



## Smart Sugars and Your Cholesterol

Smart Sugars Lesson #63

by JC Spencer

What's a person to do? People are confused by what is good and what is bad. We hear about, "Good fats and bad fats; Good cholesterol and bad cholesterol; Good sugars and bad sugars; Good vitamins and bad vitamins; Good Omegas and not so good Omegas." Now, I learn flax seed Omega-3 is good but absorbable less than 1% by the human body and most vitamins are made from coal tar and petroleum. What's a guy to do?

Ignorance, lies and deceptions are not just in politics; these villains are quite alive in healthcare. My objective is to learn what is best for the human body and let the chips fall where they may. If it is good for your body, brain, and mind, we all need to know about it and take action on it.

First, we (that's everybody) are ignorant in most things. It may be that medical science has not yet caught up with understanding cholesterol. Instead of thinking "Good vs. Bad" perhaps we should think both are Good and Best when there is more HDL and less LDL.

Cholesterol is an important fat in your body partially because it is actually the precursor to your leading hormones. Total cholesterol includes LDL (low-density lipoprotein) and HDL (high-density lipoprotein).

Why is HDL "Good cholesterol" and LDL "Bad cholesterol"? LDL is considered "Bad" because it can build up in the arteries where it slows or blocks blood flow. This is where it earned the reputation as a major cause for heart disease. And, one reason HDL is the "Good cholesterol" is that it can remove LDL. You can remember the HDL as Hero and the LDL as Lethal.

Cardiovascular disease is the world's largest killer, claiming 18 million lives a year. Over eighty one million (81,000,000) American adults have one or more types of cardiovascular disease (CVD). That's an awesome count of one in three adults. Thirty eight million (38,000,000) adults over 60 years of age have CVD.

"Essential" is a nutrient your body needs but cannot produce. "Vital" is a nutrient that your body can produce, but probably needs supplementation.

Omega-3 essential fatty acids are polyunsaturated fatty acids which play a crucial role in brain function, normal growth and development and may reduce the risk of heart disease. Some reports indicate that Omega-3 lowers total cholesterol and increases HDL. There are conflicting data which may be due to the different qualities of oil. We have new evidence that when high quality Omega-3 is added to a weight loss program that inches come off faster... interesting!

In ***Change Your Sugar, Change Your Life***, I stated that table sugar can cause less effective functioning of albumin and lipoproteins, which may reduce the body's ability to handle fat and cholesterol and can increase the amount of fat in the liver. We stated that your body changes regular table sugar into 2 to 5 times more fat in the bloodstream than it does from starch. We documented that table sugar can actually increase cholesterol. Then I presented the results of studies that showed the good sugar Trehalose actually inhibits fat cell enlargement and inhibits progression of Type 2 diabetes.

Triglycerides form a sugary type of fat in your blood. High levels of triglycerides are very unhealthy. We have presented evidence from studies indicating regular table sugar can produce a significant rise in triglycerides while Trehalose is reported to help diabetes, kidney diseases, neurodegenerative diseases and can lower triglycerides. More studies need to be conducted; but already, the science confirms MIT's statement, "Glycomics will change the way we live".

*Expand Your Mind - Improve Your Brain*  
<http://www.endowmentmed.org/content/view/826/106/>

*Change Your Sugar, Change Your Life* <http://DiabeticHope.com>

Smart Sugars Lesson #63

<http://www.endowmentmed.org/SmartLesson63.pdf>

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