

High Cholesterol: Do You Really Need Statins?

Cholesterol Imbalance

Cholesterol levels have to be balanced. Medical experts agree that when your blood cholesterol levels become too high it can cause serious problems for your body.

Description

Cholesterol is a waxy, fat-like substance (a lipid) produced by the liver with a minimal amount coming from your diet. It is needed by your body to complete multiple functions such as building and maintaining cell membranes, balancing your hormones and manufacturing vitamin D.

Another lipid, **triglyceride** is important in building cell structure too. It is also used in making hormones and producing energy.

So, when is cholesterol bad?

Cholesterol levels have to be balanced. Medical experts agree that when your blood cholesterol levels become too high it can cause serious problems for your body. If you have too high a level in your system you are at risk of suffering a heart attack or stroke.

Conversely, if you have too low a level in your system your vital hormone and cell functions may be gravely compromised. It is crucial therefore that a balance between these points is reached and maintained to preserve health.

High blood levels of LDL cholesterol means that you have an excess of fatty cholesterol deposits in your system. This is a major risk factor in the development of heart disease. It can contribute to hardening and narrowing of the arteries (atherosclerosis), causing chest pain (angina), cardiovascular disease and, if the vessel is blocked, a heart attack.

High cholesterol also increases the risk of other conditions such as stroke (if the blood supply to part of the brain is reduced) and peripheral vascular disease (narrowed blood vessels in the limbs)

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

An advertisement for Native Remedies. At the top is a green leaf logo. Below it, the text reads "Native Remedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". Below the banner is a photograph of a smiling family: a woman, a man, and two children. At the bottom, text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family" and a brown button with white text says "CLICK HERE".

leading to pain in the extremities, ulcers and possible infection.

But be aware...too little cholesterol is also dangerous...

We know that too much cholesterol can seriously damage your health, but just as importantly you need to be aware that too little cholesterol is just as damaging.

Cholesterol levels below 190 for men and below 178 for women have been shown to increase the risk of having a stroke.

It has been proven that low cholesterol levels can also result in a reduction of serotonin production – a major factor in mood disorders - with a serious link being found between too little cholesterol and cases of depression and even suicide.

Plus, dangerously low cholesterol has been associated with an increase in mortality rates in cancer patients, senility and impotency.

So you see the emphasis must be placed on **cholesterol BALANCE** and not **cholesterol ELIMINATION**.

The difference between 'good' and 'bad' cholesterol types

Cholesterol is primarily composed of two forms, LDL (Low Density Lipoprotein) and HDL (High Density Lipoprotein).

LDLs (Low Density Lipoproteins)

These are known as the 'bad' or form of cholesterol. They attach to the walls of your arteries and create 'plaque'. This plaque accumulates over time and creates a blockage in your arteries causing a heart attack, or in your brain capillaries, starving your brain of oxygen and causing a stroke.

To achieve good health your LDL cholesterol needs to be at a reasonable level, but more importantly not oxidized. This is difficult to measure. LDL is usually calculated using a formula based on levels of HDL and triglycerides and can sometimes therefore be misleading.

HDLs (High Density Lipoproteins)

These are known as the 'good' form of cholesterol. HDL cholesterol travels in your bloodstream picking up excess LDL cholesterol and transporting it back to your liver for reprocessing and excretion.

To achieve good health and ensure adequate 'cleaning' of 'bad' LDL cholesterol from your system, your HDL level needs to be as high as

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Because of this important relationship between your LDL and your HDL cholesterol, the most significant figures to examine when looking at your cholesterol test results is not your total cholesterol, but rather the ratio between your LDL and HDL cholesterol levels.

You want your LDL level to be reasonably low to prevent cholesterol building up in the arteries, and you want your HDL level to be as high as possible to ensure adequate 'cleaning' of LDL cholesterol from your bloodstream.

Causes

The main causes of high cholesterol are:

- **Obesity, smoking and excessive alcohol intake**
- Lack of exercise
- **Hormonal imbalances**
- Discrepancies in naturally produced body chemicals and their function
- **Genetics - Familial hypercholesterolaemia**

Familial hypercholesterolaemia (FH) is where inherited cholesterol levels are very high. There is also a condition called Familial Combined Hyperlipidaemia (FCH), where triglyceride levels are very high too.

