

Cutting Cholesterol

You've heard all about the dangers of high cholesterol. Perhaps your doctor has warned you to watch your own cholesterol levels. Then again, you may have also heard that cholesterol is a naturally occurring element of the human body. There are many misconceptions about cholesterol, so it's important to understand the facts.

Cholesterol is a substance that is found in your blood stream. Each and every one of us has cholesterol in our blood. Without cholesterol, our blood would be thin and our bodies would not function normally. Cholesterol is used to produce additional cells in the body, and has many reproducing uses. This type of cholesterol is considered to be "good" cholesterol.

The other cholesterol is considered "bad" cholesterol. This is the cholesterol your doctor warned you about: the one that invades your body through foods like butter and red meat. People with high cholesterol have thicker, fattier blood and are at risk of serious health problems including heart disease and blood clots.

If blood test results have shown that you suffer from high cholesterol, you need to make immediate changes to your diet and lifestyle. People with a high daily cholesterol intake typically include many fatty foods in their diets. The more fats you ingest, the more will stay in your bloodstream. Cutting cholesterol can add years to your life.

Cutting cholesterol begins with education. Know which foods are healthy, and avoid those that are not. Read ingredient labels in the grocery store. You'll likely be surprised by what you learn. For example, most processed peanut butters are high in cholesterol. Fatty meats and butter carry a load of cholesterol as well. Choose your foods wisely and pay attention to everything you eat. Cutting cholesterol can be easy to do, and you'll be amazed at how quickly the amounts can add up, even at an average mealtime.

Daily exercise is another simple and effective means of cutting cholesterol. Take a brisk walk every day. Ride your bike to work. Play with the kids. Use the stairs instead of the elevator. These are all simple yet very effective ways of adding exercise to your daily routine, and cutting cholesterol from your system. Being active helps your body to digest foods more effectively, and it helps to lower your stress levels. These, in turn, help to lower cholesterol levels.

If you are concerned about cholesterol, take the time to educate yourself before you begin to face serious health problems. Learn how to cut your cholesterol, before it cuts into your lifespan.