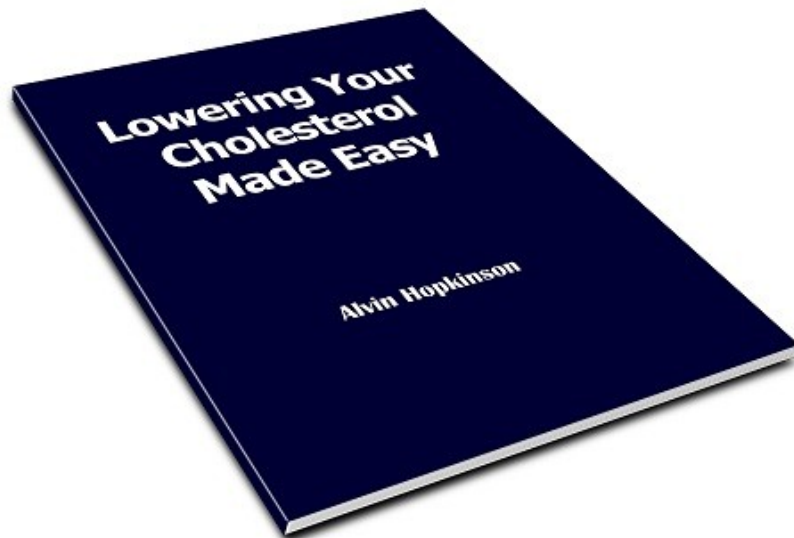


MINUSBLOODPRESSURE.COM

Lowering Your Cholesterol Made Easy

“The Facts You Should Know About Cholesterol
And Lowering It Naturally”

Alvin Hopkinson



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Recommended Book

The Great Cholesterol Lie

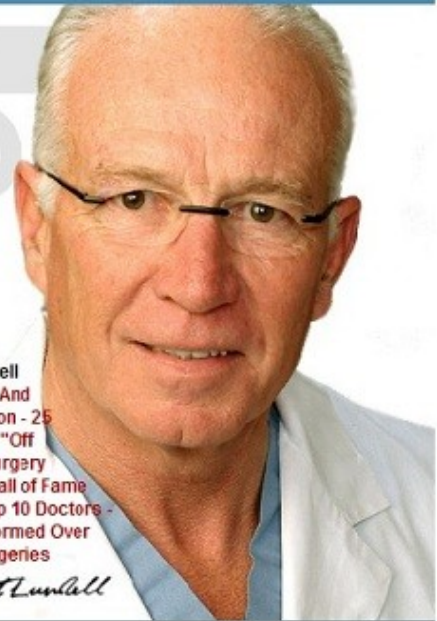


**"You're About to Discover
What Causes Heart Disease
...And, It's NOT Cholesterol!"**

- Why Everything You Learned About Cholesterol Is A Lie, How It Began in 1948 And Why It Continues... Pages 19-29.
- Why Statin Medications Will Not Reduce Your Risk Of Heart Disease, And What Will... Pages 40-56.
- The One Common Denominator Dr. Lundell Saw In Over 5,000 Patients-Inflammation, And How To Put The Fire Out... Pages 63-79.
- Extraordinary Simple Steps That Prevent And Reverse Heart Disease Without Medication... Pages 81-96.

Dr. Dwight Lundell
Cardiovascular And
Thoracic Surgeon - 25
Years Pioneer - "Off
Pump" Heart Surgery
Beating Heart Hall of Fame
Phoenix List Top 10 Doctors -
Ten Years Performed Over
5,000 Heart Surgeries

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[Recommended Cholesterol Supplements](#)

**Hypercet
Cholesterol
Formula!**

Support and
Maintain
**Healthy
Cholesterol**

.....

Maintain
Optimum Health

**2 FREE
BOTTLE
OFFER!**

Hypercet™

The advertisement features a blue background with a white and green gradient at the bottom. Two white plastic bottles of Hypercet Cholesterol Formula are shown, one in front of the other. A yellow starburst graphic contains the text '2 FREE BOTTLE OFFER!'. Below the text, a photograph shows three people (two women and one man) sitting at a table, smiling and eating. The Hypercet logo is visible in the bottom left corner of the advertisement.