Other common causes...

Health conditions such as diabetes, kidney and liver diseases. An under-active thyroid gland may also add to the problem.

Hydrogenated oils (unsaturated fats hardened to make them more solid) often found in margarines and cooking oils (especially those used to cook 'fast foods') raise cholesterol levels considerably. The hydrogenation process changes fatty acids into trans-fatty acids, and these cause a significant increase in LDLs and a noticeable loss of HDLs.

Medicines such as beta-blockers, steroids or thiazides (a type of diuretic) also cause side effects that may include increased cholesterol.

Diagnosis

The best way to find out whether you have high cholesterol or



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significant imbalances is to visit your doctor, naturopathic practitioner, homeopath, or alternative health care provider.

Your cholesterol level can be measured easily with a quick, simple and most importantly painless blood sample.

If you are aged 20 or older you should have your cholesterol measured at least once every 5 years. The blood test will give you your...

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood. The tables below show ideal levels as measured in standard blood tests the world over:

For the USA:

	Normal	Optimal
Total Cholesterol	Up to 199 mg/dL	Between 180 - 220 mg/dL
LDL Cholesterol	Up to 129 mg/dL	Under 100 mg/dL
HDL Cholesterol	No lower than 35 mg/dL	Over 50 mg/dL

For the rest of the world:

	Reference Range
Total Cholesterol	Less than 5.0 mmol/L
LDL Cholesterol	Less than 3.0
HDL Cholesterol	1.0 - 2.5 mmol/L

**To convert from US standard to the standard used in the rest of the world simply multiply by .0259. Conversely, to convert from the rest of the world to US standard multiply by 38.7.*

NB: Some authorities recommend lower levels than those we have stated above. Xtend-Life, along with many other experts in this field, believes lower levels can be injurious to your health for reasons explained later in this page.

- **LDL (bad) cholesterol level**
- HDL (good) cholesterol level
- **Triglyceride level, and**
- Total cholesterol.

NB: Ensure that when you have a blood test it encompasses all of the above. Blood tests only measuring total cholesterol are unreliable and do not give the information you need to assess your true position. **You MUST have both the LDL and HDL readings as well as the**

triglycerides.

There has been evidence produced that suggests the “Cholesterol Council” is largely controlled by the major pharmaceutical companies and is therefore not impartial which accounts for some of the more recent 'unrealistic' target levels which can only be achieved using a statin drug.

Remember, it is important to concentrate on your ratio of HDL to LDL cholesterol rather than your total cholesterol level. Some people have high total cholesterol levels that seem to put them in a high-risk group.

However, if your ratio of HDL or LDL cholesterol is good and your triglyceride levels are also fine, then your risk may not be as high as other people with lower total cholesterol and higher triglycerides.

Conventional Treatments

Statin drugs have been used for some years to treat high cholesterol. The use of these drugs accelerated thanks to massive advertising and the downward adjustment of recommended safe cholesterol levels. Patients are normally advised to take these drugs for the rest of their lives, making statins the most profitable group of drugs ever developed.

Statins work by inhibiting HMG-CoA (a reductase, a necessary enzyme involved in the biosynthesis of cholesterol from acetyl-CoA). By inhibiting these enzymes statin drugs prevent the liver from manufacturing its full 'quota' of cholesterol.

Unfortunately cholesterol is produced using the same biological pathway as co-enzyme Q10 (CoQ10). CoQ10 is an essential antioxidant, critical for the production of energy in every cell in your body. It destroys free radicals and is a crucial enzyme your body needs for the health of all cells, tissues and organs.

Regrettably, as indicated in Diag.1 below, because cholesterol and CoQ10 share this pathway, the process statin drugs use to inhibit cholesterol production also prevents the manufacture of CoQ10 by inhibiting its fundamental biosynthesis.

Consequently, depletion of CoQ10 in the body by users of statin drugs can set the stage for some serious long-term health problems.

