

## Is Your Concern About Your Cholesterol Killing You?

During the second half of the 20<sup>th</sup> century, the cholesterol theory emerged leading to the medical obsession and multi-billion dollar business for drug companies and food companies of lowering cholesterol.

Medical research shows that approximately 50% of all cardiovascular disease, heart attacks and strokes occur among people with normal cholesterol levels.

Since the year 2000, a major breakthrough has been made regarding C-reactive protein (CRP) which is a biochemical substance indicating the presence of arterial inflammation. CRP is the best predictor out of 12 factors in predicting the risk of cardiovascular disease, heart attack, stroke and Type II Diabetes.

In the mid-1800s, German pathologist Rudolph Virchow recognized that injured and inflamed arteries were the source of heart disease.

Low-grade systemic inflammation is a silent, smoldering fire that consumes arterial tissue, leading to weakening and eventual rupture of arterial plaques that directly trigger heart attacks and stroke.

Systemic inflammation causes thickening of the blood, which increases your risk factor for blood clots and cardiovascular disease.

Foods that cause an inflammatory response in your body include sugar, foods high in sugar, sweeteners—both real and artificial, wheat, white flour products, trans fats, polyunsaturated oils and processed meats.

Junk food causes depletion of many essential nutrients therefore leading to suffering health. One healthy meal doesn't have long lasting effects. If you continue to eat healthy, over time you'll gradually become a healthier person.

Our contemporary fast-paced lifestyle, filled with chronic stress, poor eating choices, and lack of physical activity has created a sick society. This erodes enjoyment of life. Whole food nutritional supplements won't stop your bad habits, but it is a remedy to stop some of the bleeding and suffering of ill-health. It is not a do it once and you are cured technique. Nor is it a cure all. Rather it is a safe, effective, new-old paradigm that truly deserves to be used as a primary tool for health and healing.

At Natural Health & Wellness Center, we can help you correct your diet and balance your nutrition so that over time as your body heals, your health risks are limited!