

Q. Where does Cholesterol come from in my blood ?

75% or more Cholesterol is made by the liver. The rest 25% comes from the food that we eat.

Q. Does that mean that if our Liver is working well, our Cholesterol levels should be good ?

Exactly.

Q. So, what should I do when I see high Triglycerides, High Cholesterol and distorted ratios?

Pay most attention to HDL levels (good Cholesterol). This is the "good" cholesterol that helps to keep cholesterol away from your arteries and remove any excess from arterial plaque, which may help to prevent heart disease.

Q. Why liver produces 75% or more Cholesterol ? Is it normal ?

That's right, we all need cholesterol, for our bloodstream, for every cell in our body where it helps to produce cell membranes, hormones, vitamin D and bile acids that help us to digest fat. Cholesterol also helps in the formation of our memories and is vital for neurological function.

Q. If it is so, why the fuss about avoiding food that is perceived to be rich in Cholesterol, as if Cholesterol is like poison?

Since 75% or more Cholesterol is made by the body, irrespective of what we eat, we can control only 25% through dietary means. While one should surely look at this 25% source, most important 75% (liver) must be paid more attention. Liver must function properly and HDL levels must increase to levels around 45-50.

Summary

We must ensure that our Metabolism is in order, we are not constipated, digestion is proper, food we eat is in time (dinner 3-4 hours before we go to bed), breakfast is within 2 hours of getting up, regular intake of food every 3 hours, taking more fibrous food, taking whole fruits, and of course – regular exercise e.g. brisk walk in morning, thus keeping good health.



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