

Shocking facts about High Cholesterol

There is a lot of scary information out about high cholesterol. It is targeted mainly because there are expensive drugs to treat it. Whenever someone makes a lot of money selling a drug, there is a lot of media attention on it. Here are some facts:

1. No one has high cholesterol because they have a deficiency of a statin drug.
2. Eating cholesterol will not raise your serum cholesterol.
3. Eggs have lecithin in them, a nutrient that is very beneficial in lowering cholesterol and protecting your heart, brain and liver.
4. Eating sugar and things that quickly turn to sugar WILL raise your cholesterol.
5. No study on cholesterol drugs has ever shown them to reduce heart attacks in women.
6. In the studies that show cholesterol drugs to reduce heart attacks in men, there is only a 1% reduction of risk.
7. In those studies that show a 1% risk reduction, there is a greater than 1% increase in deaths from non heart disease causes.
8. 25% of people who take cholesterol lowering drugs have obvious side effects.
9. Statin drugs work to lower your cholesterol by damaging your liver.
10. You can have liver damage long before your liver enzymes are elevated.
11. 50% of the thinking part of your brain is made up of cholesterol.
12. Cholesterol makes all of your estrogen, testosterone and every sex hormone you have.
13. Many people's cholesterol is high because their body is wisely trying to make more estrogen and testosterone.
14. Low thyroid function is a common cause of high cholesterol.

What do you do then? The first thing is quit eating sugar and things that turn quickly into sugar, like white flour products. Take your body temperature. A body temp lower than 98.4 can indicate a low thyroid. Exercise. Exercise raises HDL levels, the good cholesterol that is very protective to the heart. Take 1 teaspoon cod liver oil per day. Cod liver oil has been shown to be 300% more effective than any cholesterol lowering drug to reduce heart disease risk.