Morning Check-In and Intentional Habits

Hey, everybody. We're here. Good morning. Hopefully you had a wonderful morning, hopefully your morning routine was nice and solid. If it wasn't, you know, what's the 1% that you can do differently tomorrow to gain a different result, right?

Don't want to get bogged down with what could have been what didn't happen, all of that. all of that stuff, right? That gets in there and mucks everything up and makes us feel defeated or brings us to a place of feeling defeated.

I shouldn't say that it makes this feel defeat. It puts us in that place that we choose. So we can choose a different place. That's how we could be a little bit more intentional with our experiences and what happens with that.

Today, this morning, I'm going to talk about cholesterol. It's a concern for lots and lots of people. And so I wanted to get in there and discuss it a little further.

So higher cholesterol can mean that the blood is thick and sticky, but your cholesterol is not all bad.

Why Cholesterol Matters

It has lots, lots great functions. There's lots situations where we lower it too much, number one. And number two, where we lower it using medications, which is kind of like taking the fire alarm out of the burning building, right?

So it doesn't mean that the building isn't still on fire. It just means we don't hear the alarm going off anymore. So, you know, it's important to understand the role that cholesterol plays in our life and how it can be very useful.

And then that helps us to when there is too much cholesterol in the system. So it's the building block of our hormones, okay? So we want to ask questions like, well, why aren't we converting and utilizing this for our hormone as we should be?

It surrounds toxins to decrease the impact So maybe there's a situation that we need to clean out and or reduce our toxic burden in our life. It helps keep the membranes of our veins and arteries and tissues nice and soft.

So if there is a cholesterol problem, there are other problems as well. Just manipulating that number doesn't solve these other issues. it's not isolated.

Taking a medication to manipulate your blood work doesn' address the underlying issue. Okay, so there's some things that you want to consider in these situations.

Obviously, there are lots more that we can do with herbals and homeopathics and, you know, lifestyle factors and we're going to talk about some of those in nutrition and talk some about that, but some other things you can consider is elimination.

If your bowels aren't working right, because maybe there's fiber issues, water issues healthy fat deficiencies, the body has to compensate by making more fat to surround the toxins to try to protect us.

So this is one of the places where we try and tuck toxins away because we can't eliminate it the proper way, so we store them in fat.

Root Causes of High Cholesterol

We wanna make sure that that isn't happening. Another issue can be a lack of antioxidants. This can also play a role and these really help the liver to keep the blood clear of those free radicals and without them, the body has to

find another way to deal with the problem.

We talked about toxic burden and the toxicities in our lifestyle. There's some of it that we can't eliminate living in the day and age that, but there's definitely a lot that do have power and control over.

And there are definitely lots and lots of ways that can lower that burden. The more toxins we have in life, the more we haven't our food, more overwhelmed and more desperate the body gets to try to deal with that.

So there's lots of opportunity for improvement there. Another concern is the lack of nutrients. So if we're eating lots, I call them filler foods, foods without nutrients, food that aren't nutrient dense, without the nutrients that we actually need, but they fill our belly for a short while anyway.

Again, they turn off that fire alarm, for a time, then our organs don't have the resources that they need to do their jobs. So that's an issue that you would definitely want to address.

Lack of activity, so sweating is an amazing way to get rid of toxins. So, you know, so many times you see not only not sweating, but trying to eliminate all the sweat in our life with things like antiperspirant deodorants, okay?

So instead of putting on antiperpirants deoderant, let's jump in a sauna, Let's work out, lets encourage that sweat. This is something that needs to take place in order for our body to do what it needs do well.

and to the capacity that we needed to. Then we wanna also consider our liver, our gallbladder, or our spleen. These all play a role in cleaning out and storing our blood.

Your liver makes 80% of the cholesterol that's in your blood, so we want to consider that. It's not issues like, and they've figured out they had poor science, You know, when they told us to stop eating things like good, healthy butter, not all butter is healthy, but healthy better and replace it with margarine or stop-eating egg yolks.

And now we know that that was the wrong move to make. So, you know instead of doing things that to try to lower our cholesterol, maybe we should look a little bit more at the overload or the burden or inability for some of these processes to be executed or fulfilled completely.

Then we have things like poor breathing. So if the blood is thick and sticky, the ratio of oxygen is way too low. We want to consider that. Breath work is huge.

There's a great book that I've talked about many, many times called Breath by James Nestor. there's also one called The Oxygen Advantage. we talk about nitric oxide all the time, supplements.

You know, this is something that is, is often definitely a concern in these situations. And then we have poor digestion. If you're eating really bad sources of protein, but you know and you, you can't break it down.

It becomes toxic. and this makes the situation worse. Um, and it doesn't matter what you are eating. if your body can break you down and utilize it. it's going to make all of these situation.

