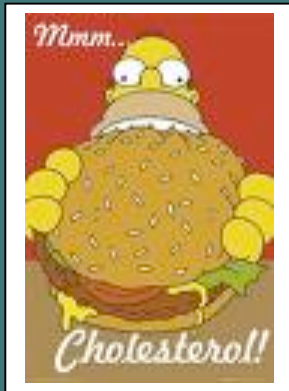


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# Cholesterol...

## Why It's NOT a Bad Word

*Body Harmony Chiropractic/ 940-594-0795*



### What is Cholesterol?

First, let's define cholesterol. **Cholesterol:** A type of fat produced by the liver and found in the blood; it is also found in some foods. Cholesterol is used by the body to make hormones, produce bile salts, and build cell walls.

By the definition alone, you can see that not only is cholesterol found in some foods, but it is also found naturally occurring in the body. Why would the human body make something that is supposed to be so bad for you? Is the body trying to kill itself? No...it's trying to heal itself! The liver produces cholesterol on a daily basis. It does this as the precursor in making hormones in the body, such as estrogen and testosterone. It is also used to produce bile, which breaks down the fat that you eat so the body can use it as energy. Even more importantly, cholesterol is used to make the cell walls of every cell in your body! So cholesterol is not the enemy, it is essential!

For many years now cholesterol has looked like the culprit. Among people who died of heart disease, when autopsied, there was the criminal cholesterol filling the arteries! Well, just because it's there at the crime scene doesn't mean it committed the crime. Cholesterol is like Spiderman at the scene of a falling building; he is there to save the day! When arterial walls are torn or ripped, cholesterol acts as a patch. Cholesterol does not just stick to arterial walls wherever it pleases, it attaches itself where the artery is damaged.

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## **Still not a believer? Let's talk facts:**

People with high cholesterol live longer. I realize this is a bold statement, and it should be coming from the mouth of Dr. Harlan Krumholz of the Department of Cardiovascular Medicine at Yale University. In 1994 his research showed that people with low cholesterol died twice as often from a heart attack than people with high cholesterol.

## **Some reason to the madness**

By now you may be asking yourself, "Is it ever bad to have high cholesterol?" The only time I would say that it might not be a good sign that you have extremely high cholesterol is when it has lingered at a very high level with no change. If you're not eating burgers and fries for every meal and your blood cholesterol remains very high, this tells us that your body is producing very high amounts on it's own. The liver is told to produce a lot of cholesterol when the body is stressed because cholesterol is needed to make stress hormones. Meaning, if you are overworking yourself with no sleep and eating only junk food, your liver is working twice as hard and doubling the amount of cholesterol made to keep up with all those stress hormones! If this sounds like you...really try to give your liver a break and get some sleep, drink water, and eat food from the grocery store (not the drive-thru window)!

The moral of the story is...you NEED cholesterol. Take care of your body and it will take care of you!

By the way, by taking cholesterol-lowering drugs you are only harming yourself and potentially taking years off your life.

For more information on cholesterol and advice to live a heart-healthy life, ask Dr. Amelie Biskup at your next appointment!

By: Dr. Amelie Biskup

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