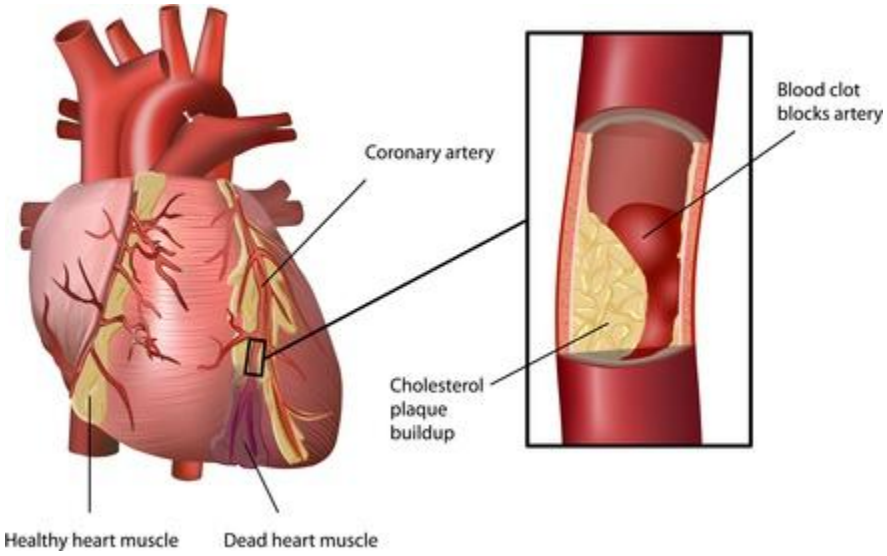
Unclog Your Life



INTRO: heart disease is the **number one killer** **of all people in every population** **throughout the world.** **Cardiovascular disease is the** **leading cause of death of both men and women in the USA.** **And the** **UK is fallowing pursuit because statistic has show that** **Heart failure** **is now increasing in the UK.**

QUESTION: **Why?**

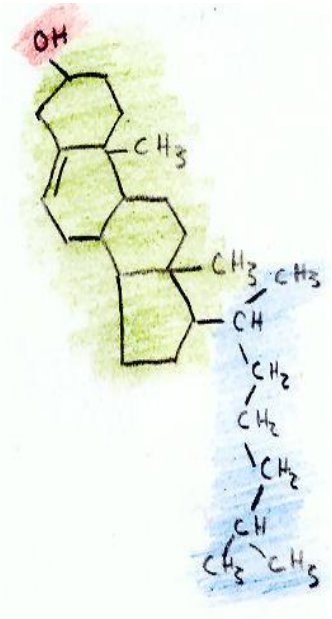
The independent risk factors are: **Family history** **(i.e. the type of diet): if the diet was** **high in Cholesterol or animal saturated fatty acids and low in Antioxidants** **it makes one become** **predisposed to cardiovascular disease.** **Thus, we give life to the adage: old habits die hard.**

Cholesterol Briefly Explained

A brief outline of what is cholesterol; and what role its production, distribution and consumption play in the prodigious scheme of human health, will allow you to understand more clearly why God is a firm advocate of a diet free of animal FATS.

WHAT IS CHOLESTEROL

According to my research, all fats are lipid, but not all lipids are fat, so, even though cholesterol is a waxy insoluble lipid substance, it is not a fat. Cholesterol is correctly classified as a sterol because of its amphipathic molecular composition. It is composed of a small portion of polarhydroxyl group(water soluble molecules) and large portion non-polar hydrocarbon (fat-soluble molecules).



