

UNDERSTANDING CHOLESTEROL & TRIGLYCERIDES



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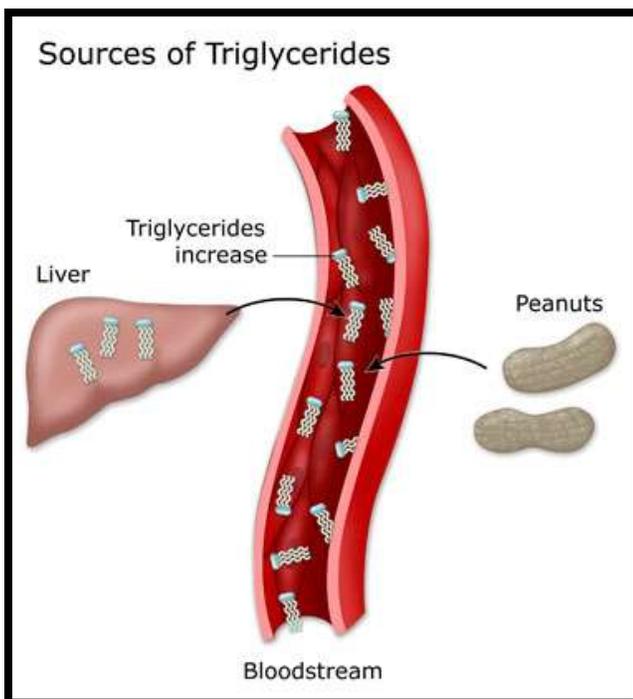
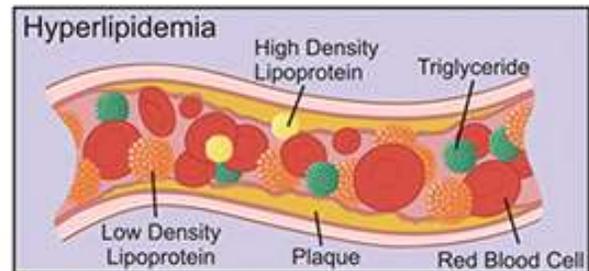
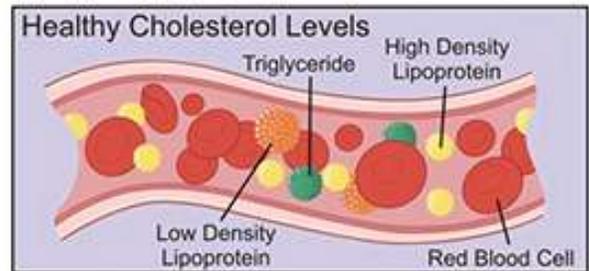
Functions of Triglycerides

Triglycerides and cholesterol are two forms of fat. Triglycerides are important because they provide a lot of the energy that cells need in order to function properly. Carbohydrates provide energy, too, but triglycerides can provide twice the amount of energy that carbs do. They can be found in blood plasma and help form the plasma lipids, along with cholesterol. The calories that you consume and that are not immediately used are converted into triglycerides and then stored.

Thus, providing energy is an important answer to the question 'what are triglycerides useful for'.

Sources of Triglycerides

What are triglyceride main sources?



Dietary triglycerides chiefly come from dairy and meat products. The lipids are taken from the gut into the liver, where they are then processed. Once there, the liver ensures that the rest of the body gets the triglycerides that they need. If the liver can't get dietary lipids, then it produces its own triglycerides.

The liver then packages the cholesterol and triglycerides, along with special proteins, into tiny spheres called lipoproteins. The lipoproteins are released into circulation, and are delivered to the cells of the body. The cells remove cholesterol and triglycerides from the lipoproteins, as they are needed.

Triglycerides can also come through the consumption of carbohydrates. Most of the time, carbohydrates are naturally turned into triglycerides, and therefore a diet that is high in carbohydrates might also increase your triglyceride levels.

What is CHOLESTEROL?

A monohydric alcohol found in the body as a glistening white, crystalline substance. It is insoluble in water and found in bile, gall stones, and nerve tissue.

