

HEALTH TALKS

Title: The Other Side of Cholesterol

IMPORTANT NOTE:

Any participant of this Health Talk agrees that any information received in the course of a discussion from any other participant is strictly confidential. Adherence to this condition is essential for the free exchange of thoughts. If you do not agree with this requirement, please leave now.

Disclaimer:

This Health Talk is for educational purposes only and is not meant to diagnose, treat, or mitigate any disease.

Introduction:

We have more expensive medicine, more medications and sicker population; we have more nutritionists and more nutritionless foods. Declining health of the post-middle-age population in the United States causes concerns among citizens disappointed with the inability of medicine to stop it and/or reverse it. The popular myth of the allopathic science that nutrition has nothing to do with the state of health makes this condition even worse. The following is a basic overview of the cholesterol as a substance having a substantially beneficial influence on the human health.

Cholesterol Definition:

Cholesterol is an alcohol (contains a hydroxyl group -OH in position 3 of the ring system). Belongs to sterols. Structure substantially similar to testosterone, progesterone, cortisol. Produced by the liver – 80% - 85%, dietary source about 15% to 20%. It is present in all body tissues in cell membranes and controls their permeability. Cholesterol level in serum depends on body needs (to be explained). Cholesterol is essential to living processes. HDL and LDL are proteins NOT cholesterol.

The Problem:

For decades American commercial medicine supported by the studies sponsored by the pharmaceutical companies led us to believe that any amount of cholesterol above 160 – 180 mg/DCL is dangerous to our circulatory system and can cause – is indeed – a direct cause of heart attacks (MIs). Contrary to the original beliefs, cholesterol-lowering drugs have failed to reduce heart attacks. Not a single study has been able to show that these drugs lengthen human life. Despite these, about 20% of Americans over 55 are on statins.

Side effects: General tiredness, depleted immunity manifesting itself in allergies, frequent infections, prolonged inflammatory states, cancers, arthritis, ... Increasing number of illnesses of circulatory origin, possibly mental retardation (particularly attention disorder and Parkinson's), obesity and related health problems.

Primary Benefits of Cholesterol:

Cholesterol is an important component of the [membranes](#) of [cells](#). It is the major precursor for the synthesis of [vitamin D](#), of the various [steroid hormones](#), including [cortisol](#), [cortisone](#), and [aldosterone](#) in the [adrenal glands](#), and of the sex hormones [progesterone](#), [estrogen](#), and [testosterone](#). Further recent research show that cholesterol has an important role for the brain [synapses](#) as well as in the [immune system](#).

Origins of the Problem:

Nutritionally deficient foods, large intake of hydrogenated fats, stress, sleep deprivation, lack of immediate family, lack of intimacy, pollution (very broadly understood).

The result:

High cholesterol. Is it good or bad? It depends...

Solution:

- Nutritional restoration -- rebuild nutritional foundation – remove nutritional stresses
 - Good foods
 - Vitamins
 - Minerals

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- Proteins
- Fats (lipoproteins) **except hydrogenated**
- Enzymes
- Hydration (as electrolytes rather than water alone)
- Nutritional formulations (complexes, preferably whole-food extracts), food (meats, vegetables, cold-pressed oils/olive oil, fatty acids, whole grains), etc.

As determined by the Health Assessment Questionnaire and nutritional microscopy (if required)

- Detoxification -- removal of toxins, restoration of visceral functionality, improvement of metabolism, clear mind.
 - Natural -- nutritional, excrementary (sweating, defecation, urination, vomiting, diarrhea)
 - Induced -- enemas (water, coffee, etc...), colon hydrotherapy, brushing, chelation, massage, adrenal dump...
(May require urine analysis for heavy metals and/or Candida questionnaire.)
- Relaxation -- any form
- Physical restoration/toning -- regaining physical fitness
 - Exercises (avoiding excessive physical strain)
 - Building strength and endurance -- avoiding anaerobic state!
- Rest
 - Eight hours of sleep
 - Clean environment
 - Avoiding any contaminants including draining, negative relationships
 - Daylight -- essential to our health
- Intellectual/emotional restoration
 - Mental fitness
 - Positive attitude
 - Planning for the desired future
 - Cleaning the emotional "slate" (faith, friendships, disappointments, failures, rifts...)
 - Involvement in satisfying activities
 - Time for family and friends
 - Counseling (if required)

How to do it:

Start with the written commitment stating something like "I am committing myself to good health". It is a good first step. Stick to it and happy life, enriching relationships and the like will come. Just give it a time.

1. Establish schedule for the most important elements of your life:
 - a. Meals (prepare and eat) -- at least once a day – no ifs and buts – this is also family time.
 - b. Relaxation – daily – meditations, intimate relationships, whatever makes you happy and causes you to slow down. Idling is good.
 - c. Rest – daily – eight hours of sleep
 - d. Physical exercise – at least 3 times a week
 - e. Anything else that is worthy your time – as often as you want (reading, calling friends, taking your significant other to the movies, hugging your children - you name it)

If you have problems with free time like most of us do – schedule it and make it stick. No changes! Your health belongs to you and to the others that love you and want to see you well and happy. There is nothing more important than you health!

Sex – this is a little bit complicated matter because many are not in a stable, fulfilling relationships. It is, however, an important part of our lives that has a lot to do with our physical as well as mental well-being. We attract like people. Good health attracts healthy people. Get healthy and get them.

Good health to you.

For specific evaluation call Dr. Kulisz at 210-402-3939 or go to <http://myfoodforhealth.com> and select Health Assessment Questionnaire

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