S2 Ep 19 PART 1 - Cholesterol: The most misunderstood molecule - SOLO Transcript

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Podcast Introduction and Topic Overview

Why Blood Work Matters

What Lipids and Cholesterol Are

LDL, HDL, and Triglycerides Explained

Cholesterolu2019s Roles in the Body

Vitamin D, Liver Health, and Brain Function

Why Cholesterol Shouldnu2019t Be Demonized

good morning everybody and welcome to good morning everybody and welcome to the Eat Pray Faith podcast with Dr Tracy the Eat Pray Faith podcast with Dr Tracy that's me and today we're going to have that's me and today we're going to have an incredible topic which I decided to an incredible topic which I decided to do in two parts because I do believe do in two parts because I do believe it's going to be too long for one it's going to be too long for one podcast and I don't want you guys podcast and I don't want you guys snoozing on me so we're talking about snoozing on me so we're talking about cholesterol the most misunderstood cholesterol the most misunderstood Miracle molecule um totally essential in Miracle molecule um totally essential in the body and it's really unfortunate the body and it's really unfortunate that it's so demonized but you know I I that it's so demonized but you know I I always start with if God put it always start with if God put it everywhere it has to be good I look at everywhere it has to be good I look at that for dandelions which we now know or that for dandelions which we now know or Nature's most perfect food I look at Nature's most perfect food I look at that at for fat cells which we now know that at for fat cells which we now know is part of our endocrine system and our is part of our endocrine system and our immune system extremely vital for health immune system extremely vital for health and maybe you don't know that I should and maybe you don't know that I should probably do a whole podcast on that so probably do a whole podcast on that so I'll get to it um but today we're really I'll get to it um but today we're really focused on cholesterol and I think one focused on cholesterol and I think one of the biggest tests that are out there of the biggest tests that are out there that gives so much misinformation on that gives so much misinformation on health and what that means for a person health and what that means for a person is the lipid panel so I'm going to first is the lipid panel so I'm going to first go over what is a lipid panel I'm going go over what is a lipid panel I'm going to break that down and then I'm going to to break that down and then I'm going to go over what does cholesterol do in the go over what does cholesterol do in the body and I think that will be enough for body and I think that will be enough for today in the next episode we're going to today in the next episode we're going to talk about the impact of the statin talk about the impact of the statin drugs on cholesterol levels and what drugs on cholesterol levels and what that will do to the body we'll also talk that will do to the body we'll also talk about some natural solutions about some natural solutions to reduce inflammation to help with the to reduce inflammation to help with the Leaky vessels all of the things but I Leaky vessels all of the things but I think we're just going to eat the think we're just going to eat the elephant one bite at a time today we're elephant one bite at a time today we're going to start chunking this off with going to start chunking this off with hey guys what's the lipid panel and what hey guys what's the lipid panel and what is is is cholesterol all right so let's begin so cholesterol all right so let's begin so I taught a class called beyond the blood I taught a class called beyond the blood work and the reason that I did that was work and the reason that I did that was two things number one I wanted two things number one I wanted practitioners to put a set of new eyes practitioners to put a set of new eyes onto blood work uh really important to onto blood work uh really important to me that you know it's it's not the me that you know it's it's not the testing it's The Interpreter if you have testing it's The Interpreter if you have a bad interpreter over testing you're a bad interpreter over testing you're wasting a lot of money now unfortunately wasting a lot of money now unfortunately people are indoctrinated to believe that people are indoctrinated to believe that they can only get blood work from their they can only get blood work from their medical Physicians that is not true you medical Physicians that is not true you have more

