

Cholesterol

Harmony & Health

Your Natural Health Center
220 East Chestnut St. Corydon, IN 47112
(812)738-LIFE(5433)
Quality Products for Health
www.harmony.mynsp.com
www.harmony4health.com
www.facebook.com/harmony4health

Important Deciding Factors:

Some studies say cholesterol should be under 180, but other recent studies say over 180. Why are many shifting gears and believing it should ideally be between 200 and 250? Rather than focusing just on total cholesterol; look at your ratio, HDL to LDL, as well as VLDL and triglycerides to focus on true cardiovascular health.

Cholesterol is needed for many body processes. Its primary use is to make bile for digesting fats. If someone has poor elimination or low fiber intake, their cholesterol can become too high. Cholesterol is also used in cell membranes, especially to repair damage. It is the foundation component in making our hormones, thus often goes up when a person is under a lot of stress or hits menopausal age. Since it is also used to transport toxins from your blood, it may be higher in those who work around chemicals and metals.

Research shows that cholesterol levels that are too low are associated with depression, infertility, reduced sex drive, a greater risk of cancer, and more. Rather than just treating high cholesterol with a statin drug, find what will benefit your whole body. "Statins" often create muscle pains and can be toxic so users must keep an eye on liver function. (If you do choose to use statin medications, then add NSP's **CoQ-10** since statins reduce production of CoQ10 in the body. **CoQ-10** is an anti-oxidant for the heart.) **CardioxLDL** helps to support healthy cholesterol levels, as well as being an antioxidant.

Suggestions for lowering cholesterol that is too high:

1. Eat more fiber. Fiber binds toxins as well as cholesterol, especially soluble fiber.
2. Use high quality fats; such as olive oil, flax seed oil or any good omega 3 options.

Some Products to consider for lowering Cholesterol:

- **Red Yeast Rice** helps to lower cholesterol production in the liver. Take **CoQ10** with it.
- **Guggul Lipid** is a powerful cholesterol-lowering herb; lowering LDL, the bad cholesterol, while raising HDL, the good one.
- **Cholester-Reg II** helps reduce cholesterol levels as well as helping liver function & circulation
- **LoClo** is a good fiber that cleanses the colon and helps lower high cholesterol. If you prefer capsule form, then **Fat Grabbers** helps to absorb toxins and fats, thus lowering cholesterol. Drink lots of water! (Be sure to separate these from your EFAs by at least 2 hours.)

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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