

# Cholesterol

Cholesterol is a fat that circulates through our bloodstream on its way to and from organs. Blood tests give a “health range” for the majority of people and being in the healthy range has been associated with a lowered risk of cardiovascular disease, so it is a good way to monitor health – however up to 85% of your body’s cholesterol is made inside your body for a reason. This explains why some people have high cholesterol too. Let’s have a good look at why you really have high cholesterol and more importantly why we need to include good fats in our daily eating.



**We need a supply of good fats every day.**

All of your body’s hormones are fats (this includes our mood, stress, menstrual, libido and wellbeing hormones). Our skin is a double fat layer and our brain tissues are 40% fats. Our nerves are surrounded and insulated with a fatty membrane. Fats sit inside our blood vessels to allow blood to slip along our blood vessel pipes. Fats protect against allergies.

**Your body needs good fats!** When the need arises, it will look for these fats from the food you have put in your digestive system FIRST. This is why it is important to eat “good fats and oils” from plant based sources such as avocado, nuts & seeds as well as oily fish ... they are the healthy choice. If these are not available, your body will choose saturated fats & cholesterol from your diet. These are found in animal meat, fried foods and heated fats. They are less stable in the body and badly affected by heat. Lastly it can then manufacture its own cholesterol within the liver to meet its needs. Many people are baffled as to why they have high cholesterol and are on a “low fat” diet. This will explain it... If you don’t put in “good fats” everyday your body will find or make a less desirable fat called Cholesterol!

Your **liver function** if sluggish or blocked may also affect the amount of cholesterol that is moving around your bloodstream. Sometimes your Naturopath may advise you to detox your liver filter if your levels of cholesterol are high. This helps clean your blood.

Other reasons for high cholesterol levels may be **inflammation, infection, allergies, hormone change and stress** when your body requires extra hormones or more barrier protection. Good fats would still have been your body’s first choice fats for these needs.

- ✓ Eat more Good fats – fish, nuts, seeds, avocado, olive oil & unheated oils.
- ✓ Eat a diet that is balanced with mostly fresh food on your plate to reduce the inflammation that packaged and processed foods cause.
- ✓ Eat plant fibre each day to clean your digestion such as legumes, beans, vegetables, oat fibre.
- ✓ Drink plenty of plain water to keep well hydrated.
- ✓ See a Naturopath to get an individual plan for your health. They can advise you on specific ways to keep you healthier for longer.