power over your health than have more power over your health than you know and you can actually get blood you know and you can actually get blood work for yourself by walking into a lab work for yourself by walking into a lab and requesting those things it's going and requesting those things it's going to be cash out of pocket but I will tell to be cash out of pocket but I will tell you this if you go to the right lab it's you this if you go to the right lab it's only going to be about $50 for you to only going to be about $50 for you to get an annual BL work workup that get an annual BL work workup that includes a CBC with differential a CMP includes a CBC with differential a CMP which is your comprehensive metabolic which is your comprehensive metabolic panel your lipid panel which includes panel your lipid panel which includes your cholesterol levels and also a total your cholesterol levels and also a total serum iron which are my core four that I serum iron which are my core four that I recommend for everybody so in addition recommend for everybody so in addition to that I will test thyroid I will also to that I will test thyroid I will also test some hormones for men and women test some hormones for men and women because it is important that we because it is important that we understand that your hormones your white understand that your hormones your white and red blood cells and your and red blood cells and your neurotransmitters are the great Trifecta neurotransmitters are the great Trifecta that determine the function and health that determine the function and health of your immune system we like to of your immune system we like to segregate the body in the allopathic segregate the body in the allopathic that's not what we do over here into the that's not what we do over here into the integrative care system which is what I integrative care system which is what I live in we look at the whole person we live in we look at the whole person we also don't treat the test we talk to the also don't treat the test we talk to the person which is really important because person which is really important because guys we have to remember that numbers guys we have to remember that numbers don't lie but they don't tell the whole don't lie but they don't tell the whole story so let's get into this panel a story so let's get into this panel a little little little bit all right so what are lipids when we bit all right so what are lipids when we hear about this blood work thing called hear about this blood work thing called a lipid panel or a cholesterol panel a lipid panel or a cholesterol panel what is a lipid well lipids are organic what is a lipid well lipids are organic compounds that are fatty acids or compounds that are fatty acids or derivatives and are insoluble in water derivatives and are insoluble in water but soluble in organic solvents so what but soluble in organic solvents so what does that mean well things like this may does that mean well things like this may include natural waxes and oils and include natural waxes and oils and steroids so when you have these steroids so when you have these particular steroids in your body like particular steroids in your body like cortisol or you know natural fatty acids cortisol or you know natural fatty acids those are insoluble in water but can those are insoluble in water but can become soluble with other organic become soluble with other organic compounds and solvents to create a compounds and solvents to create a biological response in the body so biological response in the body so lipids are fatty compounds that perform lipids are fatty compounds that perform excuse me uh or a class of organic excuse me uh or a class of organic compounds that are fatty acids and they compounds that are fatty acids and they are compounds that perform a variety of are compounds that perform a variety of functions in the body lots of things you functions in the body lots of things you know they're part of your cell membrane know they're part of your cell membrane they help you control what goes in and they help you control what goes in and out of your cells that's really out of your cells that's really important so they're kind of like your important so they're kind of like your armor of your cells they're going to let armor of your cells they're going to let things in and they're going to let things in and they're going to let things out they help with moving and things out they help with moving and storing of energy they absorb vitamins storing of energy they absorb vitamins and minerals especially fat soluble and minerals especially fat soluble vitamins like a e d and K and lipids vitamins like a e d and K and lipids help you make hormones so they're also help you make hormones so they're also hydrophobic so they don't mix well with hydrophobic so they don't mix well with water but like I said before they're water but like I said before they're organic they will break down in the body organic they will break down in the body so some example of lipids these organic so some example of lipids these organic compounds are cholesterol triglycerides compounds are cholesterol triglycerides fatty acids steriles and fatty acids steriles and phospholipids now that's really phospholipids now that's really important that we understand so when we important that we understand so when we measure a lipid panel or cholesterol measure a lipid panel or cholesterol panel you're going to look at many panel you're going to look at many factors but the core things they look at factors but the core things they look at are total cholesterol triglycerides LDL are total cholesterol triglycerides LDL HDL some people pull VD vldl and other HDL some people pull VD vldl and other things I pull a lot more components but things I pull a lot more components but we're not talking about blood markers we're not talking about blood markers today we are talking about lipids today we are talking about lipids cholesterol and the impact that they cholesterol and the impact that they have on the body have on the body so when we talk about cholesterol we're so when we talk about cholesterol we're talking primarily about the total number talking primarily about the total number of LDL and HDL and in our