Click the Image Above For More Information

About the Author

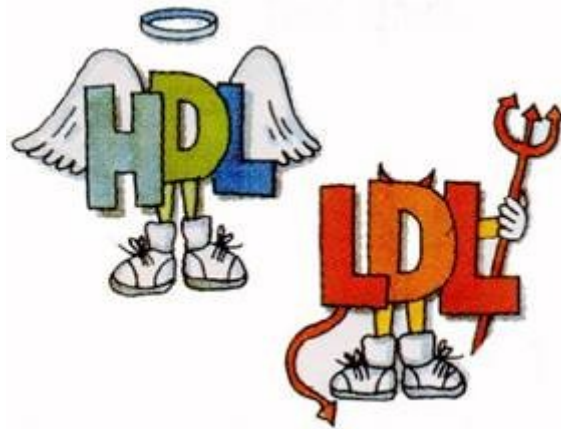
Alvin Hopkinson is a leading natural health educator and an advocate for natural remedies. His website at <http://www.minusbloodpressure.com> provides useful articles and resources to help you lower your blood pressure naturally without drugs

Alvin has published more than 450 health related articles online and is an expert author at [EzineArticles](#). This report compiles some of his highly-read articles.

His other natural health remedies sites include:

- Gout: <http://www.goutremoval.com>
- Kidney Stones: <http://www.nomorekidneystone.com>
- Acid Reflux: <http://www.refluxremoval.com>
- Diabetes: <http://www.minusdiabetes.com>
- UTI: <http://www.utiremoval.com>
- Gallstones: <http://www.gallstonesremoval.com>
- Weight Loss Diet: <http://www.hyperfatloss.com>

Understanding Cholesterol Levels



More than half of the world today has high cholesterol. What this means is that every other person that you see walking down the street is at risk for some sort of heart disease. The average person doesn't even know how their cholesterol stands because you can't see high cholesterol.

However, the stats stand for themselves when it comes to your cholesterol; you need to understand it in order to be able to deal with it. Once you get past the code, it is very easy to understand.

There are actually five different ways that you can use in order to get a complete reading on your own cholesterol levels and they are: total cholesterol levels, HDL, LDL, total/HDL ratio, LDL/HDL ratio.

These measurements are actually written down to be what is desirable and what is not desirable. Measurement units for checking your cholesterol are conducted as milligrams per deciliter. It is extremely confusing if you try to look at these separately.

You can talk to your doctor if you really want to understand your cholesterol levels and what, if anything, you need to do about them or how to maintain them properly.

I am going to give you the actual numbers that are involved when it comes to your cholesterol. Your overall desired level should be below 200 mg/dL, 200 to 240 for a

borderline level and total risk above level 240. This is just for your overall levels. When it comes to breaking it down to each individual level, your doctor can best explain those to you.

Explaining HDL Cholesterol

When you think of your cholesterol, chances are all you care about is that it is low, but HDL levels are not the same as general cholesterol levels. It is actually just a section of your overall cholesterol when it comes to your HDL levels you actually want it to be high.

HDL is not the same as cholesterol in any way. In fact your HDL levels are high density lipoproteins. We need lots of these. Their role in our body is to carry cholesterol away from the body as soon as LDL has brought it.

There are several different ways that you will want to achieve this. On the list are the excessive smoking, alcohol, body weight, exercise and medications. Let's look at the actual numbers on this. You have to remember that the smallest changes in HDL levels are significant. It would be going too far to say it is exponential, but a 1 mg/dL increase in your HDL cholesterol levels means as much as a 2 to 4 percent reduction in risk of heart disease and cardiac problems in general.

Knowing that your HDL levels need to be high is one thing. Here are the actual figures to explain. Your numbers are too low if they are at 37 mg/dL for men and at 47 mg/dL for women. The normal range for men to have is about 40 to 50 mg/dL, and for women 50 to 60 mg/dL. This is a concern as many people get these levels backward. It helps if you try to see a reasonable goal which would be to increase your HDL cholesterol levels by 10 mg/dL from whatever it is now since most of us need more than what we have.

Your Heart Needs Low Cholesterol



Having lower cholesterol is very important and by now we all know this. Age is not a factor when it comes to cholesterol as we can all have a problem here. It is also a fact that you can increase your chances of having a heart attack or stroke if your cholesterol is bad. In order to understand what this means and how to achieve it, we all need to understand a few of the key concepts and terms first. We will start with this.

Cholesterol is basically just a fat-like substance that is found throughout the body. The next thing is to know how it gets there. This is easy, you get your cholesterol through the body itself or in the foods we eat and put into it.

You need to know that too much of it, however, is not healthy for the body. When your cholesterol is too high you will end up with clogged our arteries, block our hearts, and actually threaten to end our lives. Most of us have bad cholesterol cause we all love bacon and fatty foods.