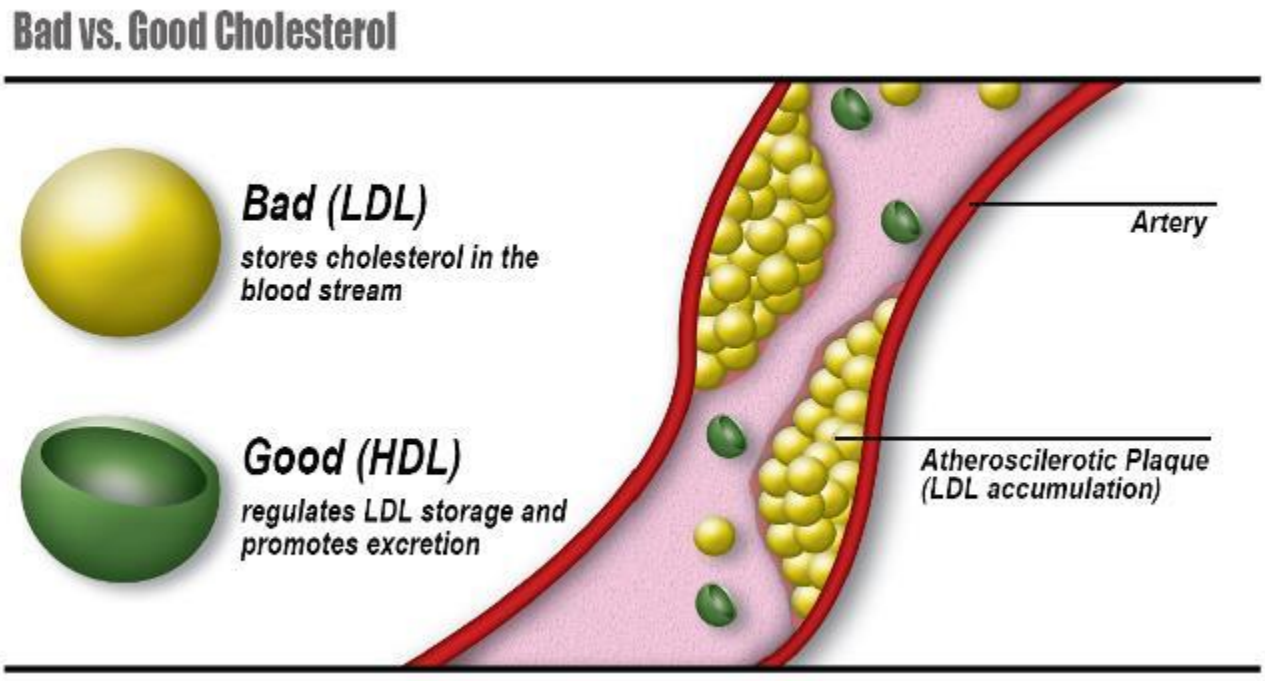
The Structure of Cholesterol

A hydroxyl group is shown in red, a ring structure region with 4 hydrocarbon rings is shown in green, and a hydrocarbon tail is shown in blue.

The hydroxyl (OH) group is polar, which makes it soluble in water. These 2-atom structures make cholesterol an **alcohol**.

The 4-ring region of cholesterol is the signature of all steroid hormones. The last region is the hydrocarbon tail.Both the ring region and tail region are non-polar, which means they dissolve in fatty and oily substances only.

Cholesterol, however, is not water-soluble enough to dissolve in the blood. Therefore, it travels in the blood through **lipoproteins** such as **LDL** and **HDL**.

