

Cholesterol

What is cholesterol?

Cholesterol is a major building block in your body. It is found in every cell. It is part of the structure of cell membranes. It is a molecule that your body uses to send out the alert that various hormones are needed (sex hormones, androgens, and estrogens) and it works the same way with the adrenals, alerting the body to the need of cortisol, corticosterone, and aldosterone. In the liver it is the precursor of bile acids (those lovely digestive aids in charge of fats). No cell human, animal, or plant can be made without cholesterol. Since we're constantly replacing old or damaged cells one can easily see that we need cholesterol in order to stay alive!

Is high cholesterol bad for me?

Now that's a tangled up question. It depends upon why your cholesterol is high. You see, elevated cholesterol levels can be indicators of some very different things. Let's look at some of them.

My cholesterol is high because of my diet.

Maybe. The liver manufactures most of the cholesterol in your body; a small percentage is consumed in the diet. You can change your diet (either way, by increasing cholesterol loaded foods or decreasing cholesterol loaded foods) and you will affect your cholesterol level by 1-5%. We obtain up to 25% of the cholesterol used in our bodies from diet, but changing how much we intake doesn't change the levels, the liver just increases or decreases how much is produced. So...that tells us that your cholesterol is linked more to what's going on in the liver than the diet, right? Not exactly. What you eat determines the shape your liver is in. Your liver is in charge of cleaning up the blood and getting rid of toxins, so if you're eating garbage your liver has to clean up a lot of garbage. (If you're not familiar with what we're talking about here, please read the article on Liver Cleanse that can be found on our website to learn more.) You may have heard about omega-3 and omega-6 fatty acids. Put simply, we need to consume at least twice as many omega-3's as we do omega-6's (preferably three times as much). In the US we generally consume diets that are reverse that, 2-3 times as many omega-6's as omega-3's. If you're eating plastic (omega-6's) then your body will build your liver out of plastic and it won't work as well. Your liver is almost 100% fat; preferably you will provide it with omega-3 fatty acids to build itself out of. Your liver may be upping the cholesterol level as it works to clean things up.

My cholesterol is high because my liver is overloaded with toxins.

Very possible. The liver will churn out as much cholesterol as it needs to clean itself with. The liver is in charge of getting rid of toxins. Toxins in your body are fat-soluble. In order to eliminate them your body needs to change them to water soluble (so they can be eliminated through the kidneys). Your body uses cholesterol to turn fat-soluble toxins into water-soluble toxins. Even though it seems to be bad logic, we need to eat more fat to help the liver clean up the fat—but we're back to those omega-3 vs omega-6 fatty acids again. Make sure you're eating omega-3 fatty acids.

My cholesterol is high because I've had a heart attack.

If you've had a heart attack your cholesterol is more than likely high. Your body uses cholesterol to create new cells. If you've had a heart attack you have some cuts on some veins. These need to be repaired, so the body ups the cholesterol output and sends some cholesterol to the scene. First, it creates inflammation so that the blood vessels constrict (helping to cut off the blood flow so that it can work on the wound), then it thickens up the blood (which makes us fear a blood clot, but your body is trying for that, it wants to plug the hole), white blood cells are called to the area to take care of any bacteria/virus/fungus that's trying to take advantage of the situation, then it builds some new tissue (using cholesterol as a building block) and

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seals the hole. This is where the problem comes in—it also creates a scar, which in our veins is called plaque. So, now you have thickened blood and plaque—that’s what makes you prone to another heart attack. If you have lots of damage, you have lots of cholesterol. Instead of lowering your cholesterol using drugs that prevent your body from making cholesterol, it would seem logical to address the problem (damage) which will allow your body to lower the cholesterol naturally (because the damage has been repaired).

My cholesterol is high because I’m getting old.

You’re absolutely right! Dr. Uffe Ravnskov, MD, PhD, goes so far as to make this very bold statement, “People with high cholesterol live the longest.” (Quarterly Journal of Medicine, 2003) Wow! There’s something to make you think twice about taking something to force your cholesterol down. He cites many different studies in his article to back up what he says, here’s one that’s pretty typical, “Dr. Harlan Krumholz of the Department of Cardiovascular Medicine at Yale University, who reported in 1994 that old people with low cholesterol died twice as often from a heart attack as did old people with a high cholesterol.” Why would this be the case? Several reasons. First, he cites several studies that show that cholesterol protects against infection. It binds to, and renders inactive, many pathogens, including *Staphylococcus aureus*. Professor David R. Jacobs and his co-workers from the Division of Epidemiology at the University of Minnesota, reviewed 19 studies of more than 668,000 deaths and discovered low cholesterol predicted an increased risk of dying from gastrointestinal and respiratory diseases. Dr. Mathias Rauchhause (Martin-Luther University in Halle, Germany) studied the role of infections in chronic heart failure and found that bacteria from the gut (gastrointestinal) can penetrate into the tissues more easily if the heart is weak and there is increased pressure in the veins. So, here we see two things cholesterol helps—it helps keep the veins strong and it helps keep the infections down, so you can live longer. It also helps control respiratory diseases. How many old people do you know who have died from pneumonia? The largest study (to date) was by Prof. Gregg C. Fonorow at UCLA Dept of Medicine and Cardiomyopathy Center in Los Angeles. They studied more than 1,000 patients with severe heart failure. After five years 62% with cholesterol below 129 mg/l had died, but only about 30% of the patients with high cholesterol (above 223 mg/l) died. So, if you’re getting older and your cholesterol is going up that’s a good thing! (Assuming your liver is getting the care it needs.)

