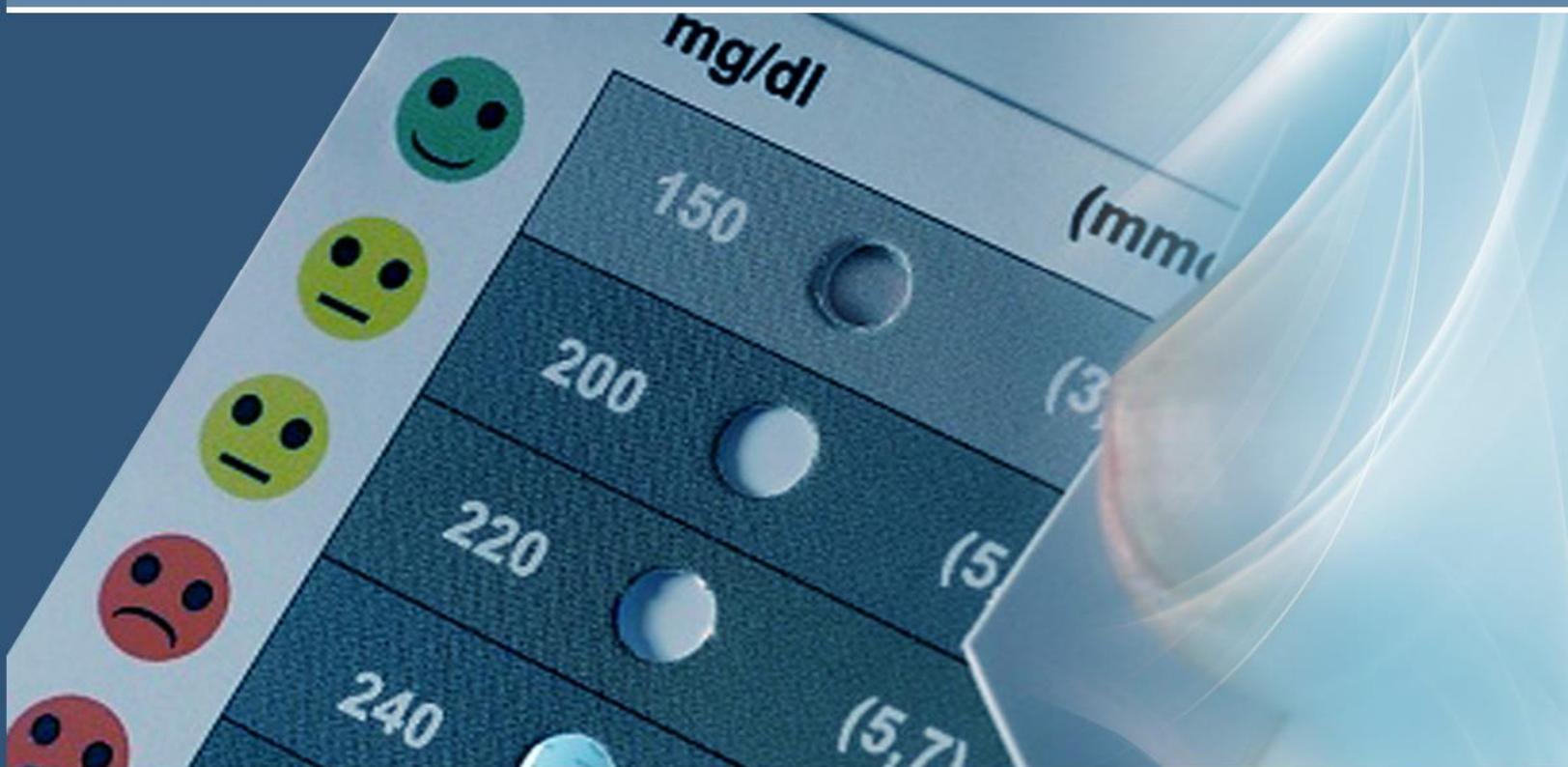


Cholesterol Lowering Secrets Report



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Section 1: Your Introduction to Cholesterol

Welcome to Cholesterol Lowering Secrets, a guide designed especially for you to help you lower your body's cholesterol level without having to rely heavily on medication.

Together we will walk through simple yet specific steps you can begin taking today to bring the level of cholesterol in your blood down to your target level.

One thing you will notice very quickly about this Report is that it is written in a way that gets right down to the heart of what is important to you.

While it is necessary to understand how cholesterol is made in your body and what this means to your overall health picture; what you really want to know is what you can do to lower it.

