

Help: HIGH Cholesterol and Triglycerides

What can YOU do for your heart health?

Plenty!



First, **UNDERSTAND** that God designed your body to make cholesterol and triglycerides **for your protection**. We have miles of veins and arteries that become damaged from our own abuse: stress, poor eating habits, smoking, etc. The vessels around our heart are most susceptible to this thinning and tearing. **To the rescue**: our liver sends cholesterol and triglycerides to act as bandages on the walls of these thinning vessels.

How can cholesterol and triglycerides become a problem? When there becomes too many of these "bandaged sites," or they are too big....it can affect the blood flow through our veins and arteries. An easy flow of blood changes to a sluggish ride over a bumpy surface. Eventually, the blood vessel may close up (heart attack) or can burst (aneurysm). These are serious consequences that can be avoided ***with your help!***

Second, **ACT NOW!** Regular, moderate exercise is important to keep your blood vessels open and clear. This mechanical means of pumping blood through the body is like flushing water through a hose. Do remember to take extra vitamins and minerals, for physical activity uses up our nutrition stores. And Vitamin C, specifically, has been showed to raise the GOOD cholesterol: HDL.

EAT RIGHT! We used to think that our high cholesterol levels came from the cholesterol in the foods we ate. Newer research tells us that it's okay to eat eggs, butter, shellfish, beef and avocados. These foods, in moderation, provide wonderful health benefits of vitamins, minerals, antioxidants, natural fats and protein. Essentially, it is always best to eat a diet of whole, natural foods. Eat foods that have little to no processing....foods that are eaten as they are grown. There is no perfecting what God has provided on this earth for us to eat!