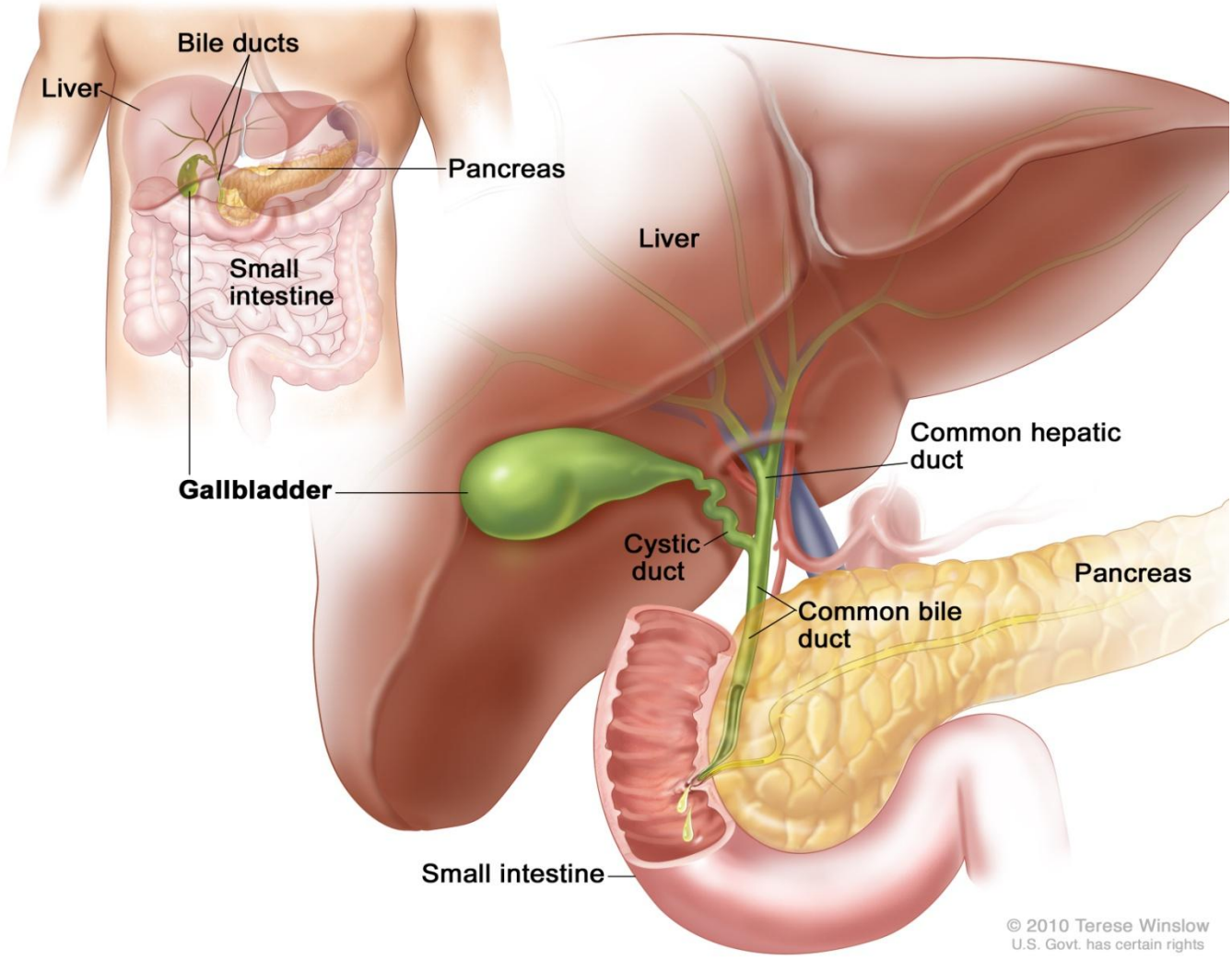


You might have heard about good cholesterol and bad cholesterol. Well the TRUTH is LDL is neither bad nor is it cholesterol; it is a low density lipoprotein that functions as a vehicle to transport cholesterol in the blood.

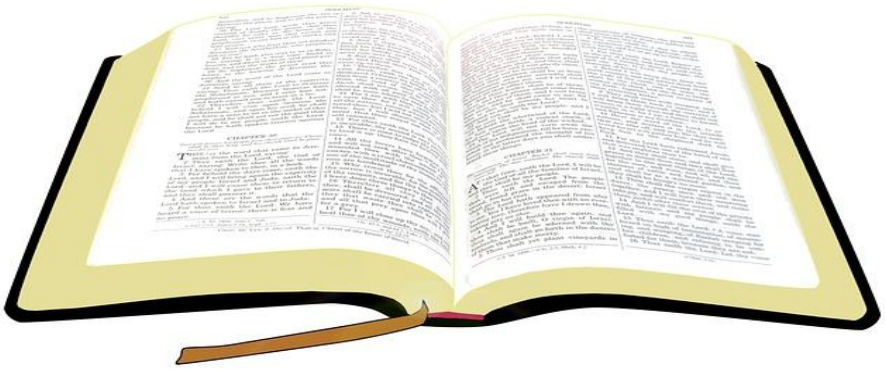
We do need cholesterol; it is a type of Lip found in all of our body's cells. So, CHOLESTEROL per say is not bad; for all the cells in the body need it to function properly; it is the oxidise cholesterol that is dangerous.

Cholesterol is very important for many reasons: it is converted into Vitamin D as the sunlight softly kiss our skin; and it is the precursor for steroid hormones like the testosterone men need to grow, and the estrogen women need to be feminine.

Moreover, cholesterol is a precursor of the digestive fluid (bile) that the liver sends to the small intestine to emulsify the ingested fats.



This means that when the liver makes bile it has to make cholesterol first. The liver manufactures something like 1,000 mg of cholesterol per day, even if you consume no cholesterol at all. Of that amount, about 800 mg becomes bile salts, which is necessary for the digestion of fats. That leaves about 200 available for other functions.



LEVITICUS 3: 17

It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.

Therefore, cholesterol should never come from our food; for the liver produces all the cholesterol you will ever need, even if you are a Vegan like me.