society we of LDL and HDL and in our society we like to say LDL is the bad cholesterol like to say LDL is the bad cholesterol and HDL is the good cholesterol if and HDL is the good cholesterol if you're a practitioner listening to this you're a practitioner listening to this you are never allowed to say those words you are never allowed to say those words again you're never allowed to again you're never allowed to compartmentalize cholesterol into bad or compartmentalize cholesterol into bad or good there is no such thing as bad good there is no such thing as bad cholesterol if the body is producing cholesterol if the body is producing something or doing something it is something or doing something it is responding to the environment that your responding to the environment that your client or patient are putting putting client or patient are putting putting themselves in so that could be a poor themselves in so that could be a poor diet high stress emotional trauma diet high stress emotional trauma whatever that looks like but the body whatever that looks like but the body never does anything wrong it simply never does anything wrong it simply responds to the environment it's put in responds to the environment it's put in to protect that person and save their to protect that person and save their life so when cholesterol begins to life so when cholesterol begins to elevate it's not because it was elevate it's not because it was elevation Monday it's because over a elevation Monday it's because over a period of time there was systemic period of time there was systemic inflammation breakdown there could be inflammation breakdown there could be liver issues and cholesterol starts to liver issues and cholesterol starts to increase in order to help help overcome increase in order to help help overcome an issue or protect so when we talk an issue or protect so when we talk about lipid panels ldls and hdls are about lipid panels ldls and hdls are what are called what are called lipoproteins so it's fat on the inside lipoproteins so it's fat on the inside and a protein on the outside so that's and a protein on the outside so that's kind of cool right so these things come kind of cool right so these things come together and you either have low density together and you either have low density lipoproteins fat on the inside protein lipoproteins fat on the inside protein on the outside or you have high density on the outside or you have high density lipoproteins which are fat on the inside lipoproteins which are fat on the inside and also so um protein on the outside and also so um protein on the outside ldls low density lipoproteins which is ldls low density lipoproteins which is now we know not bad these carry things now we know not bad these carry things to the cells from the liver so the liver to the cells from the liver so the liver is going to produce cholesterol the is going to produce cholesterol the liver is going to produ help produce and liver is going to produ help produce and create these lipoproteins and the ldls create these lipoproteins and the ldls are going to come and they're going to are going to come and they're going to carry cholesterol from the liver and carry cholesterol from the liver and other things to the cells the hdls the other things to the cells the hdls the high density lipoproteins are then going high density lipoproteins are then going to carry things back from the to carry things back from the bloodstream back to the liver really bloodstream back to the liver really important they're kind of like the important they're kind of like the tugboats right so we're going to get tugboats right so we're going to get into this a little bit more and get a into this a little bit more and get a little bit deeper on this but I want you little bit deeper on this but I want you guys to understand there's no such thing guys to understand there's no such thing as bad cholesterol remove it from your as bad cholesterol remove it from your entire verbiage your vernacular whatever entire verbiage your vernacular whatever you want to say get rid of it spit it you want to say get rid of it spit it out just like there's no such thing as out just like there's no such thing as burning fat that's a lie you can't burn burning fat that's a lie you can't burn fat fat doesn't burn it is part of your fat fat doesn't burn it is part of your immune syst it's like saying I'm burning immune syst it's like saying I'm burning up white blood cells now you don't burn up white blood cells now you don't burn up anything so we have to stop saying up anything so we have to stop saying things that create confusion in the things that create confusion in the industry so that somebody can sell these industry so that somebody can sell these people a product we as practitioners people a product we as practitioners have to get better at communicating what have to get better at communicating what actually is going on biologically and actually is going on biologically and physiologically so I hope that you never physiologically so I hope that you never say bad cholesterol say bad cholesterol again all right so now we understand again all right so now we understand that there's ldls there's hdls those are that there's ldls there's hdls those are lipoproteins that's fat on the inside lipoproteins that's fat on the inside protein on the outside and now we're protein on the outside and now we're going to talk about what they do so ldls going to talk about what they do so ldls they're going to be like all aboard so they're going to be like all aboard so what's inside your lepo protein LDL what's inside your lepo protein LDL that's being carried out to your blood that's being carried out to your blood well it's going to put in there some well it's going to put in there some triglycerides now triglycerides are triglycerides now triglycerides are important because these are a form of important because these are a form of energy and so we again like to demonize energy and so we again like to demonize triglycerides like when they're high in triglycerides like when they're high in the blood like somehow your body just the blood like somehow your body just produced more it didn't the problem is produced more it didn't the problem is triglycerides are a glycerol with Three triglycerides are a glycerol