There are two kinds of cholesterol that we have, which may be confusing at first. High density lipoprotein is one of them, and it is commonly known as HDL which actually needs to be high as it protects the heart from bad cholesterol.

Low density lipoproteins, or LDL, and are sometimes called the bad cholesterol because it can clog arteries and kill us, is the other. We have both kinds of cholesterol in our bodies and we then need both. The balance between them is what gives us general health.

Lowering your Cholesterol

For those people who would prefer not to take prescription drugs for lowering their cholesterol, there is a more natural way. The alternative to using drugs is natural cholesterol reducers which could also be found in many whole foods. Most of us now prefer to take natural remedies such as herbs etc. today's research show the effectiveness in getting rid of the symptoms or in reducing your chances of having a heart disease.

Natural cholesterol reducers are substances that help to lower cholesterol without having to have people tamper with it first. This means that they were not created with the use of chemicals or pesticides. If you are wondering what such things can be construed as natural, I will tell you. Garlic is considered a natural reducer because it acts as an inhibitor. Fish oils with their omega-3-fatty acids are also known to reduce heart disease by at least 40%.

There is another factor that you need to consider too. For example, did you know that Cholesterol's sister problem beta-sitosterol can very effectively cut blood serum cholesterol with practically no changes at all made in your diet or exercise regimens.

The spice Curcumin (an extract of a curry spice turmeric), lowers cholesterol naturally. However guggul gum resin which is from the myrrh tree reduces high cholesterol levels as well as it helps you with weight problems. These are just some natural spices that you can add to your diet.

Food For People With High Cholesterol



Bad cholesterol sticks to the body and refuses to let go. Efforts by the afflicted ones to lower cholesterol levels can prove futile and can be very frustrating. If only water could flush out all the bad cholesterol from the body!

Then it would not be such a big cause of worry as it is today. Bad cholesterol clogs the veins. Even though they have a tiny diameter, this can cause a hindrance to the smooth flow of blood which can even be fatal.

It is a common misconception that all cholesterol is bad for health. Good cholesterol is important for all the vital processes of the human body. The bad cholesterol is the one that clogs arteries. However it takes many years of unchecked dietary habits that gradually leads up to these levels of cholesterol that can be fatal.

Cholesterol usually affects obese or overweight people. The factors that adversely affect this are drugs, bad diets and hereditary traits. As a result, cholesterol in people with normal weights is comparatively rarer, but not unheard of.

There is not much information available about prevention of cholesterol these days. Most of the available information only talks about reduction of cholesterol levels after a person has been diagnosed clinically. Therefore personal diagnosis cannot ensure a safer future when concerned with cholesterol.

Maintaining a healthier lifestyle is the most effective method in preventing various health disorders to begin with. Although this is talked about all the time, carefully watching over your food consumption is the most practical way of preventing bad health. And one of the many ways to do this-avoid fat.

On the other hand, various food groups help in lowering of cholesterol levels. Such foodstuffs contain antioxidants that help in preventing increase in bad cholesterol levels in the body. These include:

FIBERS including OATMEAL- This is a fiber of high nutritional content with a capability of reducing cholesterol. Many studies were conducted on this in the 1980's right up until 1989. However it lost its popularity temporarily till 1997 when it was revived again by the Food and Drug Administration after it was declared that combined with a good diet that is low in fat, it can prevent various heart diseases. Other fibrous foods include legumes, rice, brewer's yeast, bran, wheat, breads, beans and various other cereals that help in increasing the levels of good cholesterol in the body.

FRUITS and VEGETABLES- These are full of vitamins and antioxidants and are found at the top of the food pyramid. It is necessary that we eat lots of these natural food that processed food. They cleanse the body and are healthy as they do not contain any fats. Citrus fruits that contain vitamin C should be particularly favored. The best medicine to combat free-radical elements that cause various diseases is cucumber as it is rich in the anti oxidant vitamin E.

FISH- Fishes with white meat and tuna are also a part of healthy diets as fishes contain lesser amounts of unsaturated fats.

LEAN MEATS- extra lean beef, liver, turkey and chicken without their skin are all fat free and are rich in proteins. Therefore they are an integral part of healthy diets.

YOGURT- It helps in digestion of food by regulating the stomach acids. Hence it helps in reduction of cholesterol levels and is also low in fat.

Lowering The Cholesterol Levels The Natural Way



Studies have shown that the number of people who are obese or overweight has gone up through the years. This is attributed to the type of food being served in schools and fast food joints as well the lack of physical activity as the person grows older.