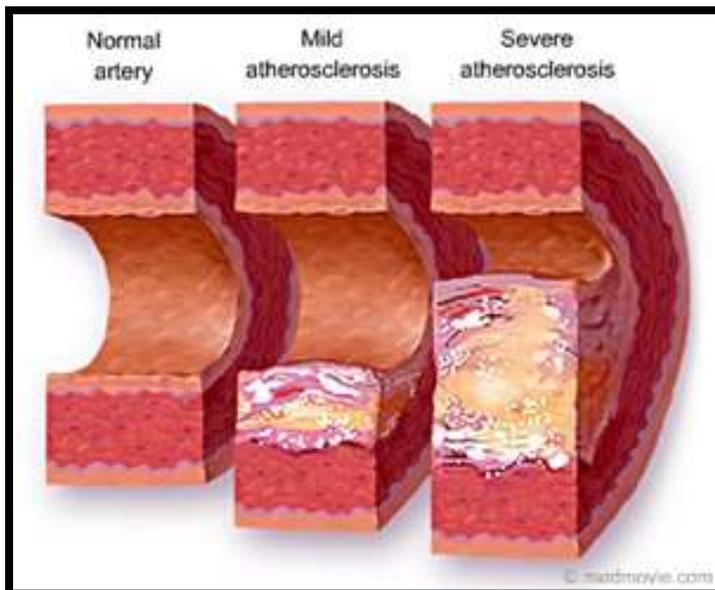
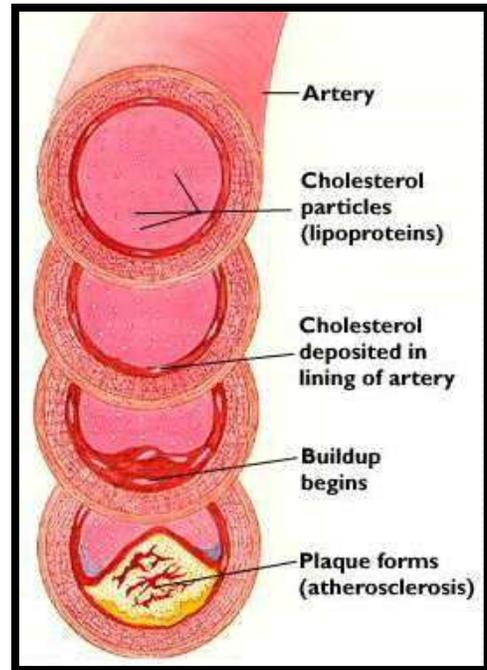
What causes High Cholesterol?

This is a mucus condition stemming from improper foods.

Often the heart is slowed down because of cholesterol which restricts the walls and makes it difficult for the life giving fluid to flow without causing high blood pressure which is very tiring to the heart muscles and eventually stops the heart completely.

With high blood pressure, cholesterol and mucus form a sludge within the body. Avoid the mucus-forming foods and take herbs that act as a solvent by liquefying impurities such as cayenne, garlic or sassafras. Take cayenne, working up to a teaspoon three times a day. This increases the power of the heart and corrects the circulation problems. Garlic in copious amounts will bring down high blood pressure. Pure tomato juice is very good as a nutritional and a medicinal herb. Wheat germ oil is excellent for feeding the heart and helps cut the cholesterol and smoothens its removal from the area.

Cholesterol is found throughout your cells and in your bloodstream. Your body needs a certain amount of cholesterol to function properly, but it is when you have too much that your health can begin to suffer. There is good cholesterol and bad cholesterol. HDL is the identifier for good cholesterol and LDL identifies your bad cholesterol number. A natural cure for high cholesterol and triglycerides can help.



Excess LDL can build up in the inner lining of your artery walls and cause blockages that don't let blood flow through easily. A level of less than 100 mg/dL is considered a most favorable number in LDL. Levels of HDL are considered good when they are above the number 40 mg/dL. These two numbers combined are often used to assess the capacity for risk of a heart attack or stroke. Both good and bad cholesterol are made in your body and come from the foods you eat. Your total blood cholesterol level should be below 200 mg/dL.

Triglycerides are another form of fat. They are also made in your body and they come from the foods you eat. High cholesterol and high triglycerides often go hand-in-hand and are a determinant of heart disease. Your triglyceride level should be less than 150 mg/dL.

To combat high levels of cholesterol and triglycerides, doctors will often prescribe medications. For a lot of people, these medications either don't work or they bring about way too many side effects to make it worthwhile for them to use.

Herbal aids:

The diet must be changed. Herbs that reduce cholesterol will help but **not** correct the condition.

Apple Cider Vinegar and **Honey, Cayenne**, or any of the cleansing herbs are good.

Alfalfa is known as one of the good grains because alfalfa leaves have been known to reduce cholesterol levels and shrink plaque along your artery walls. Oats are another grain source that are given a lot of credit in reducing cholesterol. Oatmeal has long been a favored food in reducing overall cholesterol numbers.

Apples contain pectin, which natural healers have used to remove heavy metals from the body, such as lead, mercury, arsenic, and copper toxicity. Pectin also reduces blood cholesterol by binding with bile acids, thereby decreasing the absorption of cholesterol and fat in the small intestine.

Garlic has been known for centuries to function as a natural antibiotic. It destroys the unnecessary and harmful bacteria throughout the human system. It emulsifies cholesterol and loosens it from arterial walls.

Olive Oil: The special health-enhancing functions of olive oil are found mainly in its minor constituents. These are only present in the unrefined or virgin oil. They include beta carotene, or pro-vitamin A, and tocopherols, or vitamin E. Also included are chlorophyll, squalene, which is heart-protective, and phytosterols, **which protects against cholesterol absorption from foods.**

Useful herbs:

Bayberry bark, Brigham tea, burdock root, ginseng, sassafras bark, white oak bark.

What Are Triglycerides?

Triglycerides are the chemical form in which most fat exists in food and in the body. They are present in blood plasma and in association with cholesterol form the plasma lipids. Triglycerides in plasma are derived from the fats eaten in foods or made in the body from other energy sources such as carbohydrates. Excess triglycerides in plasma is called hypertriglyceridemia.



How are Triglycerides and Cholesterol Related?

Cholesterol and triglycerides are both medical terms describing types of fat in your blood. Cholesterol is used to build cells and certain hormones; it is found naturally in the body and in foods you eat and is only needed in small amounts. Both triglycerides and cholesterol are critical to your