

The Healing Power of Food

Cholesterol

What is cholesterol?

- ◆ Cholesterol is a waxy substance found in the blood that is essential for building healthy cells, (a type of fat).
- ◆ It is produced by the liver and is also obtained from certain foods.
- ◆ Cholesterol plays a crucial role in various bodily functions, including the formation of cell membranes and the production of hormones.
- ◆ There are different types of cholesterol, including "good" HDL cholesterol and "bad" LDL cholesterol.

HDL and LDL

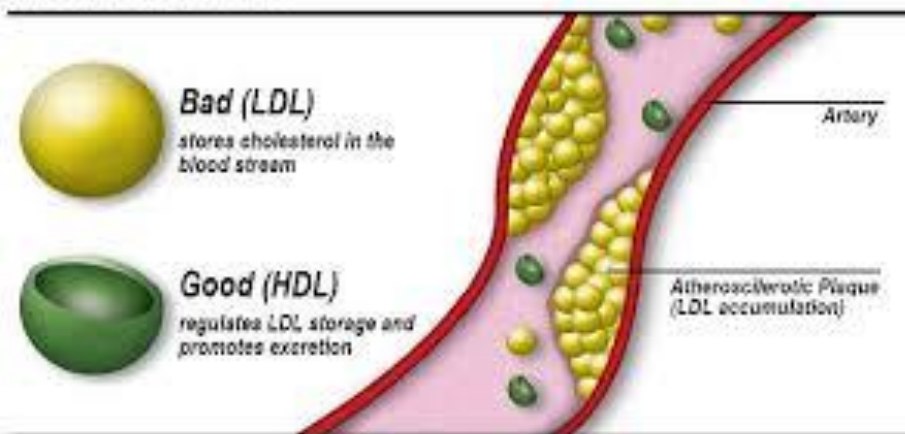
HDL stands for *high-density* lipoprotein

LDL stands for *low-density* lipoprotein.

Why we need it

Cholesterol is made by the body for a purpose. LDL is often called “bad cholesterol”. Nothing the body makes is BAD. It has a purpose. That is to repair the inside of the blood vessels.

Bad vs. Good Cholesterol



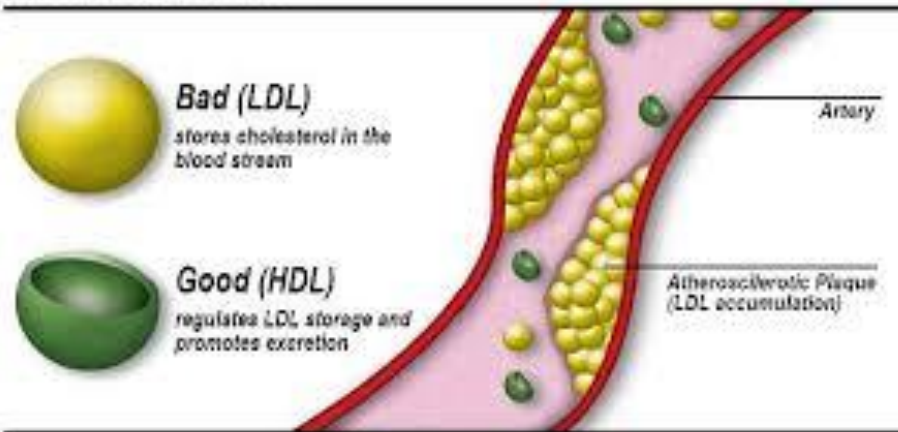
LDL collects on the walls of the arteries
HDL flows through the middle.

Benefits of LDL cholesterol

(Low-density lipoprotein)

If we did not have LDL cholesterol to plug up the damage, a person would bleed internally, into the tissues – heart, brain

Bad vs. Good Cholesterol



What causes damage to the arterial walls?

- ◆ Trans fats found in many processed high-carb foods such as fast food; cheap cooking oils such as canola oil and peanut oil
- ◆ Toxins – chemicals in the home, personal care and the environment, e.g. heavy metals, such as mercury
- ◆ Mould
- ◆ Drugs including pharmaceutical drugs
- ◆ Smoking and alcohol
- ◆ All these can create little holes in the arterial wall. This is when the LDL cholesterol goes to the site of the damage and uses plaque to plug up the hole.

Danger! Too much LDL!

- ◆ If this continues, too much plaque will stop the flow of blood through the arteries, causing high blood pressure, heart attack, stroke.
- ◆ A low-carb diet is crucial for keeping the arteries in good shape. Keep away from processed foods that contain the bad fats, such as chips, margarine and cookies.
- ◆ This will assist in keeping a good balance between the LDL and HDL cholesterol.

Benefits of HDL cholesterol

Helps clean up unwanted LDL – transports it to the liver for disposal.

Myths about the causes of high LDL cholesterol

The following **DO NOT** cause high LDL cholesterol, as shown by new research.

1. Eating foods containing saturated fat
2. Eating eggs
3. Eating foods with high cholesterol

Other factors causing high LDL cholesterol

- ◆ Being overweight
- ◆ Psychological/emotional stress
- ◆ Smoking
- ◆ Certain Medications
- ◆ Pregnancy (linked with gestational diabetes)
- ◆ Genetics

What if your doctor says your LDL is too high?

You will probably be given Statin drugs.

But there are many associated risks.

Statins block the pathway to the liver where cholesterol is made, so the body can't make it – that means it also can't make HLD.

Statin drugs also stop the making of CoQ10 which is a protective enzyme for the heart, so Statins in some cases may increase risk of heart attack.

Is there another way?

- 🟢 **Eat More heart-healthy fats:** butter, avocados, almonds, flaxseeds, and fatty fish regularly. *(no bad fats – no margarine!)*
- 🟢 **Eat a low-carb diet** - no 'processed foods', sugar or white carbs. High sugar intake is linked to low HDL.
- 🟢 **Exercise** - Even brisk walking for 30 minutes a day can significantly raise HDL.
- 🟢 **Quit Smoking** - benefits start within weeks. **Quit alcohol.**
- 🟢 **Lose Visceral Fat** - Focus on waist circumference, not just weight. A healthy waist size reduces inflammation and improves HDL-LDL ratios.

Healthy Waist Circumference

- ◆ Half your height or less

End of Session

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thehealingpoweroffood.net