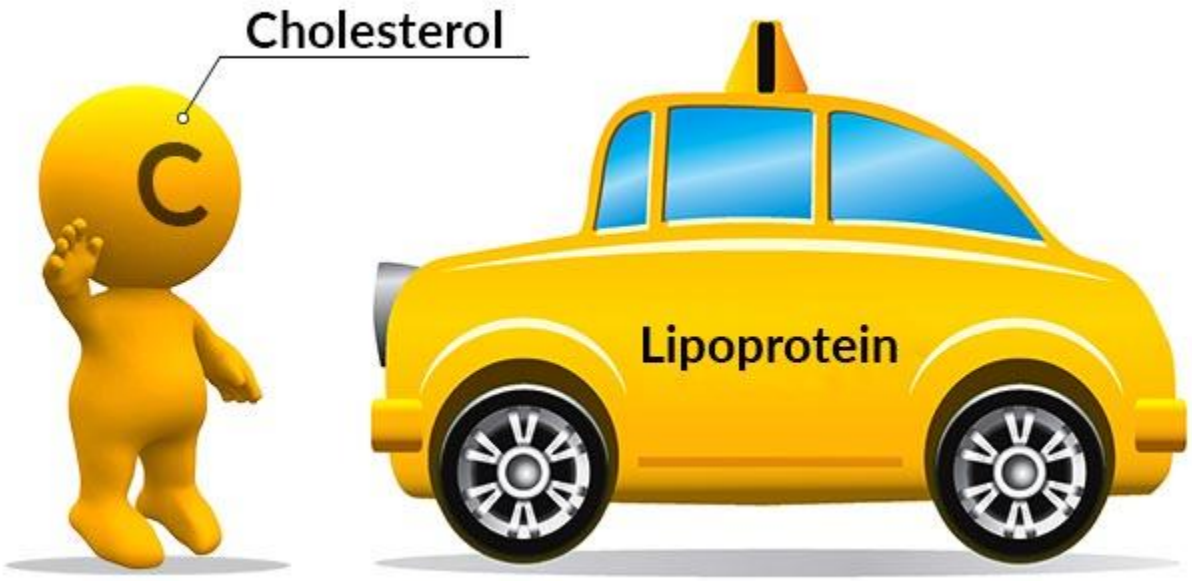
To deviate from the law that governs our body is like committing suicide, slowly but surely.

There is **no cholesterol** in (mans original diet) **plant base foods**, but the most **abundant steroid** you can find in **animal tissues is cholesterol**.

Cholesterol is found only in the carcass of animals that are dressed and prepared for food, and its derivatives such as milk, eggs, cheese, and other dairy products.

These increase cholesterol in the blood and is known to cause the most common form of arterial disease, called arteriosclerosis, in which unused cholesterol (LDLs) is deposited in the inner wall of the arteries, narrowing the blood vessel and eventually restricting the flow of blood from the heart to the body.

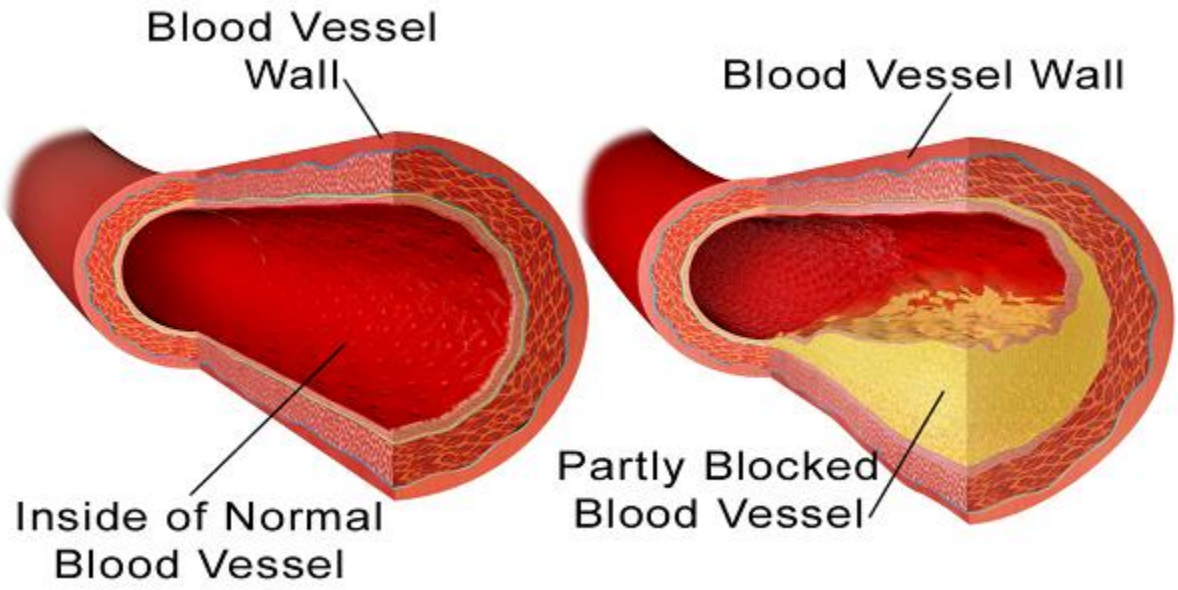
Now, normally LDLs transport cholesterol from the liver into the blood stream to the cells that need it, but if the levels of LDLs in the blood are too high, some cholesterol will be left back in the blood as LDLs travels through the body's thoroughfare. LDL is composed of a small amount of lipoprotein and a large amount of cholesterol.



