



Knowledge is
your secret
weapon to good
health.

HEART HEALTH

Cholesterol

A common misconception is that high cholesterol levels are the result of a diet high in cholesterol. In fact, 80-90% of the cholesterol in your body is produced by your liver and does not come from your meals. Your liver is able to adjust how much is produced based on your dietary intake. It is free radicals, toxins, excess blood sugar and other dangerous substances that damage arterial lining, leading to arterial buildup. Cholesterol needs carriers to travel through the body, and LDL & HDL are its carriers. HDL's job is to bring cholesterol away from the body and to the liver for elimination. LDL brings cholesterol to sites in the body that need it for repair. In this regard, cholesterol is actually used to keep the body healthy. Cholesterol only accumulates in an attempt to heal vessels and is only dangerous when oxidized. We need adequate cholesterol to build cell membranes, hormones, convert vitamin D3, and make bile acid.

Contributing Factors

Imbalanced blood sugar/insulin resistance, infection, stress, over acidity, obesity, poor digestion, chronic inflammation, smoking, toxins, overloaded liver, poor diet (high in sugar/refined/fried foods, excess alcohol), increased blood pressure, sedentary lifestyle, estrogen imbalance, high homocysteine levels

Lifestyle Recommendations

- Manage blood sugar levels. Imbalances can lead to insulin resistance and high blood glucose which is damaging to blood vessels, increases blood fats, increases inflammation and lowers good cholesterol. Avoid excess sugars and ensure adequate protein and fibre at each meal to help maintain blood sugar balance.
- Be careful of your cooking methods. Avoid frying foods with unstable oils as this produces dangerous free radicals when consumed. Choose coconut oil, grass-fed butter, or ghee for high temperature cooking.
- Manage stress. Excess cortisol from stress raises blood pressure, triglycerides and cholesterol. Consider cognitive techniques, relaxation, self-care rituals and natural supplementation.
- Get moving! Maintain a healthy weight and engage in consistent, moderate exercise.

Product Recommendations

- Emulsifies cholesterol: Lecithin, Choline, Inositol
- Lowers excess homocysteine levels: B Vitamins (B6, B12, Folate)
- Antioxidants to protect vessels from free radicals: Vitamin A, Vitamin C, Vitamin E, Selenium, Pycnogenol, Coenzyme Q10 (especially important for those on statin drugs)
- Cholesterol lowering ingredients: Plant/Phyto Sterols, Red Yeast Rice, Berberine, Vitamin B3, Omega 3 Fats (High EPA), L-Arginine, Magnesium, Garlic, Hawthorn
- Circulation support: Cayenne, Mistletoe, Motherwort, White Willow
- Support arterial flexibility and helps repair connective tissues: Collagen, Vitamin C, Proline, Lysine
- Support gut health (a key factor in cholesterol control!)- Probiotics, Digestive Enzymes, Betaine Hydrochloride (if necessary), Fibre (soluble fibre acts as a sponge, absorbing excess cholesterol and eliminating it)
- Foundational nutrients: Multivitamin/mineral, Vitamin D, Vitamin K2

Book a free 15 minute consult with a GNN Product Advisor!

116 Park Rd W, Steinbach, MB R5G 1V6 PH.204.326.9565

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