In 1990 studies began into the actual safety of statin drugs. These studies discovered many more adverse and potentially dangerous side effects which statins are now widely known to produce. These side effects include nausea, upset stomach, diarrhea, constipation, muscle aching, headache, dizziness, rashes, sleep disturbances, depression, irritability, tingling and numbness, swelling, shortness of breath blurred

vision and weight gain.

More serious side effects also include elevated liver enzymes and myopathy (muscle pain and tenderness).

Along with the mentioned stomach, lung and liver problems, the following side effects have also been associated with statin drug use:

- **Severe muscle weakness and pain, even at low doses**
- Cognitive impairment and memory loss
- **Increased risk of heart failure**
- Impotence
- **Birth defects**

(In further studies cancer has also been found.)

Some statin drugs have been removed from the market place after multiple reported deaths, the most notable one being Baycol.

This all leads to one question....is the use of statin drugs to lower cholesterol outweighed by their interference with your long-term health?

NB: If you do choose to either start taking a statin or if you are already on one and you are not comfortable about attempting to phase it out, please ensure that you take our **Cardio-Klenz** which not only **contains CoQ10 but also many other nutrients** that will benefit your cardiovascular system and help clean your arteries as well as helping lower your LDL cholesterol and raise your HDL.

Natural Treatments

The 6 objectives for Cholesterol Balancing are as follows:

1. Reduce the production of cholesterol in the body.
2. Reduce the absorption of cholesterol in the gastrointestinal tract.
3. Decrease circulating blood fats and dissolve cholesterol particles.
4. Increase the excretion of cholesterol carrying bile acid.
5. Lower the oxidation of the cholesterol.
6. Lessen the intake of foods high in cholesterol.*

**It is advisable to take care with point 6. You don't want to deprive your body of healthy nutrients like organic eggs just because they contain cholesterol. Remember: Only 20% of cholesterol is produced through your diet. Even if you cut your dietary intake by 50% it is only going to have an overall impact of 10%!*

For most people it is possible to achieve 5 of these 6 objectives by ingesting specific nutrients...

The following is a list of natural ingredients that scientists worldwide

agree will help lower cholesterol, but will not produce the negative side effects of statins:

Policosanol

A substance extracted from sugar, rice bran and beeswax that significantly reduces the production of low-density (LDL) cholesterol as well as increasing high-density (HDL) cholesterol – hence normalizing (or balancing) cholesterol levels - via the alcohols it contains.

These alcohols inhibit cholesterol synthesis, acting on cholesterol metabolism in the liver and inhibit LDL oxidation. Policosanol also helps to remove plaque from the arteries. It has been found in many clinical studies to be as effective as a statin drug, without side effects.

An additional benefit is that Policosanol does not directly inhibit HMG-CoA reductase, therefore not consequently destroying the essential enzyme CoQ10, which is a major downfall of statin drugs.

Theaflavins (bioflavonoids)

Produced when green tea ferments, they scavenge radicals to produce antioxidative effects. Theaflavins not only lower LDL cholesterol but also raise HDL cholesterol at the same time.

Lecithin

A natural phospholipid, an emulsifying agent that dissolves cholesterol, inhibits its absorption into the gastrointestinal tract and reduces oxidation. It does this by forming a protective barrier around cells and by regulating the homeostasis of cholesterol (the balance of LDL and HDL levels) by controlling a balanced exchange of lipids to reduce cholesterol synthesis. Lecithin increases cholesterol oxidation into bile salts, thus helping it to be excreted more easily.

Phytosterols

A plant sterol with a similar chemical structure to cholesterol. It reduces the absorption of cholesterol in the gastrointestinal tract by competing for the same space in cellulose molecules.

Rice Bran oil, Oryzanol

The outer grain hull of the rice containing fiber, lipids and amino acids along with beta-sitosterol and phytosterols that reduce cholesterol absorption and increase bile acid secretion. It is able to inhibit cholesterol absorption by converting cholesterol to bile acids and subsequently increasing bile acid excretion.

D-Limonene

A non-toxic component of the oil extracted from citrus rind. It is a natural solvent that builds up in the liver, inhibits HMG-Co-enzyme A and helps to dissolve cholesterol gallstones. D-Limonene is also known to help acute sinusitis and chronic bronchitis.

