

Cholesterol - Discover Worthwhile Guidelines

A lot of people might think of worrying things whenever they hear the word cholesterol though they should not since as soon as they understand what it is and in what manner cholesterol threatens their health they will discover to change things in order to carry on maintaining sound health. To be sure, cholesterol is alcohol and steroids united and this combination is called sterol, plus, it is also a fat that is named a lipid. Also, most of the cholesterol that we have in our bodies is created by the liver while the remaining quantities are actually ingested from the foods that we eat. As far as suffering from elevated cholesterol levels, the main culprit is saturated fat that causes the liver to produce excessive amounts of cholesterol, and trans fats also have the same kind of effect. Though cholesterol is also enclosed in animal foods, there is no cholesterol in vegetables or other plant foods, and when in fat form it doesn't dissolve in blood. Therefore, you need to use a number of other substance for getting the fatty cholesterol to dissolve and that is where lipoproteins enter into the picture. Lipoproteins are special kind of carriers that can be either low-density lipoprotein (LDL) or high-density lipoprotein (HDL) with LDL being bad for the body while the HDL is good for the body. It is LDL cholesterol that is the main carrier of bad cholesterol and when its level rises, the walls of your arteries may fill with plaque that could cause a narrowing of the arteries. This in turn will damage free flow of blood to essential parts of the body. And when blood doesn't get to vital organs like the heart, you can be at risk of having a heart attack or stroke. You will need to keep the levels of cholesterol at under 100 mg/dl to enjoy good health. On the other hand, HDL or high-density lipoproteins will return cholesterol to the liver where it will be excreted and so there is less possibility of plaque build-up in the arteries, which means lower health risks. It follows then that in order to enjoy good health, you have to get more HDL and less LDL. The best way to increase HDL is through exercise as well as by eliminating or drastically lowering ingestion of fats, more particularly saturated fats and trans fats. Thus, the correct assessment of cholesterol is that if it is in the form of HDL then its level must be high while if it is LDL then its level should be kept as low as feasible.

About the Author

This well known author is an Internet buff and certainly enjoys to share his info with others. Find more information about Cholesterol and [all about Cholesterol level advice](#) at his web site www.cholesterolinformationandsolution.com

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