So not just protein but. So there was a study that was recently done by Tulane University, and they found that statins prevent stem cells from performing their main function, which is mostly reproducing and replicating other cells in the body to carry out some of these repairs.

So this is another area of concern because when you're taking statin drugs, you want to understand that, And are you truly paying Paul?

Statin Risks and Healing Concerns

Because again, this isn't addressing the underlying issue. And we have to understand that while medications might be necessary in certain situations, there is always a price to be paid.

So in the long run, as this study found, it's impairing our ability to heal, okay? Our ability, to reproduce and replicate cells in the body to carry out these repairs, that's a crucial piece in being able to heal and to sustain our health or to even regain health.

So there's lots of risks that are involved with statins and you're gonna see that in this study link. Let me put the study like in. The comments here, let's see.

Good morning, Linda. Yes, I will put the books in the comments as well. Okay, there's the link to that study. And Breath by James Nestor is, oops, not James Robb Restore, James Nester.

No, like auto tags people. I caught it, okay. So, oh, no, it did it again. It really wants this person to, to be tagged in this comment. Okay, let's try it this way.

Nope. Yes, I finally did it without tagging it. So that was breath. And then the other one was the oxygen. Advantage. And I'm trying to think of the name of that author.

It must be on one of my other shelves over there. So I don't have, remember the author's name off the top of head, but that's the other one that is very good too.

You're welcome, Linda. Nice to see you, even if it is only on here. Okay, so let's see, where are we at? So the links, the issues for statins. Like I said, there's lots of issues involved there.

In the study link, you're gonna see that it talks about memory loss. It talks myopathy, cataracts, diabetic risk. All that come from just taking this medication.

So why not consider some alternative therapies maybe in conjunction with, you know, if there's a situation where you need to take the medication short-term while you're working on addressing some of these other issues, or if it's not a serious situation, then you can, Patrick Holmes, is that the name of the author?

I don't know. My brain was doing two things at one time. Welcome to the Gemini world. Anyway, so Patrick McGoen, McEwen, M-C-K-E-O-W-N, it's gonna bug me now.

Anyway by the said, because taking the statin in and of itself isn't gonna solve anything. So even if you decide that it is, you know, work with your doctor and decide, that is necessary short-term doesn't mean that you can't still be working on some of these other areas to make sure that this is something that's necessary for the shortest time possible.

Because when you take the medication, it doesn't actually solve any of the problems. You might feel better because your blood work came back different.

I don't want to say mess with, but you can change how your brain associates from that perspective. But you could also do that in other ways too that are actually accomplishing a little bit more in the process.

So just keep, you know, think about it this way. Are you actually accomplishing anything or are you just trading this issue for 10 other issues because of what this will lead to long-term if you don't address it foundationally.

So there's another study that you're gonna find interesting. It's a 20-year study. They looked at the changes in cholesterol levels and the risk of death.

Because what's one of the reasons that want to lower your cholesterol? You don' want die, and from this situation anyway. So they found that the lower the cholesterol, the higher the death risk.

Research on Cholesterol and Mortality

I'll put the link to that study in here too. That is a very interesting one to see. These are all blood med. So, they felt

that, that higher of the cholesterols we age, it actually is protective, is what they've found.

And this was a 20-year study, guys. So it's not like this is something that they just threw together overnight, right? So cholesterol, because it can help your body heal, it because can protect you against infection, Because it Can protect against cancer.

Keep in mind what I said about how it plays a role in protecting us from toxins, how can support hormone production, How it does regulate our blood pressure, or how helps our brain function.

All these things need cholesterol as an ingredient. And when we drop cholesterol too low, all of these functions are impaired, which is what feeds into the risk for some of these other side effects.

So now let's say it is truly at an unhealthy level. What are some ways that we can manage it naturally? Well, first we know that what we eat, like I mentioned, doesn't necessarily directly increase our cholesterol, but our diet and lifestyle style can impair functions that utilize our cholesterol.

Okay, this is where it's important, leading way to having too much lying around and not being used, which is an issue as well. So we don't want that. Um, so that's how diet and lifestyle can impact it and eliminating things like egg yolks and healthy butter and things that, um, is not the diet and lifestyle adjustments that we need to make to accomplish this goal.

So it's very important to keep that in mind. It can improve our cholesterol levels from that perspective, not by reducing the cholesterol that eat, but by addressing our overall nutrition and life style.

Doing things like our Reset to Thrive program. That can be a really big help here. And you won't have the deficiencies that things like statins will cause that lead to more meds, more deficiencies and all that kind of stuff.

So a site that I love to use all the time is a cycle of might of it. If you haven't seen this site and you're on medications or you are considering going on medication, you should definitely, definitely please, please explore this site.

