

## MAKING SENSE OF CHOLESTEROL

*StoneTree Naturopathic Clinic, Collingwood, ON*

Our bodies (specifically our livers) make cholesterol. This very important little molecule goes out to our cells and helps to maintain their structure, make our hormones, and perform many other important functions. What the cells don't need goes back to the liver, and if all is working well, we get rid of the excess through our bowels.

So what is all this talk about good cholesterol (HDL) and bad cholesterol (LDL)? First of all, HDL and LDL aren't types of cholesterol—they're *lipoproteins*, which are a type of fat.

Second, HDL and LDL aren't inherently good or bad; they just have different jobs. The LDL delivers fat and cholesterol to your cells and the HDL follows behind and cleans up all the excess that is not needed, bringing it back to the liver for the liver to dispose of.

Both types are important and necessary for the body to function. The real problem arises when there is an imbalance between the two. Too many sloppy delivery men (LDL) and not enough clean up crews (HDL) cause fat deposits to be left behind, clogging our arteries and leading to heart attacks.

Cholesterol is good for us, and a healthy body generally keeps a healthy balance of HDL and LDL. An imbalance is usually a sign that our lifestyle is also out of balance. Happy, active people with diets high in fruits, vegetable and fiber rarely have a cholesterol problem.

*To learn more about measuring and managing your cholesterol, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*