

Did you know ALL **cholesterol** is the same?

What we call, "**Good**" and "**Bad**" cholesterol is really **the carrier** that transports cholesterol, not the actual cholesterol.

Our **main source** of cholesterol is **from our cells** themselves. Every cell in our body makes cholesterol since **they need it** on a regular basis **to repair** themselves, keep our cell **membranes healthy and flexible**, and **protect** our DNA.

The **liver makes the cholesterol** in our blood, about 2,000 mgs of it each day regardless of what you eat, **7 times as much** as the FDA's recommended daily dietary intake.

If there is a potential risk associated with cholesterol it is with the carrier, not the cholesterol itself. The smaller sized **LDL has a greater chance of becoming oxidized** which might represent a risk over time. The carrier, apo-lipo-protein-A, is what gets oxidized in the carrier (LDL). Here's the kicker: **statin medications do nothing** to reduce the oxidized carriers from your body or stop the oxidation itself nor effect apo-lipo-protein A.

ONLY diet can.

How did these cholesterol carriers get oxidized you might ask? The same way our skin ages, our bad genes mutate, and joints and other tissues breakdown, from **high insulin levels** and exposure, **processed vegetable oils, trans fats, and denatured unstable fats**.

Oxidation is what causes inflammation. **Inflammation** is the root of all chronic, degenerative diseases, and causes aging itself. When **unstable, unsaturated fats** are in the presence of **insulin** the **inflammatory** process is magnified. Some of these unstable, denatured fats like trans fats and processed oils can cause damage in our body for 102 days to 2 years.

In the presence of unstable fats insulin **becomes jet fuel for inflammation and chronic disease**. Specifically insulin promotes and over production of series-2-prostaglandins that magnify the inflammatory process in the presence of damaged fats.

The single **strongest stimulators of insulin** are processed **carbohydrates (SUGARs)**. Sugars, grains, and starches can shoot insulin up like no other foods. Protein has a lower insulin effect and fat has virtually none.

Take away: Processed foods can cause inflammation and disease. The combo of chronic insulin levels (from too much sugar) and processed fats are lethal. How well and **how fast you age**, as well as whether you develop a **chronic degenerative disease is almost entirely up to you**. The diseases, health, and weight conditions your children develop or become susceptible to later in life are strongly programmed by what you feed them today.

What could be **more important than your health**, and well being, living a **long productive life** and your **children's future**? I say, nothing. The single best investment and **best gift** you can ever give your kids is learning and living a **healthy lifestyle and diet**.

Switch to **natural, whole, and sustainable foods** now. Budget for the farm today or go bankrupt with the pharmacy tomorrow!

Choice is yours.