I’m a young, middle-aged male, in pretty good shape, but my cholesterol is high and the doctor has told me this is bad.

Your doctor is right. If you fall into this classification and your cholesterol is high, it is most likely high because you have a stress problem (that is going to get much worse once it really starts playing with your health). You’re probably in the prime of your career and working hard to be successful. This equals emotional and physical stress. Remember the reasons why your cholesterol will go up—it’s out there repairing veins that have ruptures or holes in them and/or you have too many toxins in your system and your liver is being given a run for it’s money. You need to slow down, start a Liver Cleanse right away and take a serious look at the toxicity in your life! Essential oils are a fabulous way to deal with emotional stress, exercise can be a huge help as well.

How do I lower my cholesterol naturally?

1. Liver Cleanse (see article with instructions on our website)
2. Improve your health using essential oils. Essential oils that have been proven to lower cholesterol (by increasing overall body health, strengthening the heart and veins, decreasing infections, stress, and more) include: **(PICK ONE, NOT ALL! And make sure any essential oil you take internally is EOBBD guaranteed like Be Young essential oils)**
 - a. Rosemary (3-5 drops in a capsule with grapeseed oil 2-3 times daily)
 - b. Oregano (3 drops in a capsule with grapeseed oil 2-3 times daily)
 - c. Myrrh (4-5 drops in a capsule with grapeseed oil 1-3 times daily)
 - d. Cinnamon (2-5 drops in a capsule with grapeseed oil 2-3 times daily)
 - e. Sandalwood (3-5 drops in a capsule with grapeseed oil 1-3 times daily)

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- f. Lavender (decreases stress and reduces cholesterol along with reducing scarring and healing the body), Clary Sage (stress and healing), Helichrysum (thins blood, heals the body, and helps with scarring), Lemongrass (helps with stress and flexibility of veins while decreasing scarring)—all of these can be used effectively on the outside of the body by Body Brushing with them (see our website for more information) or by rubbing over the heart and up the arms.
3. Many herbs have been shown to assist in cholesterol maintenance. Among them are cayenne pepper, fenugreek, caraway, garlic, onion, alfalfa, turmeric, and Korean ginseng. (Note that all of these herbs are well known liver tonics and whole body healing herbs.)
4. Exercise (we all know exercise helps the whole body).
5. If you're overweight begin losing weight now. If you need help, contact us and we'll assist you.
6. Avoid caffeine, nicotine, and sugar. But don't replace them with fake sugars! That's harder on the liver than the other!
7. Increase antioxidants. I highly recommend a liquid nutritional supplement. Pick one with lots of berries that hasn't been pasteurized. Make sure it has minerals, too. We can help you choose one, if you'd like.
8. Decrease stress. I know, this is one that everyone always asks, "How?" Essential oils are incredible at assisting in decreasing your stress level by modifying your mood.
9. Up those omega-3's! Some foods that contain omega-3 fatty acids are:
 - a. Coconut oil
 - b. Flax
 - c. Get a fish oil supplement (keep them in the freezer, then you don't tend to burp fish oil as much)
 - d. Salmon
 - e. Spinach
 - f. Broccoli
 - g. Walnuts
 - h. All nuts and plants have them; the highest levels are in fish and fish oils.

One final note to consider: there is more and more evidence that atherosclerosis is an infectious disease. Between 1994-2004 there were over 200 reviews of this issue published in medical journals. If you will recall, earlier in this article we talked about higher cholesterol levels meaning a stronger immune system and that people who had had heart attacks and had high cholesterol were half as likely to die of another heart attack than someone with low cholesterol. There are also several studies that have noted that there is often an increase in white blood cells (an indication of an infection) during and shortly after an acute heart attack. Many also had a bacterial or viral infection within 36 hours before the cardiac event. *Chlamydia pneumoniae*, the TWAR bacteria, was noted in almost all of the tests that showed an infection and it is antibacterial resistant as are all viruses. This tells me that there is more going on here than we see on the surface. I would recommend you review the article, "Getting and Maintaining Health" that discusses how to keep your immune system on top of things (it's found on our website) and that you use essential oils on a daily basis to help your body combat all that it comes into contact with. Remember, a good, therapeutic essential oil that is 100% pure is antibacterial, antiviral, and antifungal to some extent. There are some that specialize in one or the other, but all essential oils are all three to some extent.

To summarize, if your cholesterol is suddenly up, listen to your body and discover why. Then set out to help it be healthy.

To order, for class information, or if you have questions contact:

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