The problem goes farther because this means that many more Americans will suffer from high blood pressure, heart disease and strokes in the future. The good news is that this can be prevented before it is too late.

The natural way to lower the cholesterol will be by making some lifestyle changes and exercising regularly. This will help the individual lose weight, which is directly related to the cholesterol levels in the human body.

When people think of dieting, many think this means saying goodbye to some of life's more juicer foods but it is not. The person will just have to limit the consumption and add new things that are healthier.

More often, this will require eating foods that are high in fiber and low in saturated fats. A few examples of these are artichokes, corn, fish, garlic, legumes, mushrooms, nut, olive oil, soy milk and whole grains.

The individual should not forget to have some fruits and vegetables as well since these are rich in sterols that are known to keep the cholesterol levels down. All of these products are affordable and can easily be purchased in the supermarket.

Aside from eating properly, the person must also take the necessary precautions when consuming liquids. This means drinking a glass of red wine moderately, reducing the consumption of beer, drinking fresh juices, non-fat milk and water.

Apple juice for example has been known to reduce cholesterol levels by up to 50% when taken regularly. Other fruits can also do the same so cutting this and putting it into a blender can do the trick or getting this in bottled form.

The next step to lowering the cholesterol levels naturally is through exercise. This can be achieved in many ways such as brisk walking, jogging or running around the neighbourhood. Learning a new sport and doing it regularly is another option.

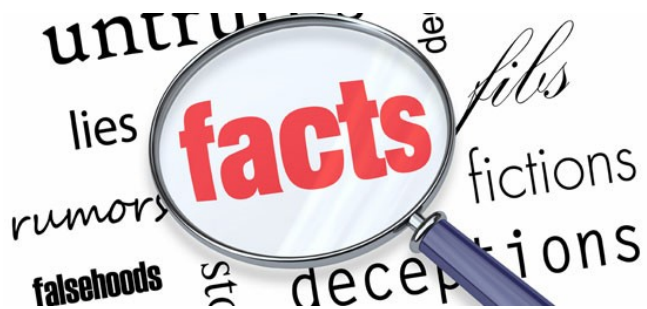
Those who want to be looked after by a personal trainer can check out the gym since there are professionals that can create a program to achieve the person's desired results. This will be a combination of cardio-vascular exercises as well as weight lifting to burn the calories and lower the cholesterol levels.

There is another way to reduce the cholesterol levels but is only used as a last resort if these two do not work. The individual will be required to use medicine to make it happen. There are a lot of products out there and studies have shown this can drop the cholesterol levels by as much as 15% to 30%.

The person should be aware though that these drugs have certain side effects so it is best to consult a doctor first to make sure it is safe to use.

Cholesterol is something that is produced in the body and is also taken when food is eaten. The only way to make sure the levels in the blood don't exceed the limit is to have a check-up regularly and watch the food that is being cooked or served in the restaurant.

Sorting Fact From Fiction About Cholesterol



It has been noticed there has been a lot of confusion with regard to cholesterol due to the fact that there are just too many kinds of them! There are the good cholesterol and the bad cholesterol.

For an average human being he is lost. Unsure of what all the terms mean. But information is wealth and one must learn to distinguish between what is the truth about cholesterol and what isn't.

Therefore all those who are ignorant I suggest you take some time off to read this article carefully.

Fact or Fiction: Since hardly ever fall ill and I'm an exercise freak, there is no way I can have cholesterol problem.

Here is the reflection of the hard fact-If a person has very high cholesterol he will not exhibit any of the symptoms of cholesterol. Exercising regularly is definitely a very good habit but it isn't a sure shot prevention for cholesterol problems. It depends on a variety of factors like the food intake, gender, one's weight, family history and age.

Fact or Fiction: It's generally the old people who have high cholesterol levels

This is definitely a myth! Cause one can be in their youth and still have high cholesterol levels. It is highly recommended that one gets their cholesterol checked regularly. If heart diseases run in your family history or have an unhealthy diet or live a very

sluggish lifestyle you better be alert. Cholesterol levels must be tested at regular intervals to keep complications at bay.

Fact or Fiction: Intake of anti-oxidants like Vitamin C and Vitamin E ensures that one doesn't have any cholesterol problems

Myth! Fiction! The intake of anti-oxidants may help reduce the risk but do not ensure prevention as such. An integration of factors affect the cholesterol level. A healthy and balanced diet with a regular exercise regime helps reduce the cholesterol level.