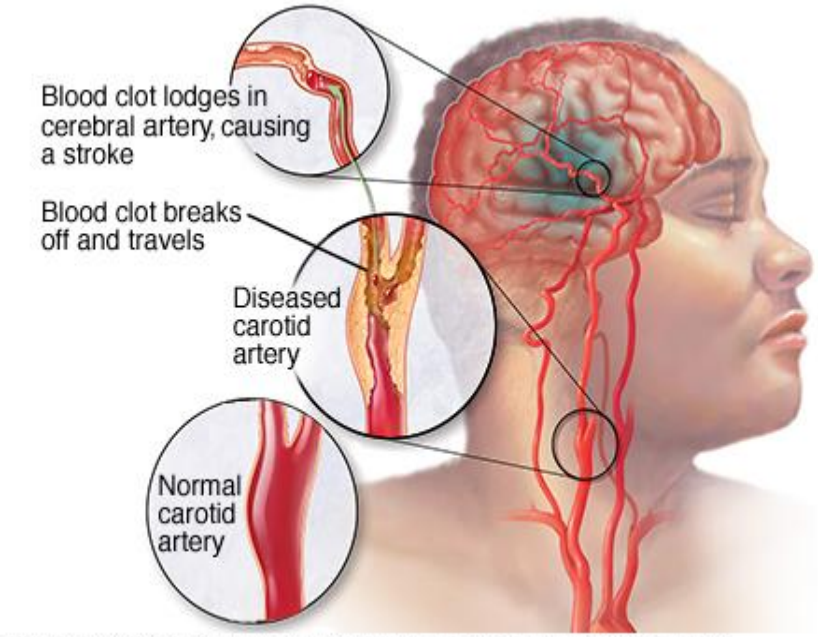
The so called good cholesterol HDL is a vehicle too for cholesterol, the difference is that it is made up of high density lipoprotein, which means; it has a higher proportion of protein than LDLs and transport relatively little cholesterol. It is called good cholesterol because it removes the excess cholesterol from the blood stream that was left behind by LDLs; the cholesterol they say is bad.

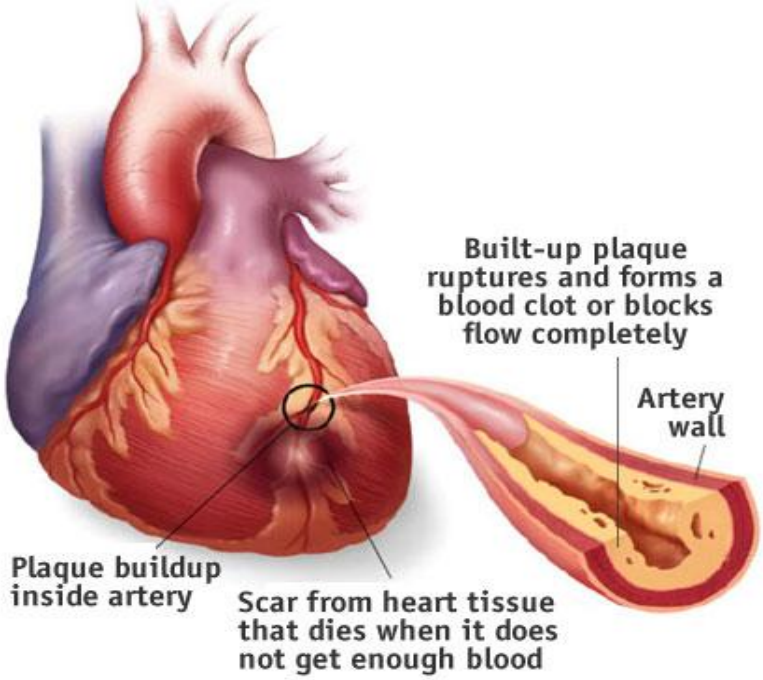
However, if HDLs fails to remove all the excess cholesterol left behind by the LDLs, overtime it will begin to build up on the artery walls with other fats and waste. This built up is called plaque and leads to various cardiovascular diseases. Thus, while HDLs are associated with decreased risk of coronary heart disease and arteriosclerosis, LDLs are culpably involved by oxidative circumstances in various cardiovascular diseases.

Whenever, we eat the carcass of an animal that has been slaughtered and dressed for food, or its products such as, eggs, milk, and cheese, we are only increasing the levels of our LDL, and the excess cholesterol may form plaque if there is too little antioxidants intake.



