

HOW TO MAKE SENSE OF YOUR CHOLESTEROL LEVELS

Cholesterol is a soft, white waxy substance found in every cell in your body. It is used to produce:

- ✓ Cell membranes
- ✓ Vitamin D
- ✓ Hormones
- ✓ Bile acids, and more!



75% of the cholesterol in your body is made by your liver

25% comes from the foods you eat



25% of the cholesterol in your body is found in your brain.¹¹

WHAT ARE THE TWO TYPES OF CHOLESTEROL?



High-density lipoprotein ("good" cholesterol) helps keep cholesterol away from your arteries and removes any excess arterial plaque, helping prevent heart disease.



Low-density lipoprotein ("bad" cholesterol) may build up in your arteries and form plaque. Plaque narrows your arteries and may develop into a clot, which may go to your heart or brain and cause a heart attack or stroke.

FACT: YOUR TOTAL CHOLESTEROL LEVEL IS NOT AN INDICATOR OF YOUR HEART DISEASE RISK



Total Cholesterol - The sum of your blood's cholesterol content, including HDL, LDLs, and very low-density lipoprotein (VLDLs)

Also making up your total cholesterol count are:

Triglycerides – elevated levels of this dangerous fat may lead to diabetes and heart disease.

Lipoprotein (a) or Lp(a) – made up of an LDL cholesterol plus a protein (apoprotein a). High levels of this may also increase your risk for heart disease.



20 years old and above
– Urged by U.S. health officials to have their total cholesterol levels tested once every 5 years.

200 mg/dl

Recommended total cholesterol level by the American Heart Association (AHA)



But... total cholesterol level is just about worthless in determining your risk for heart disease, unless it is above **330 mg/dL!**

WHAT ARE BETTER INDICATORS OF HEART DISEASE?ⁱⁱⁱ



HDL/Cholesterol ratio
Divide your HDL level by your cholesterol.

24% and above
Ideal percentage

10% and below
Significant heart disease risk indicator

Triglyceride/HDL ratio
Divide your triglycerides by your HDL level.

Ideal Ratio



How Low is Low Cholesterol?



At least 200 mg/dL
Optimum level



Under 150 mg/dL
Too low!^{iv}

THE PITFALLS OF USING STATIN DRUGS



One in four Americans ages 45 and older

OR



32 million Americans

OR



entire populations of Florida and Illinois combined!^v

take statins or cholesterol-lowering drugs to "reduce their risk of heart disease"

! HOWEVER !



Over 900 studies now prove that statins can have adverse, even deadly side effects,^{vi} such as

- ✓ Muscle weakness
- ✓ Sexual dysfunction
- ✓ Cognitive loss
- ✓ Increased cancer risk
- ✓ Diabetes

Familial hypercholesterolemia is a genetic defect that makes a person resistant to traditional measures of normalizing cholesterol. People born with this condition are the **ONLY** subgroup that might benefit from statins.^{vii}

If You Take Statins, You Should Take CoQ10!

Statin drugs deplete your body of Coenzyme Q10 (CoQ10), a cofactor essential for the creation of ATP molecules needed for cellular energy production. Depletion of CoQ10 in your body may lead to fatigue, muscle weakness, soreness, and heart failure.