with Three fatty acids on it so a little blob of fatty acids on it so a little blob of energy or sugar with Three fatty acids energy or sugar with Three fatty acids and when the ldls put them in the boat and when the ldls put them in the boat so think of an LDL as a boat or a vldl so think of an LDL as a boat or a vldl is really the boat so the triglycerides is really the boat so the triglycerides are in there he puts in cholesterol in are in there he puts in cholesterol in there and then he puts in some fat there and then he puts in some fat soluble vitamins into the boat and the soluble vitamins into the boat and the LDL goes out into the bloodstream and he LDL goes out into the bloodstream and he starts throwing this stuff into the starts throwing this stuff into the bloodstream he's like here's some bloodstream he's like here's some cholesterol go be an anatomical Band-Aid cholesterol go be an anatomical Band-Aid go patch things that need repaired go go patch things that need repaired go combine with a good fat and create combine with a good fat and create hormones go and help with all of the hormones go and help with all of the inflammatory responses and cellular inflammatory responses and cellular protection so we're going to get into protection so we're going to get into more of what cholesterol does but then more of what cholesterol does but then the triglycerides get thrown into the the triglycerides get thrown into the blood as well and they break apart and blood as well and they break apart and so your cell receptors they come out so your cell receptors they come out because when you eat food you get because when you eat food you get insulin releasing which stimulates cells insulin releasing which stimulates cells to put the receptor sites up receptors to put the receptor sites up receptors for all kinds of things whether they for all kinds of things whether they need glucose those are glute four need glucose those are glute four receptors or if they need fat soluble receptors or if they need fat soluble vitamins or if they need cholesterol to vitamins or if they need cholesterol to help patch and repair the cell whatever help patch and repair the cell whatever that looks like long story short this that looks like long story short this boat comes out full of good things boat comes out full of good things cholesterol triglycerides and fat cholesterol triglycerides and fat soluble vitamins it dumps them all into soluble vitamins it dumps them all into the blood for your cell receptors to the blood for your cell receptors to combine or bind to them and utilize them combine or bind to them and utilize them now if your cells bind to the fatty now if your cells bind to the fatty acids they're going to use that for acids they're going to use that for energy if if your cells bind to the fat energy if if your cells bind to the fat soluble vitamins they're going to use soluble vitamins they're going to use that for other biological processes if that for other biological processes if your cholesterol is bound to a good fat your cholesterol is bound to a good fat it's going to go make hormones it's it's going to go make hormones it's going to go help stimulate your brain going to go help stimulate your brain neurotransmitters it's going to patch neurotransmitters it's going to patch your vascular system and cholesterol your vascular system and cholesterol patches all endothelial tissue an patches all endothelial tissue an endothelial tissue is inside of your endothelial tissue is inside of your vascular system arteries and veins it's vascular system arteries and veins it's part of your bloodb brain barrier it's part of your bloodb brain barrier it's part of your digestive system in lining part of your digestive system in lining and it's also part of your renal system and it's also part of your renal system so when cholesterol is patching things so when cholesterol is patching things you're not just leaking in one place if you're not just leaking in one place if you have leaky gut you have leaky brain you have leaky gut you have leaky brain if you have leaky brain you have leaky if you have leaky brain you have leaky kidneys if you have leaky kidneys you kidneys if you have leaky kidneys you got leaky vessels so you don't just got leaky vessels so you don't just patch in one place so that's what the patch in one place so that's what the ldls do they're kind of like a big ldls do they're kind of like a big delivery system boat and so to get the delivery system boat and so to get the triglycerides into your cells your body triglycerides into your cells your body sends them in a very low density sends them in a very low density lipoprotein called lipoprotein called vldl which eventually remodels to A vldl which eventually remodels to A lowdensity lipoprotein and this happens lowdensity lipoprotein and this happens with the assistant of the HDL that's with the assistant of the HDL that's going to come out help remodel the boat going to come out help remodel the boat and pull it back to the liver to be and pull it back to the liver to be utilized again in another way all utilized again in another way all vldls are made containing both vldls are made containing both triglycerides and cholesterol ol but triglycerides and cholesterol ol but mostly triglycerides and fat soluble mostly triglycerides and fat soluble vitamins okay so we have the boat it's vitamins okay so we have the boat it's being sent out to the blood things are being sent out to the blood things are getting dumped in and the cells what do getting dumped in and the cells what do they need well they need glucose for they need well they need glucose for energy they need fatty acids from the energy they need fatty acids from the triglycerides and they need those fat triglycerides and they need those fat soluble vitamins so it's good ldls are soluble vitamins so it's good ldls are good right now people will say well what good right now people will say well what about cholesterol from food that's about cholesterol from food that's called climac chromin No that's wrong called climac chromin No that's wrong it's called um it's called um clom Micron clom Micron I'm sorry so clom Micron clom Micron I'm sorry so that's the type of cholesterol we get that's the type of cholesterol we get from food

