

How to treat high cholesterol

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Many a physician and patients as well believe excessive cholesterol were a consequence of overweight. Nevertheless, enough slender people deal with the same problem. If more than one family member has the same symptom they say it would be genetically caused. But humankind did not mutate within the last 60 years to make the theory of the genetic cause a truth. Back then only few people in the industrial nations had too high cholesterol.

Merely few patients know that the body produces its own cholesterol to fulfill certain duties and keeps it automatically on the necessary level. This automatism is definitely genetically inherited just it works only as long as your food is free of this substance.

Nobody knows the minimum level the organism needs and would maintain. In those areas of rural China where they eat predominantly vegetarian, scientists measured levels of 85 mg/dl and these people were absolutely healthy.

Now let us have a look at the solutions how you lower and normalize your cholesterol again.

1. Traditional medicine places its hope in drugs. Despite their risky side effects, it is the common treatment today and admittedly the most comfortable one. Initially the cholesterol goes down. Interestingly enough after some time it starts rising again. The reason is that the root cause still exists, a diet too rich in animal foods containing cholesterol. You get most likely a different or an additional drug.

2. The alternative is making some adaptations in your diet. Probably not as comfortable as throwing some pills in, but it is the most rewarding treatment and worth the effort because it will lower your blood lipid level for sure. The question is how do you approach this? There are a few simple steps to follow in your daily life and you can start with them immediately.

Most important is to eliminate food with high levels of cholesterol and to reduce food with less and moderate content. You find cholesterol only in animal foods. Brain for example has the highest content with 2,000 mg/100g or 567 mg/oz (US). Eggs and especially egg yolk are very rich in cholesterol and so is butter. The same applies to all innards. The easiest way to reduce cholesterol rich food is having a checklist with this information.

It is also advisable to check for hidden animal fat in convenience food and other industrially made products like cookies and last but not least fast-food.

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If you suffer from any kind of heart disease or arteriosclerosis, it is according to the heart specialist Caldwell B. Esselstyn, MD, advisable to keep animal food completely out of your body. He says this gives patients the chance to be spared from heart surgery. In this case, you should also be careful with vegetable oil, as this increases the level of triglycerides, which is simply fat as well. Esselstyn was able to evidence that arteriosclerosis regresses completely under this condition if it is accompanied by some additional dietetic measures.

The strategy to normalize your lipid metabolism sounds easy and is easy.

- Reduce the quantity of food rich in cholesterol
- Eliminate all food of animal origin if you suffer from coronary heart disease.
- Increase the quantities of fruit and vegetables.
- An additional supporting effect arises from increased physical activity like walking and hiking, which strain your body only moderately compared to jogging and other sports.

With these few steps, you do more for your health than with any medicine.