

Lower Your Cholesterol – The Natural Way

by Marie Parker

Cholesterol, the soft, fat-like, waxy substance found in your bloodstream, isn't all bad. In fact, you need it to survive – the body uses cholesterol to produce cell membranes and important hormones. What's dangerous and potentially fatal to you and your heart is *too much* of the *wrong kind* of cholesterol.

The culprit? You can blame low-density lipoprotein (LDL). When LDL levels are too high, this imbalance often causes an accumulation of fat buildup (called plaque) inside the walls of your arteries, narrowing the blood vessels and constricting blood flow to the heart. Consistently High LDL cholesterol levels are a major risk factor for coronary heart disease, heart attack, and stroke.

How Low Should You Go?

According to the American Heart Association, the lower your LDL cholesterol, the lower your risk of these life-threatening events. In general, LDL levels fall into these categories:

- ✚ Optimal: Less than 100 mg/dL
- ✚ Near Optimal/ Above Optimal: 100 to 129 mg/dL
- ✚ Borderline High: 130 to 159 mg/dL
- ✚ High: 160 to 189 mg/dL
- ✚ Very High: 190 mg/dL

Forewarned is Forearmed

As a nutritionist, I believe strongly that everyone should know their blood cholesterol levels. A simple blood test called a complete fasting lipoprotein profile will give you and your doctor the full scoop on your cholesterol levels. Once you know if you're in or near a danger zone, it's time to take action.

Cholesterol-lowering drugs abound, but many people, aware of the potential side-effects of drugs, are searching for natural ways to lower their LDL cholesterol. Of course, a heart-healthy diet and regular exercise play an important role in heart health. However, certain groups of people, perhaps for genetic reasons, find it difficult to lower cholesterol levels through diet and exercise alone.

Natural Plant Sterols to the Rescue

The good news is Mother Nature provides us with an astonishing all-natural compound, found in plants, that safely work to lower total and LDL cholesterol levels. Called phyto (plant) sterols, this remarkable substance has numerous clinical studies backing its power to inhibit cholesterol from being absorbed by the body. At least six clinical studies prove plant sterols lower LDL cholesterol up to 24% (range: 4-24%). In fact, the FDA has authorized a health claim stating that diets low in saturated fat and cholesterol, that include 800 milligrams or more of plant sterols per day, may reduce the risk of heart disease by lowering total and LDL cholesterol.

Take Action with CHOLEST*Solve* 24/7

The evidence is clear: Supplementing your diet with plant sterols to reduce total and LDL cholesterol levels is a smart move. But in the world of natural supplements, not all cholesterol lowering supplements are created equal. I have found one, in particular, that I strongly recommend. CHOLEST*Solve* 24/7, manufactured by American BioSciences and purchased by their distributor, The Harmony Company. Their formulation is a well-rounded heart healthy supplement containing ingredients that support overall heart health as well as lower cholesterol.

In regard to plant sterols, it contains an impressive 1,300 milligrams a day! That's actually 62% *more* plant sterols than most other products on the market, making it one of the most powerful, heart-healthy supplements I've found.

But the impressive levels of plant sterols, isn't the whole story. In formulating CHOLEST*Solve* 24/7, American BioSciences adhered to the research and added Coenzyme Q10 (CoQ10), along with a proprietary blend of four additional heart-healthy nutrients, to pack an even more powerful nutritional punch. CoQ10, for example, has been used as a nutritional supplement for cardiovascular disease for decades – it plays a significant role in heart health and also has an antioxidant benefit – protecting your entire body from free radical damage. The remaining ingredients – resveratrol, quercetin, green tea leaf extract, and red grape seed extract – are highly-regarded antioxidants in their own right, and combine with CoQ10 to support healthy blood vessels and fight free radicals that can damage your heart.

Safe for long-term use, CHOLEST*Solve* 24/7 can also be used along with cholesterol-lowering medications such as statin drugs, to enhance the drug's effectiveness in lowering cholesterol levels.

Clearly, I believe in this product and recommend it for anyone concerned about his or her cholesterol levels. But you don't have to just take my word for it. Backed by science, they have great assurance that this product will work for you. If you don't see a difference in your cholesterol level in 60 days, then just call them and they'll refund the full product cost. That's one of the reasons why I can highly recommend this product – it's from a company that I truly trust...and you can too!