If you are just getting started or you are unsure of what your cholesterol count is then you will find the first two sections of this Report helpful. They outline the basics such as how cholesterol rises in your body as well as symptoms, risks, and terms associated with elevated blood cholesterol.

The goal of this Report is to leave you with a complete understanding of the steps you can take to restore your healthy blood chemistry. You are encouraged to follow the steps within this Report and discuss them with your doctor and more importantly follow up and follow through.

Cholesterol Facts Important to You

Because you are reading this Report it shows that you understand how important maintaining a normal cholesterol level is to your health.

Signs and symptoms of high cholesterol are usually not visible and most people do not learn that they have a problem with their cholesterol level until they have a blood test from their doctor. By reading this Report you are taking a proactive approach to better health.

You may know there are both “good” and “bad” forms of cholesterol.

What is Cholesterol after all?

Cholesterol is a waxy, fat-like substance that can be found in every cell of your body. Cholesterol is used to make hormones, Vitamin D, and other substances that aid digestion.

Your body naturally makes all the cholesterol you need, but you can get additional cholesterol from the foods you eat.

Understanding the Terminology

The terms you typically hear used in association with cholesterol are LDL and HDL. These are kinds of lipoproteins and they are what carry cholesterol through your blood. Without the lipoproteins, cholesterol (a wax) would not mix with your blood (a liquid) and could not be transported and used by your body.

LDL Cholesterol

LDL stands for low density lipoprotein. This is the one referred to as “bad” cholesterol. When you have too many LDL’s, cholesterol builds up in your arteries.

HDL Cholesterol

HDL stands for high density lipoprotein and is considered the “good” cholesterol. HDL carries cholesterol from your body to your liver where it is removed. *A simple way to remember that HDL is the good cholesterol is to think of “H” as standing for “Healthy”.*

Section 2:

Understanding Your Cholesterol Numbers

The blood test ordered by your doctor will likely be a test called a lipoprotein profile. This measures your total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides. Plus it provides your Cholesterol Ratio

If the results of your blood test show that you have higher than normal levels of cholesterol you will be told you have high blood cholesterol or hypercholesterolemia.

A lipoprotein profile lets you know the following information:

- **Total Cholesterol Level**

Desirable	less than 200 mg/dL	(less than 5.2 mmol/L)
Borderline	200-239 mg/dL	(5.2-6.2 mmol/L)
High	240 mg/dL or above	(6.2 mmol/L or above)

- **LDL (bad) Cholesterol Level**

Optimal	less than 100 mg/dL	(less than 2.6 mmol/L)
Near Optimal	100-129 mg/dL	(2.6-3.3 mmol/L)
Borderline	130-159 mg/dL	(3.4-4.1 mmol/L)
High	160-189 mg/dL	(4.1-4.9 mmol/L)
Very High	190 mg/dL or above	(4.9mmol/L or above)

- **HDL (good) Cholesterol Level**

High Risk	less than 40 mg/dL	(less than 1 mmol/L)
Lower Risk	40-59 mg/dL	(1-1.5 mmol/L)
Protective	60 mg/dL or above	(1.5 mmol/L or above)

- **Triglyceride Levels (another form of blood fat)**

Normal	less than 150 mg/dL	(less than 1.7 mmol/L)
Borderline High	150-199 mg/dL	(1.7-2.2 mmol/L)
High	200-499 mg/dL	(2.3-5.6 mmol/L)
Very High	500 mg/dL or above	(5.6 mmol/L or above)

Total Cholesterol to HDL Ratio

Some medical doctors use the ratio of total cholesterol to HDL cholesterol in place of the total blood cholesterol. The ratio is obtained by dividing the HDL cholesterol level into the total cholesterol.

For instance, if a person has a total cholesterol of 200 mg/dL (2.3 mmol/L) and an HDL cholesterol level of 50 mg/dL (1.3 mmol/L), the ratio would be 4 to 1. The goal is to keep the ratio below 5 to 1; the optimum ratio is 3.5 to 1.

Secret Fact:

The cholesterol ratio is actually more important than your total cholesterol reading when it comes to preventing heart attack, heart disease, stroke, arteriosclerosis, coronary heart disease, coronary artery disease and other cardiovascular diseases.

Section 3: Reducing Your High Cholesterol Levels

You now have an understanding of what cholesterol is, how it accumulates in your blood and what your specific cholesterol profile numbers mean. Now it is time to take action.

Below you will find specific steps you can take to lower your bad cholesterol and raise your good cholesterol. However, before you start your cholesterol lowering program there is something you need to consider and that is your mindset.

