Why Lowering Cholesterol Isn't the Real Goal (Do This Instead) Transcript

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Rethinking LDL and Cholesterol

If you want to improve your cholesterol naturally, you need to stop thinking only about how much LDL is in your blood and start asking a better question.

How effectively is your body clearing older LDl particles before they become damaged, oxidized, and dangerous? Because LD is not bad. Your body makes LD for a reason.

These particles transport cholesterol, fat-soluble vitamins and other essential compounds throughout the body. That's why the Body makes them. Now the LDL particles remain in circulation for too long.

that's a problem because they become oxidized, inflamed and they could damage the blood vessel wall. now your liver plays a major role in this entire process.

Your liver helps to remove the older LDl particles from circulation through what's known as LDR receptors. Think of these receptors like docking stations where the LDL particle docks and then the liver pulls them out of circulation and the reprocesses and recycles its components.

But when your metabolism is struggling, your liver is overwhelmed and your LDR receptors are not functioning optimally. They remain in this system longer.

That increases what we call LDLR resonance time and a longer LDRL resonance means more opportunities for oxidation.

Step 1: Eat Seafood

So today, I want to give you four natural steps to support healthy cholesterol metabolism, help your liver do its job and protect your blood vessels. No gimmicks, no obsession with chasing one laboratory number and no belief that a pill can replace the way you eat, live and think.

Here we go. Step number one, eat seafood. Seafood is one of the most important foods for cardiovascular health because it contains the nutrients that help to support the liver, the blood vessels and healthy lipid metabolism.

Wild seafood provides omega-3 fats, phospholipids, minerals like selenium and iodine, high quality proteins and other nutrients to supports body function.

These nutrients are not isolated chemicals created in a laboratory They come packaged together in real food. Omega-3 fats are the superstar here to stabilize and support healthy cell membranes and balance the inflammatory response.

Phospholipids in the seafood help transport fats and supports the structure of every single cell in your body. Selenium is critical for detoxification and antioxidant support.

Proteins like taurine support amino acids. like bioproduction, liver function and blood pressure along with cardiovascular health. And this matters because cholesterol does not exist in isolation.

Cholesterol metabolism is connected to your liver, your thyroid and so many other factors. I recommend eating wild seafood often like sardines, anchovies, salmon, mackerel and tuna.

Also recommend wild salmon roe because that's going to be the ultimate strategy for healthy foods. The phospholipid form also contains choline, astaxanthin, and other nutrients.

So seafood is not a garnish. It is a superfood that you should be eating. Instead of asking what pill lowers LDL, ask, am I giving my liver and blood vessels the nutrients they require?

All right, now step number two, after food. Get sunshine. This surprises many people. I'm in the sun right now. Now, Cholesterol conversations never mention sunlight, but sunlight is one of the most powerful biological signals affecting human health.

Morning sunlight helps set your circadian rhythm. That internal clock influences your hormones, metabolism, insulin sensitivity, sleep and liver function.

Your liver has its own circadian clock.

Step 2: Get Sunshine

It does not perform every job at the same level throughout the entire day. The timing of light, food, activity and sleep helps to tell the liver when to store energy, when release it and when perform important repair and cleanup processes.

Sunshine of course also supports the production of vitamin D, nitric oxide, mitochondrial function and a healthy inflammatory response. Vitamin D is not simply another vitamin on a laboratory report.

It functions more like a hormone and communicates with cells throughout the body. That does not mean you need to burn your skin or spend your entire day in intense sunlight.

Start by getting outside shortly after waking. Let natural light reach your eyes without looking directly at the sun. Spend time outdoors throughout day and expose your skincare responsibly based on your location, season, and skin type.

You cannot recreate the full biological effect of sunshine by swallowing a vitamin D pill. Your body was designed to receive natural light during the day and darkness at night.

So that brings us to step number three, which is get quality sleep. Sleep is when your body performs essential repair regulation and metabolic maintenance.

sleep is critical for healthy cholesterol and LDL levels. Poor sleep can impair insulin sensitivity, increase hunger, raise stress hormones, disrupt blood pressure and interfere with normal liver metabolism.

