

## Cholesterol Issues



### Keep Your Heart Healthy

With 34% of all deaths in Australia and 40% of all deaths in New Zealand being due to cardiovascular disease, it is vital to do everything you can to keep your heart healthy.



### The Truth About Cholesterol

This may surprise you, but cholesterol itself is not bad for you. In fact, cholesterol is a normal component of your body and is needed to keep you healthy. Cholesterol is found in the bloodstream and in all cells of your body. Cholesterol is a vital substance, as it is used to produce hormones and other important compounds within the body. It's normal to have cholesterol, but problems can arise when your cholesterol is oxidised and becomes "bad" cholesterol.



### Eggs – Not as Bad as they're Cracked Up to be

Do you remember being told that eggs are bad for cholesterol? This triggered numerous health warnings to avoid foods naturally rich in cholesterol, like eggs. What we now know is that blood cholesterol levels go up for many different reasons, not just from eating foods which naturally contain cholesterol. Eggs are in fact a highly nutritious food, containing a good source of protein, omega-3 and vitamins and minerals, making them a good addition to a healthy, balanced diet.



### Cutting the Fat

Just like cholesterol, not all fat is bad. It's actually absolutely vital to have some fat in your diet. Polyunsaturated fats (e.g. from fish oil) and monounsaturated fats (e.g. from olive oil) are good fats, which actually help protect your blood vessels.

Saturated and *trans* fats (e.g. from fatty meats and deep fried food) on the other hand are "bad" fats, which can increase the oxidation of cholesterol.



### Cholesterol – It's Not All Bad News

If you have been given a cholesterol risk warning, it's not all bad news, as there are many things that can be done to improve your risk profile:

- regular exercise has been shown to reduce your risk of heart disease, as it makes your heart work more effectively and helps maintain cardiovascular health.
- Eat foods high in the good monounsaturated and polyunsaturated fats, from foods such as avocados, lean meats and oily fish, as these are all sources of "good" fats.
- Reduce foods high in "bad" saturated and *trans* fats, including cheese, margarine, fatty meats (especially pork products), processed packaged foods and fried food, as these are all sources of "bad" fats.
- Reduce sugar and processed food intake as these effect insulin and thus fat metabolism



- Increase foods high in soluble fibre, including oat bran, soybeans and baked beans, as these have been shown to reduce the risk of heart disease by reducing cholesterol reabsorption.

- Choose unhomogenised milk as the homogenised form is highly oxidative.



### Biological Medicines Answer to Cholesterol Issues

Much like when oils go rancid and poisonous when oxidised, our bodies fats can also be oxidised. Thus by knowing your oxidation levels and nutritional status you can take control of your cardiovascular health and actively prevent disease.

This centre has many years of clinical experience in the prevention of cardiovascular disease & the management of "at risk" cardiovascular clients . Blood, urine & saliva testing is utilized to ascertain the exact nutritional , oxidative and lipid status so that an individual nutritional programme can be initiated.