Lower High Cholesterol Naturally

Dear Center For,

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.

We hope you enjoy,

The NEWSTART Lifestyle Club Team

Featured Video

Controlling Cholesterol

by Milton Teske, MD

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...
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.

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**Featured Recipe**

**Love Your Heart Butter**

by Sally Christensen, BA

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.

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**Featured Product**

**Managing Cholesterol**

1 DVD Set Only $9.95

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Elizabeth J. Hall has taught and researched health topics for Wildwood Lifestyle Center and Hospital for over 25 years. She has authored an e-book, Keys to Optimal Health and Happiness. Currently, she is the course coordinator for the Online College of Health Evangelism and works as an investigative medical journalist for wildwoodhealth.org and is a frequent contributor to Wildwood’s Journal of Health and Healing.

View resources by Elizabeth Hall

Lowering High Cholesterol Levels Naturally

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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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
Love Your Heart Butter
http://newstartclub.com/recipe/256

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

Instructions

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.

Tags: Spreads & Dips  Diabetic Friendly  Gluten Free  Oil Free  Soy Free  Wheat Free  American  Sally Christensen

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