



DR. DAN'S

Natural Healing
CENTER

Simple, natural healthcare

What Really Causes Elevated Cholesterol?

What really causes elevated cholesterol levels? Let's take a look. The body needs cholesterol to patch blood vessel walls, for production of adrenal stress hormones, sex hormones and Vitamin D and for production of bile salts for fat digestion. Cholesterol also maintains cell structure and is a necessary part of every cell wall.

We know that the body is always trying to return to a state of balance (homeostasis). When cholesterol levels are elevated, we need to ask why? Why is the body reacting or adapting like this by increasing cholesterol levels? And what part of the body is asking for cholesterol?

Most often, it is because inflammation is present within the body - tendinitis arthritis, gingivitis, prostatitis, anything ending in "itis". When inflammation occurs, the body reacts by springing into action in an effort to bring down the inflammation – to return to a state of homeostasis.

The liver, which makes 85% of our cholesterol, promptly sends out cholesterol in the form of LDL to handle the "itis". HDL is the cholesterol coming back to the liver saying, "I did my job."

How do you know if you have inflammation within your body that is not obvious to you? Typically, if your C-Reactive Protein (a marker for inflammation which can be detected with a CRP blood test) is elevated, then you know that inflammation is in the body and blood vessels.

This is very concerning in determining potential cardiovascular injury. Take care of this inflammation by treating the "itis".

Get a blood test for CRP for inflammation, have your DHEA-S for adrenals, free sex hormone levels and 25-OH tested. Then, depending on the results, use nutritional supplementation to support the part of the body that required more cholesterol in the first place.

The answer to elevated cholesterol is not cholesterol lowering drugs – they don't solve the underlying problem. Support healthy cholesterol levels in the body by reducing inflammation. Once you do, you'll find your cholesterol levels will normalize.