As you can see, plaque disturbs the natural venous and arterial circulation that bears oxygen throughout the body. Thus your health or fitness changes for the worse. For the blockage of a blood vessel may lead to a stroke or coronary failure (heart attack) due to blood clot lodging in the cerebral artery or the inability of the heart to pump enough blood to sustain normal bodily function.





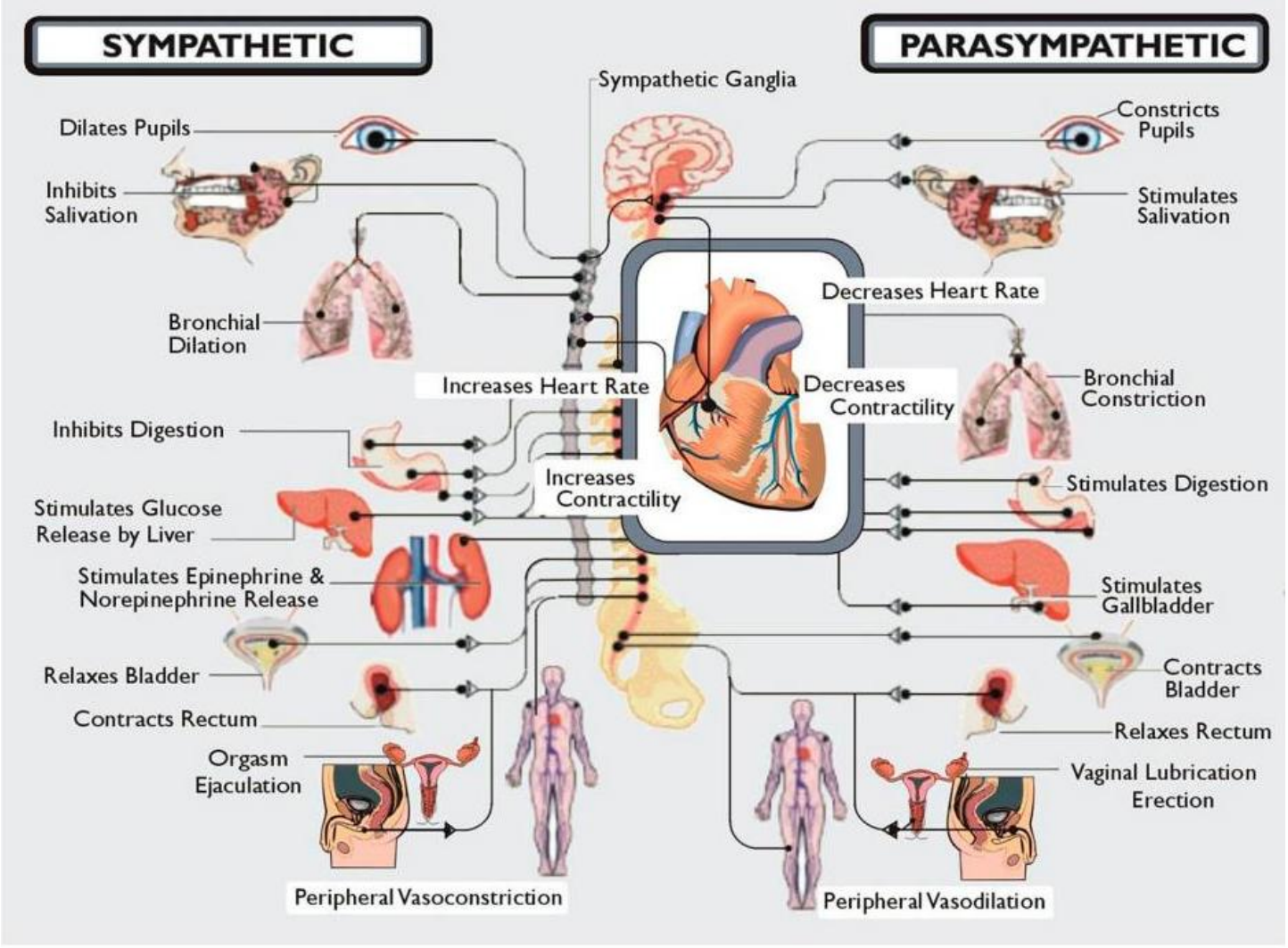
What is the cause of High Cholesterol?

Clearly, dietary cholesterol is one factor. Let me explain why it is although some scientist and doctors says it is not. The human body is an extremely intelligent and adaptive organism and all its systems work together. This is especially true for the **NERVOUSE AND ENDOCRINE SYSTEM.**

The body is one system, rather than independent systems. In the body systems, the glands and cells of the endocrine system is responsible for releasing chemical messengers called hormones, like growth hormone, which is triggered by the pituitary gland. Since cholesterol is needed to make testosterone and testosterone functions in conjunction with growth hormone, the signal to release growth hormone also triggers the production of cholesterol.