Now they, about, I don't know. I want to say two years ago, maybe they did a revamp to their site and they took a lot of their medications, a of the medications that were in their sight.

Natural Ways to Support Healthy Cholesterol

They took it out. It took them out, we can speculate all day long why that happened. Um, but the number of medications is in here is greatly reduced. And they've said over the years, um, since they'd done this, that, oh, well we're just, it just takes time to load them all back in.

Whatever the reason, it's the case, but thankfully there are still many medications that are in there. So the first one I'm gonna put in as a link in, there is a very popular statin that I have people come to me often that on.

And when you click on that link, you can pull this up and expand some of the information that's there, okay? And you're gonna see all, actually, know what?

I wanna share my screen. Let me do that so that you guys can see this as an example. Here we go, share. Okay, so you should be seeing my screen right now.

So this is the link that I just posted in the comments. We're gonna go through it together. so we know that there's a study that was done in 2005 that shows that it will create a copper deficiency.

Satin treatment was associated with significant reduction in mean serum copper. Now the previous site, it also used to give, okay, well, what does that mean?

Why do we care about being deficient in copper? And it used give the symptoms create. Okay. And that was great. That was very helpful for people to understand how this creates side effects.

But they no longer do that either. Anyway, so you can definitely search copper deficiency and the symptoms that are associated with that. I like that they used to do it on this site because obviously you know, you get all kinds of information from Google.

where at least this was more reliable. But they don't do it anymore. So we have to rely on other means. Copper deficiency. Now, zinc and copper have be in a delicate balance in the body.

That's why we don' want to supplement high doses of copper and Copper IUDs can be an issue. We also don''t want a supplement of high-doses of zinc because it's going to offset our copper.

And copper is very difficult for our body to replace because found in our foods the way that it used to be. And you'll see at the bottom, zinc is listed here as one of the deficiencies it will cause too.

So in addition to reducing serum total with low density lipoprotein LDL cholesterol, this was associated with a significant reduction in mean serum zinc, copper, and then other things there too, Um, so this is, uh, actually it's the same study.

Yeah. It was the study that was done in 2005. So zinc and copper. These are vital minerals. I just saw here too. Don't mean to make it nauseous with the scrolling up and down, but selenium selinium is very important for your heart health.

Um without seleneium, you are at a very high risk, um, of heart attacks. Okay. Cardiovascular illness, which is hope, Which is one of the things you're probably trying to eliminate with taking a statin, right?

So this was a nine-year follow-up. Selenium declines were observed in all the subgroups, despite the plasma selenia levels being higher and so on and forth.

And you can read through that. That was found in 2009. So considering the risk of selinium deficiency in the elderly and its relationship to poor health status, further clinical trials needed to verify the proposed hypothesis.

So selenium, again, is another mineral that's not found in many foods and it's hard to replace. So Brazil nuts soaked overnight and dehydrated can be a good source of selinium and there's some other foods there too.

CoQ10, this is huge. The doctor puts you on a statin drug and does not address the need for Coq10 which will also lead to cardiovascular issues and the risk without CoQ, this actually used to say, and they're the risks of a Coq10 deficiency will lead to heart attack risk.

There's only so much information they want you to have anymore and things are very, very widely filtered these days. So, you know, lots of this information has been removed, but thankfully we do have other sources.

It just takes a little bit more work to find the information, unfortunately. So low co-Q10 is a big, big deal. And you can see there's a lots of information.

There's lots studies that show that it will create that deficiency. We know hands down, if it doesn't do it right away, depending on your diet and your lifestyle and other factors, it we'll do this and it'll put you at risk for a heart attack.

That's not something that should be taken lightly. And you can go through and read through this. So there's another statin that I find to be very common.

I'll put the link to that one. Simvastatin in there. And, you know, go to Mitavan yourself. Like I said, and you could type in any medication. Hopefully they have all the ones that you're looking for.

But if not, yes, then the CoQ10 is essential. That Simvestatin, which again is another really common one that lots of people are on. So, you know, managing this through diet and lifestyle is definitely a better way.

It's an effective way, it's extremely effective. And it is something that can be done long term and in doing it that way you are addressing all of these other concerns, okay, and preventing other health issues instead of creating more health issue.

So, and we can, you can add in supplemental support you know we're going to add it herbals we could add and with some amazing supplements available to us now that the, the tech, I don't want to say technology but the information that we have as to how to supplement support these processes has grown so much great great tools out there there's so Again, whether you feel the need to do that short term or your doctor said we have to this short-term, you know, while you're working on the other factors, fine.

Or if you want to utilize this as tools to prevent, then all the better. So reach out if need help. If you have questions, share this with your friends and family that have a concern in this area, because this can be a big deal.

See you again soon, guys.