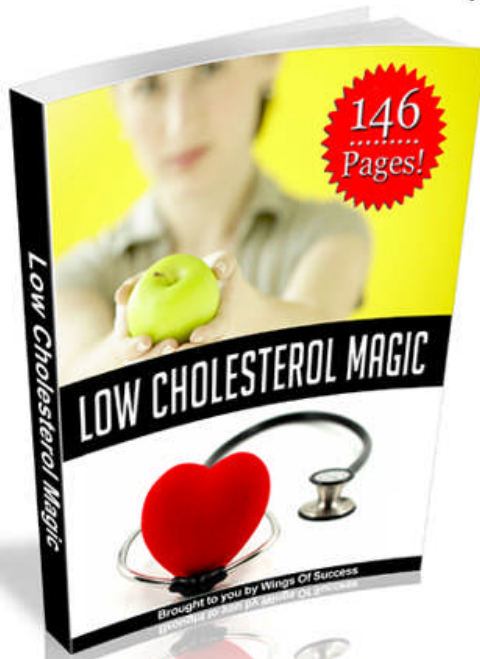
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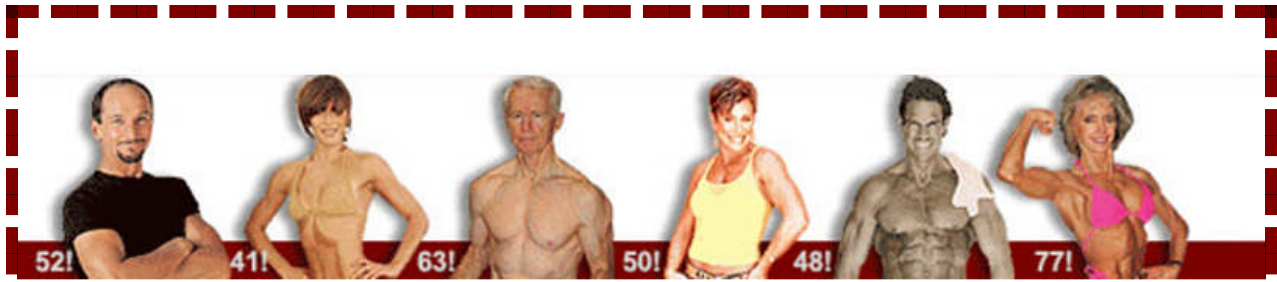
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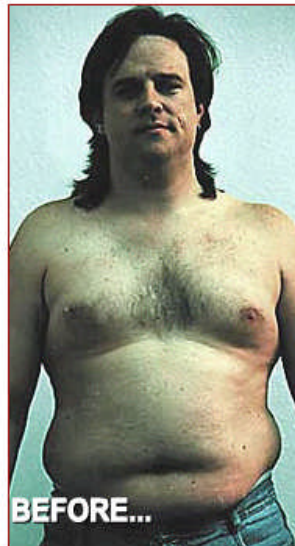
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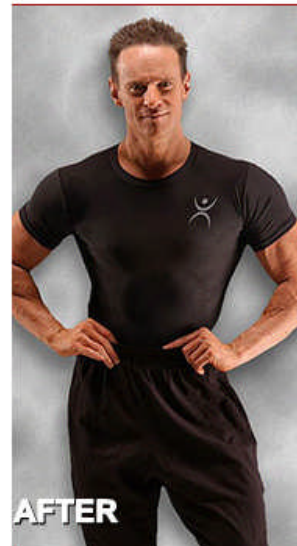


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Understanding Cholesterol Levels

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

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

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

Explaining HDL Cholesterol

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

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

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

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

Your Heart Needs Low Cholesterol

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

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

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

Lowering your Cholesterol

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

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

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

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

Things That Will Give You High Cholesterol

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

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

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

Cholesterol Readings Explained

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

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

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

Low Density Lipoprotein Cholesterol

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

High Density Lipoprotein Cholesterol

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

Triglycerides

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

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

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

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

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

Lowering Cholesterol Levels-Your Best Bet For A Healthy Future

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

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

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

The best dietary practices for a cholesterol free life include:

1. Planning an entire week's menu in advance to ensure it is cholesterol free and supplementing it with vegetables and fruits filled with fibers. Organic food stuffs are much healthier as they do not have any chemicals that can trigger increased cholesterol levels. Complex carbohydrates of high standards should be used.

2. People diagnosed with LDC should avoid egg yolks and eat more of egg whites. Using whole wheat to prepare baked food stuffs and cereals for noodles is also highly effective in reducing cholesterol levels. Also refined sugar should be avoided as it contains a number of chemicals used in processing it so that the end product is fine and white. Unrefined sugar is less of a health hazard.

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

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

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

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

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

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