Here is where it gets interesting

Flesh foods and their derivatives in particular animal fats interfere with the smooth operation of the nervous system which works directly with the endocrine system and as a result it disturbs the parasympathetic and sympathetic nervous system, **the part of the nervous system of vertebrates that controls involuntary actions of the smooth muscles and heart and glands.**



This interference inhibits the production or use of testosterone and or other steroid hormone, and as a result the body keeps signalling for it and the liver keep generating the raw material and the raw material is then converted into the steroid hormone that is needed. That raw material is cholesterol. Cholesterol is the sterol from which other sterol substance is formed such as testosterone and estrogen hormones. Thus the result would be an oversupply of cholesterol.

OTHER FACTORS THAT CAUSE HIGH CHOLESTEROL

Another mechanism that interferes with cholesterol use in the body is a simple lack of **SUNLIGHT!**

SAY WHAT! **LACK OF SUNLIGHT** CAN CONTRIBUTE TO HIGH CHOLESTEROL, how so?

OK HERE IS HOW THIS IS POSSIBLE

Lack of sunlight prevents the formation of Vitamin D, and also reduces the production of testosterone, which in turn leads to an increase of serum cholesterol.

First, sunlight converts the cholesterol on your skin to hormone precursors (three precursors, in all, including Vitamin D) which are used to make substances like testosterone. The cholesterol in your bloodstream then migrates to the surface of the skin, to replace the cholesterol that was converted.

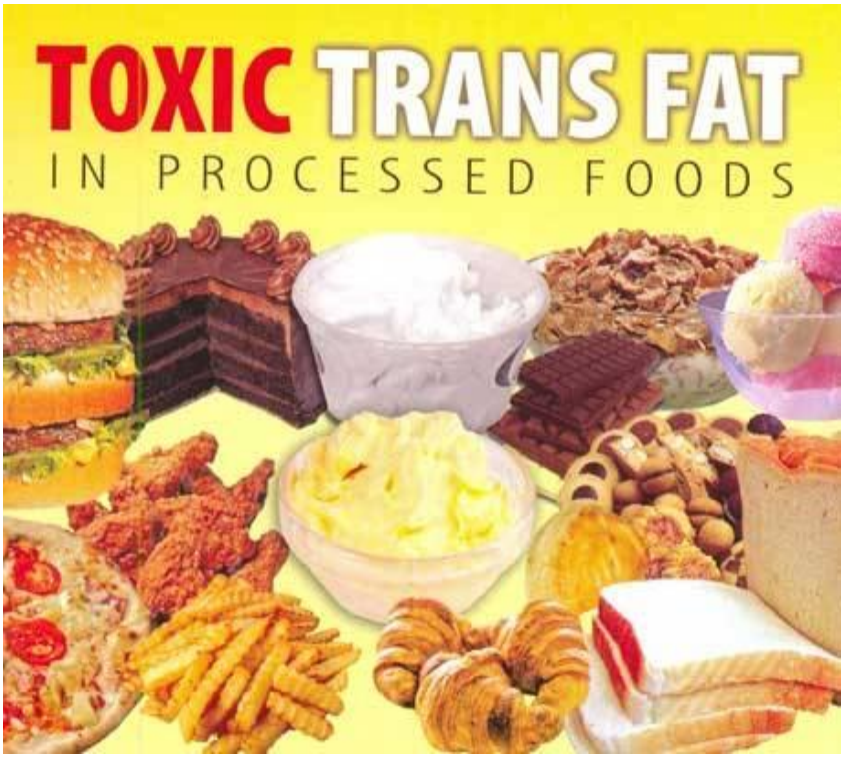
Vitamin D Is Derived from Cholesterol by the Ring-Splitting Activity of UV-B radiation

- Those with white-skin require 20 minutes of sun exposure to direct sunlight three to four times a week.
- Those with fair-skin require 30 to 40 minute exposure three to four times a week.
- Naturally **dark skin tone people have natural sun protection** and require at least **three to five times longer.**

So people who stay indoors all the time and only go outside using industrial-strength sun block (as opposed to increasing sun exposure gradually and letting the rays fall on their bare skin) are therefore subject to increased cholesterol levels, for that reason.

In effect, you can think of sunlight as a cholesterol vacuum cleaner -- it sucks the cholesterol right out of your bloodstream! So getting into the sun is clearly a good idea, if only because it directly lowers cholesterol levels!

