

Cholesterol

Harmony & Health

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Quality Products for Health

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Cholesterol is not a disease or illness, rather a symptom of a possible imbalance. Rather than focusing just on total cholesterol; look at your ratio: HDL (high density lipoproteins) to LDL (low density lipoproteins), as well as VLDL (very low density lipoproteins) and especially, triglycerides when focusing on 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. So the goal is not simply lower numbers, rather find the root cause. Cholesterol meds referred to as "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 **CoQ-10** (100mg for every 10mg of med) since statins reduce production of CoQ10 in the liver.

Suggestions for lowering cholesterol that is too high:

1. Eat more soluble fiber, such as oats, quinoa, brown rice, & beans; Fiber binds the cholesterol, as well as toxins, preventing its reabsorption and helping to reduce LDLs.
2. Use high quality fats; such as olive oil, flaxseed oil or any good omega 3 options to enhance HDLs.
 - Be sure to separate fiber sources from your EFAs by at least 2 hours.

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. It lowers LDL, the bad cholesterol; while raising HDL, the good cholesterol.
- **Cholester-Reg II** helps reduce cholesterol levels as well as helping liver function & circulation.
- **CardioxLDL®** - Patented, clinically tested, powerful, natural support for healthy cholesterol levels
- **LoClo** - fiber blend cleanses the colon and helps lower high cholesterol. If you prefer capsule form, then **Fat Grabbers** helps absorb toxins & fats, thus lowering cholesterol. Drink lots of water!
- **Cholesterol Health** (Emerald) blend of flush-free niacin, fermented CoQ10, chelated Chromium, and garlic as well as containing red yeast rice, helping to lower both LDLs and Triglycerides.

Important: This 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 treatment.

Building Better Health Naturally