When insulin remains elevated, the liver receives a signal and package more energy. That can contribute to higher triglycerides, abnormal lipoprotein patterns, fatty liver and longer LDL residence time.

Step 3: Prioritize Quality Sleep

You cannot consistently sleep five hours, stay under bright artificial lights, scroll on your phone until midnight or later, and expect your cholesterol metabolism to function properly.

Quality sleep begins long before your head hits the pillow. Get morning light. Move your body during the day. Eat your final meal several hours before bed.

Dim the lights after sunset. Keep the bedroom cool, dark and quiet. Remove unnecessary electronics from a sleeping environment. Turn off the television and stop treating nighttime like an extension of the daytime.

Your body needs a clear signal. Daytime is for movement, food, activity and sunlight. Nighttime for darkness, fasting, recovery and repair. If your cholesterol numbers are moving in the wrong direction, examine your sleep before blaming your genetics.

Finally, step number four, get away from toxins. Your liver is not only involved in cholesterol metabolism, it's also a major detoxification organ. Every day it processes compounds from your food, water, air, personal care products, household products pharmaceuticals, mold exposure, plastics, pesticides and industrial chemicals and so much more.

When the liver is dealing with a constant toxic burden, something has to give. Certain toxins may promote oxidative stress, disrupt hormones, interfere with mitochondrial function and contribute to insulin resistance.

They can also increase the oxidate of environment that makes LDL particles more vulnerable to damage. Remember, the goal is not simply to have less LDL.

The goal to reduce the conditions that turn a normal transport particle into an oxidized and potentially harmful one. Start with the exposures you can control.

Obviously, avoiding smoking and secondhand smoke, that's obvious. Reduce your use of plastics, especially around food and hot liquids. Do not microwave your food ever and certainly not in plastic.

Choose cleaner personal care and household products. Filter your water. Eat organic, especially foods known to carry higher pesticide residues. Address water damage buildings and potential mold exposure.

Get outside and breathe the cleaner air whenever you can.

Step 4: Reduce Toxin Exposure

And when testing is appropriate, test, don't guess. Look at the environmental toxins, the heavy metals, The mold mycotoxins. This can help you identify exposures that may otherwise be missed.

So these are the four steps. Number one, eat seafood. number two, get sunshine. Get quality sleep number four, get away from toxins. Notice that none of these steps begin with attacking cholesterol and has nothing to do with pharmaceuticals.

Cholesterol is essential to human life. You need it to build cell membranes, produce your hormones, make digestive bile and support your brain and nervous system.

The smarter approach is to improve the environment in which cholesterol travels, support the liver, improve things like insulin sensitivity, reduce oxidative stress, lower the toxic burden, give your body and the nutrients, the light, sleep and natural environment it needs and do not evaluate your cardiovascular health using total cholesterol and LDL alone.

You need to look deeper. Look at markers like oxidized LDl, APOB-APOA ratios, LP little a, markers of inflammation, metabolics, and omega-3 index. These can provide much more of a complete picture because lowering a number down is not the same thing as creating healthier blood vessels and becoming heart attack proof.

If you want to improve your lipids naturally and become heart attack proof, take our Heart Attack Proof Masterclass.

Advanced Markers and Final Takeaway

Inside the Master Class, I explain what your cholesterol results really mean, which advanced markers matter, what damages the blood vessel wall and the specific strategies I use to support healthy circulation naturally.

So click the link below to join the masterclass. And if this video helped you see cholesterol differently, subscribe to the natural heart doctor channel and share this.

With someone you love someone who's still being told that cholesterol is the enemy and pharmaceuticals are the answer because after 20 plus years as a cardiologist, I know that there is a much better way and that much way is

supporting the root cause of why people have cardiovascular events and it's not from a pharmaceutical deficiency.

That's what we do at Natural Heart Doctor. Share this message widely and we'll see you again on the next video.