now listen guys it has a from food now listen guys it has a halflife of about an hour so your total halflife of about an hour so your total cholesterol and your elevated cholesterol and your elevated cholesterol is not from what you eat and cholesterol is not from what you eat and I think they've disproved that they try I think they've disproved that they try to say like in the 80s don't eat eggs to say like in the 80s don't eat eggs and then they're like oh wait we're and then they're like oh wait we're wrong really can't trust anything they wrong really can't trust anything they say but anyway say but anyway so now the hdls let's talk about high so now the hdls let's talk about high density lipo proteins these guys come density lipo proteins these guys come out and they're going to pick up all the out and they're going to pick up all the unused cholesterol all the unused unused cholesterol all the unused lipoproteins they take them back to the lipoproteins they take them back to the liver where they're stored and used for liver where they're stored and used for hormones and other structures so you hormones and other structures so you have ldls delivering hdls are the have ldls delivering hdls are the tugboat that is going to take the LDL tugboat that is going to take the LDL back and gather all the cholesterol and back and gather all the cholesterol and take it back to the liver and so we keep take it back to the liver and so we keep talking about the liver so I just want talking about the liver so I just want to touch on this just real quick love to touch on this just real quick love love your liver totally love your liver love your liver totally love your liver really important that you have a healthy really important that you have a healthy liver because the function of the liver liver because the function of the liver is to produce and clear cholesterol in is to produce and clear cholesterol in the body among other functions I am the body among other functions I am aware but most of the attention focused aware but most of the attention focused on cholesterol describes its potential on cholesterol describes its potential for harmful health effects but for harmful health effects but cholesterol is necessary we now know in cholesterol is necessary we now know in the creation of hormones vitamin D the creation of hormones vitamin D enzymes and um it's also needed for enzymes and um it's also needed for digestion which we haven't really talked digestion which we haven't really talked about so liver function really important about so liver function really important your lifestyle what you eat your your lifestyle what you eat your medications drugs alcohol viruses medications drugs alcohol viruses diseases things that are instigators diseases things that are instigators underneath if your liver's congested if underneath if your liver's congested if your liver is not functioning right if your liver is not functioning right if you have no gallbladder you already have you have no gallbladder you already have liver issues so make sure when you do liver issues so make sure when you do that Baseline blood work and if you want that Baseline blood work and if you want it I will run it for it I will run it for you um you would there'll be a link in you um you would there'll be a link in the show notes for you to click and fill the show notes for you to click and fill out a form and tell me you want a out a form and tell me you want a baseline blood work if you just want a baseline blood work if you just want a lipid panel we can look at that but make lipid panel we can look at that but make sure you put in what type of blood work sure you put in what type of blood work if it's not listed in the choices then if it's not listed in the choices then just click other all right so some rules just click other all right so some rules of cholesterol just so we know how of cholesterol just so we know how valuable it is because we now know the valuable it is because we now know the lipid panel we know what those numbers lipid panel we know what those numbers mean LDL HDL are not really cholesterols mean LDL HDL are not really cholesterols they're lipid proteins that carry they're lipid proteins that carry cholesterol and so when we have those cholesterol and so when we have those high or low it's kind of a poor high or low it's kind of a poor indication of really how much indication of really how much cholesterol we have it's really telling cholesterol we have it's really telling us that the Lipo proteins aren't going us that the Lipo proteins aren't going where they need to go things aren't where they need to go things aren't getting delivered cell are inflamed and getting delivered cell are inflamed and the receptor sites may be covered and the receptor sites may be covered and they can't get the fatty acids they they can't get the fatty acids they can't get the fat soluble vitamins so can't get the fat soluble vitamins so really inflammation at the core is going really inflammation at the core is going to be a problem leaky gut leaky to be a problem leaky gut leaky vessels standard American diet stress can also standard American diet stress can also set off set off neurotransmitters but cholesterol is not neurotransmitters but cholesterol is not bad it's just the way everyone's bad it's just the way everyone's living so other rules of cholesterol living so other rules of cholesterol well produces vitamin D yes vitamin D is well produces vitamin D yes vitamin D is linked to cholesterol because we need linked to cholesterol because we need cholesterol and our skin cells to make cholesterol and our skin cells to make vitamin D how about that from the Sun so vitamin D how about that from the Sun so your best form of vitamin D and lowering your best form of vitamin D and lowering cholesterol is sunshine now if you think cholesterol is sunshine now if you think about it we slather ourselves in this about it we slather ourselves in this crappy you know uh synthetic skin stuff crappy you know uh synthetic skin stuff I don't even want to call it sunscreen I don't even want to call it sunscreen because it's stupid but if you allow the because it's stupid but if you allow the natural Sunshine the vitamin D is later natural Sunshine the vitamin D is later transformed again in the