There are two common responses when you receive a diagnosis of high cholesterol. One response is to give up and hand your fate over to the drug manufacturers in hopes that the latest drugs will be your cure.

The problem with this response is that your future is out of your control. There are many benefits that can come from a proper regimen of cholesterol lowering drugs but these drugs also come with side effects that you do not want.

The most common side effects of cholesterol lowering drugs tend to involve the digestive system, such as constipation, abdominal pain, and cramps. These symptoms are usually mild to severe and generally subside as therapy continues.

Yet side effects can be more serious and can include liver damage, brain or central nervous system damage, or rhabdomyolysis (a serious breakdown of muscle tissue),

Pay attention to how your body reacts to medications and alert your doctor immediately if you experience any unusually feeling or notice yellowing of the skin, abdominal pain, fever; muscular pain, tenderness or weakness; a rash, difficulty breathing, wheezing; swelling of the mouth, tongue or throat, or any ache, pain or symptom that cannot be explained.

The second response is to take your diagnosis and turn it into motivation. Let your high cholesterol diagnosis be the catalyst you have been looking for to begin a healthy living program.

The fact of the matter is that you have much control over your cholesterol readings. Yes there are some things you cannot control such as your genes, age, and gender but these factors are only part of big picture that determines your blood cholesterol level.

You do have influence over your diet, your weight, your physical activity level, your stress level and whether you smoke, drink alcohol or take beneficial and natural supplements. These steps lead to better overall health and the side effects you can expect include positive factors such as a healthier heart and more energy.

You can make a difference. Adopt a mindset that says you will stick with the healthy living program laid out for you in the next few pages and don't look back.

Your Plan to Lower Cholesterol Naturally

Step 1: Foods & Diets

Your body produces its own cholesterol by manufacturing it in the liver, but cholesterol can also come from the foods you eat.

It is recommended that you limit your average daily cholesterol intake to less than 300 milligrams and lower this to less than 200 milligrams if you have heart disease.

You can achieve this daily cap by limiting foods that contain cholesterol and saturated fats such as:

Fatty meats	Whole milk	Whole dairy products (cheeses, ice cream, butter)
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Trans fats – man-made fats found in foods like stick margarine, many baked goods and fried foods. Transfats are the worst of fats. You don't need any of them so avoid all transfats.

Secret Fact:

In one Harvard study researchers found that just getting three percent of your daily calories from trans fats increased your risk of heart disease by fifty percent. Three percent of your daily calorie intake is the equivalent of seven grams of transfats. That is roughly the same amount that is in an order of fries. On average Americans eat between three and ten grams of transfats every day so you can see the great risk that is involved.

But don't fall into a common fallacy that all fat is bad for your cholesterol level. In fact, there are a number of healthy, unsaturated fats that can be beneficial. These foods include:

Fatty fish such as tuna and salmon	Walnuts	Almonds	Avocados
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Foods that you will want to include regularly in your diet contain soluble fiber, plant sterols/stanols and other health benefits. These foods include:

Beans	Legumes	Fruits	Vegetables	Grains	Nuts	Seeds
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Following a diet is a lifestyle issue that can seem intimidating. You may be concerned that you will have to give up all your favorite foods or that you will end up feeling deprived. This does not have to be the case.

The Therapeutic Lifestyle Changes Diet, commonly abbreviated as the TLC Diet is a recommended diet plan for people who want to control their cholesterol level.

This diet outlines how you can balance fats, carbohydrates, and proteins in your diet so you enjoy eating while lowering your cholesterol.

Based on research, by decreasing your saturated fats to less than 7% of your total calorie intake you can reduce your LDL level by 8-10% and by adding 5-10 grams of soluble fiber to your daily diet you may be able to reduce your LDL level by 3-5%.

Step 2: Natural Supplements

Any time you can turn to nature for a cure you can find the greatest health benefits and the fewest side effects. Natural supplements contain powerful nutrients to promote health and vitality, and can support healthy cholesterol function in your body.

As you move through your first step *to Lower Cholesterol Naturally* you will have days when you do not have the ability to follow your diet as well as you had planned. It is at these times when a nutritional supplement can bridge the gap and give you the reassurance that you are getting the nutrition you need without negative side effect.

A good supplement for lowering cholesterol will contain some key ingredients including, Policosanol, Red Yeast Rice, Garlic, Guggul etc.

These ingredients have been shown to help increase HDL cholesterol levels and decrease LDL cholesterol levels as well as decrease total cholesterol and triglyceride levels – all important components of your healthy cholesterol profile.