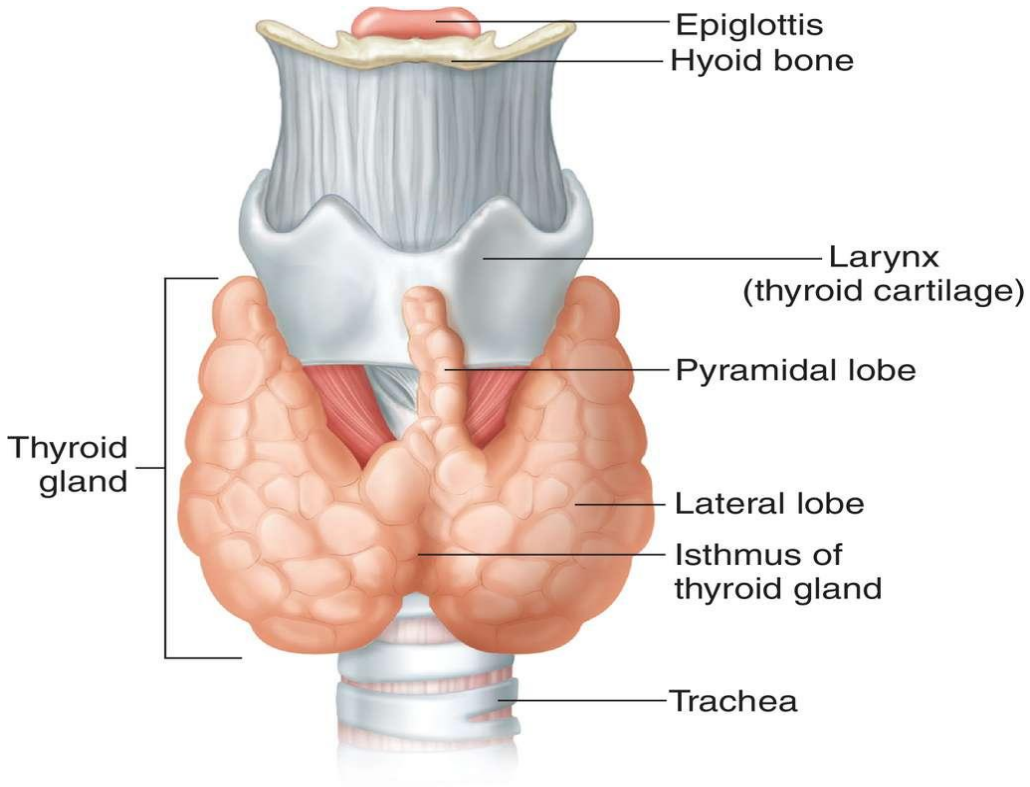
You just saw how lack of sunlight is one of the causes of high cholesterol. Another cause of high cholesterol is in the diet, which sneaks up on you from two unexpected directions.



Trans fatty acids: these are unsaturated fatty acids *altered* by heat or industrial processing. They are formed when *frying* with vegetable oils or when they undergo a chemical process called *hydrogenation*.

This process is used by industrial food producers to prevent fats from becoming rancid and to produce *semi-solid fats* such as **margarine** by adding *hydrogen atoms* to unsaturated oil. Because of the alteration, **regular consumption** of Trans fatty acids and little or no antioxidants can also *foster* LDL build up in the arterial walls.

Hydrogenated *oils* *impair the function* *of the thyroid gland*. That fact is important to know, because vegetable oil is predominant in the foods that we eat, in the form of **partially hydrogenated oils, shortening, and margarine.**



Now, it has been clearly established by the scientific world since the 1930's that hypothyroidism raises serum cholesterol, which increases one's risk of dying from cancer and heart disease, while a health thyroid gland help to keep cholesterol within normal range.

HERE IS HOW HYPOTHYROIDISM AFFECT CHOLESTEROL

Thyroid gland plays an integral role in liver function. Increased levels of thyroid hormone increase the number of LDL receptors on the liver cells. This allows these cells to remove excess LDL cholesterol from the plasma. Once LDL cholesterol is attached to **LDL receptors on the hepatocytes**, LDLs release their **cholesterol** and **triglycerides**. The **cholesterol** is then stored or oxidized to bile salts or secreted into the bile unchanged. However, if adequate amounts of thyroid hormone are not supplied, the number of LDL receptors on the liver cells decreases and the liver's ability to remove excess cholesterol out of the plasma is thus compromised greatly.

QUESTION: IS IT POSSIBLE TO LIVE A DISEASE FREE LIFE?
I say yes it is but there is a problem; and this is it “if you want to get along with your cardiologist do what he says, but if you want to protect yourself from unnecessary surgery CHANGE YOUR ENTIRE LIFESTYLE.