



Cholesterol

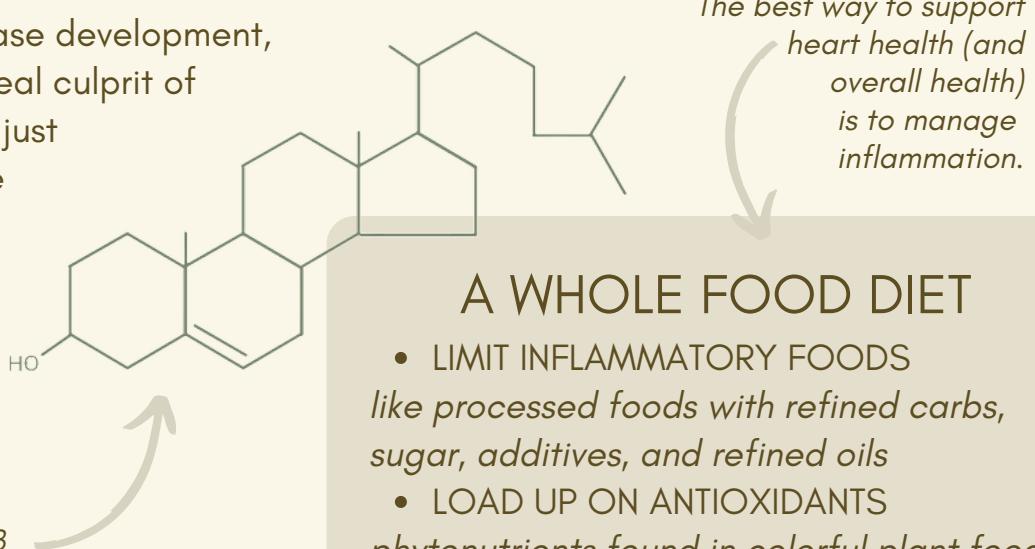
AN IMPORTANT MOLECULE

Cholesterol is a type of fat used to build healthy cell membranes, digest fats, manage inflammation, and produce hormones & vitamin D. This essential molecule has been misunderstood to be the cause of cardiovascular disease, leading many health-conscious people to cut it from their diets. However, the story is not that simple.

SHOULD I REDUCE CHOLESTEROL?

Most of the cholesterol in your bloodstream is not from dietary sources but is actually produced by your body. Therefore, a low cholesterol diet does not address hyperlipidemia (or high serum cholesterol). Furthermore, there are many types of cholesterol particles: HDL is protective, while LDL can be damaging to tissues when damaged itself. This damage—or oxidation—is triggered by stress, chemicals, bacterial endotoxins, and inflammatory sugars & oils. So while hyperlipidemia is often a warning sign of disease development, inflammation is the real culprit of disease. Cholesterol just happens to be at the scene of the crime.

Rather than looking at total cholesterol levels, it can be more informative to look at the ratio of apoB to apoA-1 (LDL:HDL). A higher ratio = higher risk.



A WHOLE FOOD DIET

- LIMIT INFLAMMATORY FOODS
like processed foods with refined carbs, sugar, additives, and refined oils
- LOAD UP ON ANTIOXIDANTS
phytonutrients found in colorful plant foods counteract the damage of oxidation
- FOCUS ON FIBER
as it balances blood sugar, feeds gut microbes, and improves elimination—all of which support healthy cholesterol levels
- ENJOY ANIMAL PRODUCTS
eat quality meat, dairy, and eggs in moderation

A NOTE ON STATINS

If you take a statin drug to lower cholesterol, consider supplementing CoQ10, an important nutrient that is depleted by statins.