Women's Health Library

Healthy Cholesterol Support

Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

See our full line of premium quality supplements at Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

It is estimated that one out of every three women will be affected by heart disease. Cholesterol is a major risk factor for heart disease. High cholesterol is more common then you may think. Regardless of your age, weight or daily activity, you can be one of many living with high cholesterol. If your cholesterol is not checked and under control, you may be at risk for developing CHD (coronary heart disease). Blood cholesterol is not only affected by what you eat but also how quickly your body makes "LDL" or bad cholesterol and how well it can eliminate it.

What is cholesterol?
Cholesterol is a waxy, fat-like substance that is critical to a normal functioning body. The body uses cholesterol to make hormones, vitamin D and bile acids to assist in fat digestion. Cholesterol is made in the body and excess from the diet is not necessary even though it is found in many foods.

What happens when there is too much cholesterol in the body?
Excess cholesterol, beyond what is needed for normal bodily functions, is deposited in the arteries and contributes to narrowing and blockages. If the blood supply to the coronary arteries is totally blocked – the result is a heart attack. This is often a "silent killer" because arteries become blocked little by little eventually leading to heart disease. The good news is if you get your cholesterol and blood pressure checked regularly by your health care practitioner you can help prevent the risks of a heart attack and lead a longer, healthier life.

How much cholesterol should I consume in a day?
A heart healthy diet normally would consist of less than 300 mg per day of cholesterol. A more strict cholesterol lowering diet, for those that find it harder to control high cholesterol levels, is below 200 mg per day. Talk to a registered dietitian or doctor for more details on a diet that is right for you.

What foods are high in cholesterol?
Only foods containing animal products contain cholesterol, such as meat, seafood and dairy, although some foods contain minimal amounts of other ingredients that come from animal products which also contribute to total cholesterol levels. So read labels carefully. It is important to consume foods low in saturated fat for cholesterol and heart health. Fiber is also an important factor in helping to eliminate cholesterol from the body. It is generally recommended to consume 25-35 grams of fiber per day. Some individuals may benefit from a fiber supplement since fiber is often consumed in insufficient amounts in the daily diet.

Our Recommended Products:

-**Super Fiber Tabs-**helps eliminate cholesterol from the body.
-**Niacin Hex-**helps blood vessel dilation and circulation.
-**Supreme Stress B-**support for a health heart**.**
-**Ultimate Soy-Spirulina Protein Powder-** a great cholesterol-free source of high quality protein
-**Omega 3 Fatty Acids-**can help balance the body's good vs. bad fat.
-**CoQ10-**great for heart health support**.**
-**Ultimate One Multi vitamin/mineral-** provides a solid foundation for good health.
-**Progesterone Cream**-helps support a healthy cholesterol balance