liver and transformed again in the liver and kidneys but cholesterol is needed for kidneys but cholesterol is needed for that first step so you need cholesterol that first step so you need cholesterol to be able to get vitamin D production to be able to get vitamin D production from the Sun and I had said this in my from the Sun and I had said this in my post that when I look at blood work for post that when I look at blood work for people that have cancer that have been people that have cancer that have been diagnosed or whatever that looks like diagnosed or whatever that looks like the first thing I look at is cholesterol the first thing I look at is cholesterol is it high or low because if it's low I is it high or low because if it's low I know we got issues they're AR going to know we got issues they're AR going to be able to produce enough vitamin D and be able to produce enough vitamin D and there's so many studies about vitamin D there's so many studies about vitamin D and cancer you can go look those up for and cancer you can go look those up for yourself all right cholesterol helps yourself all right cholesterol helps form cell membrane layers it helps the form cell membrane layers it helps the liver make bof for digestion so again if liver make bof for digestion so again if you're having constipation issues run a you're having constipation issues run a lipid panel let's see where you are you lipid panel let's see where you are you might need more cholesterol cholesterol might need more cholesterol cholesterol is involved in the brain and in the is involved in the brain and in the communication process of communication process of neurotransmitters such as dopamine and neurotransmitters such as dopamine and serotonin so it helps with mood it makes serotonin so it helps with mood it makes up the majority of myelin which we know up the majority of myelin which we know the myelin sheath surrounds the axons of the myelin sheath surrounds the axons of your neurotransmitters the communicators your neurotransmitters the communicators in your brain think about it how many in your brain think about it how many disease Es are associated with milin disease Es are associated with milin sheath sheath degradation that's the sheath sheath degradation that's the white fatty sheath that provides white fatty sheath that provides protection to neurons you need it and so protection to neurons you need it and so when we try to lower cholesterol we are when we try to lower cholesterol we are destroying our neurotransmitters our destroying our neurotransmitters our melin sheath our brain our potential for melin sheath our brain our potential for um healthy cell membranes uh to make um healthy cell membranes uh to make hormones and to produce vitamin D and hormones and to produce vitamin D and other fat soluble vitamins plus use other fat soluble vitamins plus use triglycerides as fatty acids so why triglycerides as fatty acids so why would they throw so many statins on us would they throw so many statins on us why would they try to lower cholesterol why would they try to lower cholesterol there are no studies associated with the there are no studies associated with the lowering of cholesterol and lowering of cholesterol and cardiovascular health it's a fat lie and cardiovascular health it's a fat lie and it should be medical fraud it should be it should be medical fraud it should be they don't tell you this I don't they don't tell you this I don't understand how we can all read the same understand how we can all read the same textbook understand how cholesterol textbook understand how cholesterol works in the body and ethically give works in the body and ethically give people a Statin it just blows my mind it people a Statin it just blows my mind it really does also so in your hormone really does also so in your hormone Cascade if you look at cholesterol it's Cascade if you look at cholesterol it's above all of your hormones cholesterol above all of your hormones cholesterol and a good fat make pregnanolone PR and a good fat make pregnanolone PR progesterone they break down and they progesterone they break down and they make DHEA testosterone estradiol they make DHEA testosterone estradiol they also are used to make cortisol which is also are used to make cortisol which is not bad unless it's unchecked unless not bad unless it's unchecked unless you're in a chronic stress response you you're in a chronic stress response you know cortisol helps lower inflammation know cortisol helps lower inflammation in the body but left uncheck it'll in the body but left uncheck it'll increase inflammation whole other increase inflammation whole other lecture right so when we have the impact lecture right so when we have the impact of Statin which I am going to save for of Statin which I am going to save for the next podcast now and we're going to the next podcast now and we're going to talk about the impact of statins what talk about the impact of statins what they do how they work and we're also they do how they work and we're also going to talk about some natural going to talk about some natural solutions that you can do if your solutions that you can do if your cholesterol is high but here's what I'm cholesterol is high but here's what I'm going to leave you with ladies and going to leave you with ladies and gentlemen that are over 40 it is natural gentlemen that are over 40 it is natural that your cholesterol elevates if your that your cholesterol elevates if your natural process for your hormones is to natural process for your hormones is to decrease as we get older guess what your decrease as we get older guess what your body is going to try to balance your body is going to try to balance your hormones and make new and healthy ones hormones and make new and healthy ones that your body can use as you age that your body can use as you age gracefully your cholesterol is fine at gracefully your cholesterol is fine at levels of 200 to 250 and even higher for levels of 200 to 250 and even higher for some people some people genetically have some people some people genetically have a higher cholesterol that's okay so if a higher

