



HEALTH & HEALING

Controlling cholesterol naturally

by **Mike Ventresca**
Vital Choice

One question I'm often asked is, "What can I do to control my cholesterol?" I'm always happy to discuss this with people because there are so many products now available that offer clinically studied nutrients that produce really impressive results.



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First, it's important to note that a cholesterol management program requires multiple considerations. For example, while reducing LDL ("bad") cholesterol is important, recent research shows that LDL management without consideration of HDL ("good") cholesterol did nothing to reduce death from heart attack. A second major issue we must address is inflammation. Not too long ago I read an astonishing statistic - roughly 50% of people who suffer heart attacks have normal cholesterol levels! According to research cellular, or internal, inflammation is to blame.

So where do you start? What do you do if you'd like to avoid negative side effects and approach cholesterol management from a natural perspective? This is the very ques-

tion I was recently asked by the mother of a close friend. Given the latest research on heart disease, cholesterol and inflammation, I told her to talk to her doctor about Cholesterol Strength™ by MegaFood.

Cholesterol Strength addresses all of the necessary factors for cholesterol management in a single formula by supporting healthy levels of HDL and LDL cholesterol, triglycerides, inflammation, immune function and helping to protect against lipid oxidation. It combines complementary nutrients and botanicals at research validated levels.

After reviewing the research and talking to her doctor, my friend's mom decided to try Cholesterol Strength in addition to eating a healthier diet. I'm happy to say after four months of taking Cholesterol Strength, her mother's total cholesterol dropped 59 points while her HDL, the good cholesterol, increased 12 points. Needless to say, she and her doctor are thrilled!

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00108991



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