All of the above ingredients are important and most are available to you on the world market, yet none of them will individually address all the

multiple causes of high cholesterol.

If they are combined synergistically, along with co-factors and trace elements, then you have the best possible chance of resolving and rebalancing your problem naturally, with no negative side effects.

Xtend-Life scientists have addressed these needs and the net result is a formula proving outstanding success with the majority of users. It is called Xtend-Life [Cholest-Natural](#).

Recommended Products

Option 1

To help balance your cholesterol levels naturally it is necessary to use a supplement which takes a five pronged approach. Cholest-Natural does this:

Product	Quantity Per Day	You need
Cholest-Natural	2 x soft gels per day	1 bottle per month

NB: If your cholesterol is exceptionally high the above recommended dose may be doubled for up to 60 days.

Option 2

To help balance your cholesterol **plus** helping to reduce your triglycerides add Xtend-Life's Omega 3 DHA/fish oil to the protocol.

Product	Quantity Per Day	You need
Cholest-Natural	2 x soft gels per day	1 bottle per month
Omega 3 DHA/Fish Oil Premium	2 - 4 soft gels per day	1 - 2 bottles per month

Option 3 - Mildly raised cholesterol

If you cholesterol levels are elevated but not dangerously so you may wish to try out Total Balance with our Omega 3 DHA/Fish oil. The Total Balance has cholesterol lowering properties, but it will take longer for results. However, it will greatly benefit your general health and help prevent the degeneration of organs.

An alternative is to use Cardio-Klenz in conjunction with Omega 3. This is a particularly desirable option if you are already on a statin or have other cardiovascular issues.

Product	Quantity Per Day	You need
Total Balance	Variable	Variable
Omega 3 DHA/Fish oil Premium	2 soft gels per day	1 bottle per month

OR

Product	Quantity Per Day	You need
Cardio-Klenz	4 - 6 tablets per day	1 - 1 1/2 bottles per month
Omega 3 DHA/Fish oil Premium	2 soft gels per day	1 bottle per month

Note:

1. You may still add Cholest-Natural to Option 3 if you wish.
2. If you are on a statin drug and you wish to remain on it, then it is strongly recommended that you add our Cardio-Klenz to your daily routine. This will help avoid the CoQ10 deficiency which will result otherwise,

1. You may still add Cholest-Natural to Option 3 if you wish. 2. If you are on a statin drug and you wish to remain on it, then it is strongly recommended that you add our Cardio-Klenz to your daily routine. This will help avoid the CoQ10 deficiency which will result otherwise,

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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

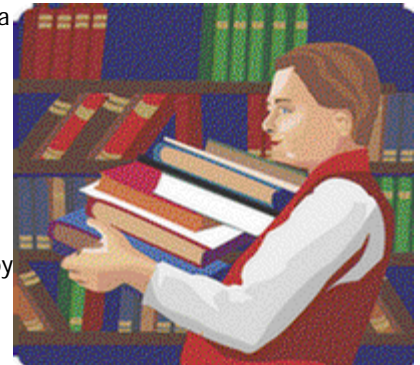
The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

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[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

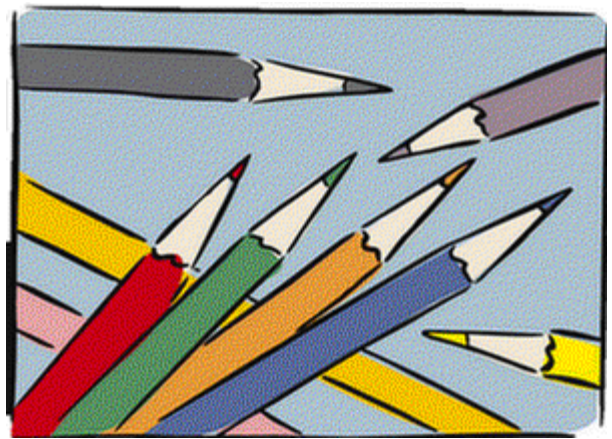
illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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