

Natural Life Consulting, LLC

7 Hodges Street, N. Andover, MA 01845

Phone: 339-368-7551 Fax: 978-409-1269 Email: NaturalLife@rdlweb.com

Cholesterol

Researched by Terry Anderson

Not the villain it is made out to be, cholesterol is actually a vital nutrient for human health.

Cholesterol and saturated fats are in each one of our cells and helps them stay firm since it is in the membranes that surround the cell and within the cell itself. That is every cell in the human body. As a matter of fact, some of the cells with high levels of cholesterol and saturated fats are the cells that line certain parts of blood vessels to make them strong enough to withstand the pressure of the blood flowing through them.

Cholesterol in the cells helps the immune system fight off infections, in fact it has been found that after surgery the amount of cholesterol in the blood increases.

Without cholesterol you would not be able to:

1. Heal after surgery
2. Think and remember since it is vital for memory
3. Have form and structure (without cholesterol we would all be worms)
4. have properly functioning bodies – cholesterol is vital for proper cell communication and function
5. a newborn and young child would not be able to develop its brain properly or its eyes
6. avoid diseases such as multiple sclerosis
7. allow the arteries and veins withstand the pressure of the blood flowing through them
8. those with very low cholesterol are prone to “emotional instability and behavioral problems”
9. most of our hormones depend on cholesterol for proper function
10. vital for bile production and proper digestion
11. secondary effect on the absorption of certain fat soluble vitamins since bile is essential for that
12. Essential for manufacturing Vitamin D
13. Have a healthy immune system – immune cells rely on cholesterol. “LDL binds and inactivates dangerous bacterial toxins”

Sources:

Eat Fat Lose Fat, Dr. Mary Enig and Sally Fallon, Plume Publishing (member of Penguin Group, 2003.

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The Great Cholesterol Con, Dr. Malcolm Kendrick, John Blake Publishing, Inc., 2007.

Know Your Fats, Dr. Mary G. Enig, Enig Associates, Inc., 2000 (7th printing 2006).