

# DOWNLOAD WHY IS THE CHOLESTEROL DIET EFFECTIVE CONTROLLING CHOLESTEROL EFFECTIVELY THE CHOLESTEROL MYTH REVEALED GET THE CLARITY YOU NEED ABOUT THE CHOLESTEROL DIET TO HELP REACH YOUR WEIGHT LOSS GOALS

## **why is the cholesterol pdf**

Why Is Cholesterol Important? Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk

## **High Blood Cholesterol What you need to know**

Understanding the Cholesterol Ratio: What It Is and Why It's Important Cholesterol ratio can give you additional information about your heart disease risk. Learn what your numbers mean and how ...

## **Cholesterol Test: Purpose, Procedure and Results**

cholesterol, they call for the LDL submarines, which then deliver cholesterol into the interior of the cells. Most of the cholesterol in the blood, between 60 and 80 per cent, is transported by LDL and is called "bad" cholesterol, for reasons that I shall explain soon. Only 15-20 percent is transported by HDL and called "good" cholesterol.

## **The Cholesterol Myths by Uffe Ravnskov - Charles Coty**

THE IMPORTANCE OF CHOLESTEROL IN THE BODY DEFINITION: Cholesterol is a high molecular weight sterol. Cholesterol is not a fat. (It is fat soluble.) FUNCTIONS 1. Cholesterol is an important component of the cell membranes, including organelle membranes inside the cell. (The body contains billions of cells.) 2.

## **Importance of CHOLESTEROL - Austin 3D Health**

disease. Total cholesterol measured in your blood is only part of the story. There are different types of cholesterol in our blood. HDL cholesterol, of High Density Lipoprotein cholesterol is called "good cholesterol". It represents cholesterol which is leaving the body. More HDL usually means less heart disease.

## **What do your numbers mean? TOTAL CHOLESTEROL**

Cholesterol is found only in animal tissues where it is a component of membranes. That is why there is more cholesterol in the lean tissue than there is in the adipose tissue. 4. The synthesis of cholesterol is increased more from the consumption of polyunsaturated fatty acids than from the

## **The Importance of Cholesterol in the Body - Perfect Patients**

High cholesterol is a risk factor for heart attacks and coronary heart disease, because it builds up in the arteries, narrowing them.

## **Cholesterol: What causes high cholesterol? - Health News**

Cholesterol is synthesized in the ER and from there it gets transported to a variety of intracellular organelles. The cholesterol content of ER is very low, so most synthesized cholesterol is moved to other destinations. One destination is the plasma membrane where cholesterol is important for the structure and function of the cell membrane.

## **Cellular control of cholesterol - Yale University**

High-density lipoprotein (HDL) cholesterol is often referred to as "good" cholesterol. It is the form in which cholesterol travels from body tissues back to the liver, where it is broken down and removed. Higher

levels of HDL cholesterol in the blood can help prevent cholesterol buildup in blood vessels,

### **Nutrition Facts Label: Cholesterol**

HDL cholesterol is the well-behaved "good cholesterol." This friendly scavenger cruises the bloodstream. As it does, it removes harmful bad cholesterol from where it doesn't belong. High HDL ...

### **HDL Cholesterol: The Good Cholesterol - WebMD**

Why Cholesterol Matters. By Jon Caswell. C holesterol can be confusing " how can something that is necessary for human life, that is present in every cell, be bad for us? Cholesterol is a soft, waxy, fat-like substance that is found in cells inside the body. It is used in the body's synthesis of various hormones and bile acids.

### **Why Cholesterol Matters - Heart Insight Mag - Summer 2017**

Why bad Cholesterol is bad " Too much "bad" cholesterol (LDL) in the blood contributes to the build-up of fat deposits in your arteries (atherosclerosis). This build-up of fat can slow down the flow of blood to the heart or brain - like a partial blockage in a pipe.

### **Patient Information Guide to Cholesterol "Get the Facts"**

"A strong and graded relation was found between the cholesterol level and total mortality, with the men with a cholesterol level  $\geq 4$  mmol/L (154 mg/dl) having the lowest mortality. In all, the men with the lowest cholesterol gained the most life years.

### **Exploring "The Great Cholesterol Myth" - Doc's Opinion**

Why Cholesterol Matters 2 Cholesterol is a waxy, fat-like substance found in the walls of cells in all parts of the body, from the nervous system to the liver to the heart. The body uses cholesterol to make hormones, bile acids, vitamin D, and other substances. The body makes all the cholesterol it needs. Cholesterol circulates

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