For example Policosanol lowers cholesterol to a degree similar to statin drugs. But quite surprisingly, policosanol can increase your “good” cholesterol by as much 10-25% which is difficult to achieve with statins.

Garlic has also provided remarkable consistent results, thru a survey of dozens of studies. With garlic you can expect a drop in cholesterol of anywhere from 10 to 20

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percent. In one study 261 people were given 800 milligrams of dried garlic for 16 weeks. That is about the equivalent of a small clove of fresh garlic. There was an average drop of 10 percent in cholesterol.

Regarding guggul, in one study 205 patients reduced LDL (bad) cholesterol by an average of 26 percent and triglycerides by 22.6 percent. They used a supplement of 500 mg of guggulipid for 12 weeks with no change in diet or lifestyle.

The recommended supplement that contains all these is Choleslo, which contains not only red yeast rice, guggul, garlic, policosanol, but also contains Liver Cleansing Formula.

Why Liver Cleansing?

Whenever you have high cholesterol it is very likely that your liver enzymes will be high as well. So whenever taking a cholesterol lowering supplement it's best to have something that not only lowers cholesterol but also takes care of the liver as well. After all liver is the organ that produces cholesterol in our body.

For more information about Choleslo click the link below:

<http://www.all-about-lowering-cholesterol.com/choleslo>

How I Lowered my Cholesterol by 23% in 2 Months?

Well, who is I? It is Artin Vaqari, the founder of al-about-lowering-cholesterol.com.

Before I explain what I did (which is pretty simple), let me show you the results before and after. Below is the table comparing the results (if you would like to see a scanned copy of the actual before & after results click the link below):

<http://www.all-about-lowering-cholesterol.com/support-files/cholesterol-test-results.pdf>

Lipid Profile	Normal Range	Before (Blood Test Results in Oct 2010)	After (Blood test Results in March 2011)	Change in %
Total Cholesterol	<5.2 (mmol/L)	6.5	5.0	- 23%
HDL Cholesterol	>1.04 (mmol/L)	1.37	1.55	+ 13%
LDL Cholesterol	<2.6 (mmol/L)	4.4	3.0	- 32%
Triglycerides	<1.7 (mmol/L)	1.5	1.0	- 33%
Total/HDL Ratio	<5.0	4.7	3.2	- 32%

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As you can see my total cholesterol dropped by 23%, LDL (bad) cholesterol by 32%, and triglycerides by 33% (eventhough before my triglycerides were within the range). While my LDL is still a bit above the normal range, this is no cause for concern.

Why?

Because my Ratio was lowered by 32%, down to 3.2 (from 4.7 before). And this ratio is the most optimal – while the ratio should be below 5, it is strongly recommended for optimal results that the ratio should be below 3.5 (and mine is 3.2) – see page 5 of this report for explanation of this ratio.

To get these results I used the supplement CholesLo recommended above.

<http://www.all-about-lowering-cholesterol.com/choleslo>

How I used it?

I started taking CholesLo first week of January – New Year's resolution to bring my cholesterol within the range.

I took 6 tablets a day, (3 tablets each, twice a day after meals) – the recommended usage however is 4 tablets a day, but since my cholesterol was kind of high, I opted to take 6 tablets a day. After I finished 3 bottles on March 4 i.e. 2 months later, on 5 March I tested my blood cholesterol levels and the results are above.

What is important also, is that I had used 3 other supplements before. While I had improvements with them it was only about 10%, and more importantly, while I could lower my cholesterol, it was still high and not within the normal range. Meaning my cholesterol was lower than before, but it was still high despite continuing to use such supplements.

All in all I am very happy with it since it helped reduce my cholesterol to within normal ranges. To find out more information about Choleslo go to:

<http://www.all-about-lowering-cholesterol.com/choleslo>

If you decide to buy, I do recommend that you opt for the offer to buy 2 free 1. You would need to use fully 3 bottles to feel the cholesterol lowering effect of CholesLo.

Section 4. What's next!?

Education is a lifelong trait. To fully discover how to lower cholesterol naturally you would want to view the full video presentation about the "Crush Cholesterol Blueprint" at <http://www.all-about-lowering-cholesterol.com/crush-cholesterol-blueprint-video.html>

There you will discover how you can get the full video series on cholesterol (20 videos in total), plus the 6 ways on lowering cholesterol naturally.

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Results obtained from the use of specific supplements mentioned in this report, are specific to one person, and does not mean that you will achieve the same results. Results vary depending on individuals.

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