Managing Cholesterol

Dear Center For Adventist Research,

Known as “Hardening of the Arteries,” High Cholesterol affects some 4.6 million Americans. And consider this: it is one of the leading causes of illness and death in the United States today. Most disease and death associated with atherosclerosis, a disease process involving clogged arteries, could be prevented by controlling or reducing blood cholesterol levels and by avoiding other known risks such as smoking and high blood pressure.
In this newsletter, you’ll learn natural strategies for keeping your cholesterol normal or even lowering it, giving you invaluable tools to help you and your doctor eliminate or reduce your blood clotting medications.

Don’t settle for a lifetime of costly medications with quality-of-life impairing side effects like dizziness and weakness. Lower your risk of crippling and potentially fatal illnesses like heart attack and stroke. But use as little medication as possible by relying on natural strategies like those featured in this issue.

All the best,

The NEWSTART® Lifestyle Club Team

Featured Video

Controlling Cholesterol
By Dr. Milton Teske

In Controlling Cholesterol, Dr. Milton Teske explains how cholesterol is a factor in the disease
process that is the number one killer in America. The good news is that you can keep your cholesterol under control without the use of drugs. Dr. Teske's clear explanation will help you understand how cholesterol works, and how you can lower your cholesterol with simple lifestyle changes you can begin today.

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Featured Article

Lowering High Cholesterol Naturally
By Liz J. Hall

Many people think of cholesterol as a villain that damages the arteries. The truth is that we need this waxy, fat-like substance because it helps to form the myelin layer that insulates nerves. A certain form of cholesterol on the skin is converted into vitamin D by the sunshine. Without
cholesterol, your body couldn’t make sex hormones or the anti-inflammatory hormone, cortisol, which would certainly pose many problems to your body, wouldn’t it?

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Featured Recipe

Love Your Heart Butter

1. Whiz cashews and water in blender until very smooth. (If necessary to keep the ingredients blending until the cashews are smooth, add the coconut milk.)

2. Add remaining ingredients and continue blending until smooth.

Yields: 1 pint-32 servings.
NOTE: To preserve the balance of a can of coconut milk, measure remaining milk into 1/3 cup quantities and freeze in small containers or baggies. When ready to use, heat it up to thaw.

View Ingredients

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Buy the DVD

Tags: Diabetes High Cholesterol Reversing Disease Seminars DVDs Videos

Milton Teske

Milton Teske, MD, is a board certified emergency physician who serves as the director of the Emergency Department at Hanford Community Medical Center in Hanford, California. Doctor Teske has worked as a participating physician in the NEWSTART Lifestyle Program and has lectured around the country at Reversing Diabetes seminars.

View resources by Milton Teske
Many people think of cholesterol as a villain that damages the arteries. The truth is that we need this waxy, fat-like substance because it helps to form the myelin layer that insulates nerves. A certain form of cholesterol on the skin is converted into vitamin D by the sunshine. Without cholesterol, your body couldn’t make sex hormones or the anti-inflammatory hormone, cortisol, which would certainly pose many problems to your body, wouldn’t it?

The liver makes all the cholesterol we need so we do not need to obtain it from food sources. It travels through the blood in specialized packages called lipoproteins. The level of cholesterol, how it is packaged, the distribution of fat, cholesterol and protein in the lipoproteins, and whether or not it has been oxidized, determines whether or not cholesterol is damaging to the body.

**Vilifying Cholesterol: LDL**

Cholesterol is packaged in several different lipoproteins. Cholesterol, which belongs to the lipid family and is not dissolvable in water, must be combined with protein in order to travel within the blood. LDL (low-density lipoprotein) carries cholesterol to the cells and arteries. As LDL levels rise, the risk for cardiovascular events, like coronary artery disease and stroke, increases in a dose–related fashion. For this reason LDL is commonly referred to as “the bad cholesterol”. In reality we do need some LDL, but we don’t want it to reach levels where it builds up in our arteries. If more LDL is present in the blood than can be removed, then it accumulates in the arteries and produces chemical signals that attract white blood cells. The migrating white blood cells are unable to eat oxidized cholesterol, and the inflammatory process that follows results in further plaque formation and hardening of the arteries. The goal is to get LDL levels below 130 milligrams per deciliter (mg/dl), then 100, and, for high–risk patients, down to between 100 mg/dl and 70 mg/dl, especially if other cardiovascular risk factors are present – obesity, smoking, diabetes, or hypertension.

**Reducing Elevated LDL**

Some people have a genetic tendency to endogenously produce more cholesterol than others. Saturated fats, animal protein, and junk foods raise this so–called “bad cholesterol”. Vegetarian diets low in fat or saturated fat have been used successfully as part of a comprehensive health program to reverse severe coronary artery disease. Not only is mortality from coronary artery disease lower in vegetarians than in nonvegetarians, but vegetarian diets have also been successful in preventing, arresting, and even reversing coronary artery disease and other cardiovascular diseases when combined with regular exercise and stress management strategies. Total serum cholesterol and LDL cholesterol levels are usually lower in vegetarians. Vegetarians tend to have a lower incidence of hypertension than nonvegetarians. This effect appears to be independent of both body weight and sodium intake.
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Tags: Spreads & Dips  Diabetic Friendly  Gluten Free  Oil Free  Soy Free  Wheat Free  American

Ingredients
- 1 c. corn meal mush (1/2 c. fine corn meal cooked with 1 c. water)
- 1/4 c. water
- 1/2 c. raw cashew pieces, washed
- 3/4 tsp. salt
- 1/3 c. coconut milk
- 1 tsp. butter flavoring