cholesterol that's okay so if you take anything from this if you get you take anything from this if you get blood work for lipids get a good blood work for lipids get a good interpreter someone who understands interpreter someone who understands blood work if you want to learn more blood work if you want to learn more about cholesterol in your blood work you about cholesterol in your blood work you can take the course it's linked in the can take the course it's linked in the show notes there's also a code in there show notes there's also a code in there to get you $100 off the course which to get you $100 off the course which isn't expensive anyway if you need blood isn't expensive anyway if you need blood work hit me up um there's also a link in work hit me up um there's also a link in the show notes where you can get it the show notes where you can get it scripted to you walk into the lab get it scripted to you walk into the lab get it drawn yourself it will be cash out of drawn yourself it will be cash out of pocket but it's going to be about $50 to pocket but it's going to be about $50 to $75 depending on what you want and if $75 depending on what you want and if you just want a limpid panel it's you just want a limpid panel it's probably going to be about 15 bucks okay probably going to be about 15 bucks okay last I want you to understand that last I want you to understand that cholesterol is good there's no such cholesterol is good there's no such thing as bad cholesterol please stop thing as bad cholesterol please stop saying that it's a terrible thing to say saying that it's a terrible thing to say it's a lie it's a Flatout lie they are it's a lie it's a Flatout lie they are trying to sell you something when people trying to sell you something when people lie to you it's usually to fear-monger lie to you it's usually to fear-monger you into believing something that's not you into believing something that's not true so that you get scared so that you true so that you get scared so that you choose so I hope this was enlightening choose so I hope this was enlightening to you this is part one there will be a to you this is part one there will be a part two next week so stay tuned thanks part two next week so stay tuned thanks for being here make sure you subscribe for being here make sure you subscribe make sure you share this with somebody make sure you share this with somebody that can benefit because they're going that can benefit because they're going to want to catch part two with the to want to catch part two with the impact of stattin make sure you check impact of stattin make sure you check your um blood work course out check out your um blood work course out check out the type form if you want blood work and the type form if you want blood work and guys remember the body never does guys remember the body never does anything wrong God is good he is great anything wrong God is good he is great and if you put it everywhere it's and if you put it everywhere it's probably for a reason go check me out on probably for a reason go check me out on Facebook and Instagram also on Tik Tok Facebook and Instagram also on Tik Tok