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Higher cholesterol saves lives. A 10-year study in the prestigious journal 'Lancet' proved people with higher cholesterol had a lower risk of dying from any cause.

Avoid doctors who prescribe a statin. Side effects include muscle pain, memory loss, and even liver failure. Statins are also linked to causing Parkinson's disease and Lou Gehrig's disease. Recently, the USA FDA added a black box warning to statins alerting patients to an increased risk of developing type 2 diabetes.

The side effects are so bad that one study found 62% of statin users can't stand it, so stop taking it.

It comes down to this. You'll live longer and better with higher cholesterol. Without it you'll be weak, slow, forgetful, and impotent.

Prevent your cholesterol from getting too high with exercise and fibre foods.

Corticosteroids cause your skin to thin, making it easier to bruise. Don't stop taking your medications if you experience increased bruising. Talk to your doctor about your concerns and ask what you should do.

Certain dietary supplements such as fish oil and ginkgo may increase your bruising risk, since these supplements have a blood-thinning effect. Make sure your doctor is aware of any supplements you're taking - especially if you're taking them while on a blood-thinning drug. Your doctor may recommend avoiding certain over-the-counter medications or supplements.

High cholesterol can be caused by

- Trans fat which is bad, and too much saturated fat and cholesterol. Margarine is the worst source of trans fat.
- Saturated fat and cholesterol are in foods from animals, such as meats, whole milk, egg yolks, butter, and cheese.
- Trans fat is in fried foods and packaged foods, such as cookies, crackers, and chips.
- Being overweight may increase triglycerides and decrease HDL (good cholesterol).

Energy needed to thrive, can come from vegetable fats, like olive and coconut oils.

Trans fat raises your LDL ("bad") cholesterol and lowers your HDL ("good") (HDL) cholesterol. Find out more about trans fat and how to avoid it.

By Mayo Clinic Staff

Trans fat is considered by many doctors to be the worst type of fat you can eat. Unlike other dietary fats, trans fat - also called trans-fatty acids - both raise your LDL ("bad") cholesterol and lower your HDL 'good' cholesterol.

A high LDL cholesterol level in combination with a low HDL cholesterol level increases your risk of heart disease, the leading killer of men and women. Here's some information about trans fat and how to avoid it.

What is trans fat?

Some meat and dairy products contain small amounts of naturally occurring trans fat. But most trans fat is formed through an industrial process that adds hydrogen to vegetable oil, which causes the oil to become solid at room temperature.

This partially hydrogenated oil is less likely to spoil, so foods made with it have a longer shelf life. Some restaurants use partially hydrogenated vegetable oil in their deep fryers, because it doesn't have to be changed as often as do other oils.

Trans fat in your food

The manufactured form of trans fat, known as partially hydrogenated oil, is found in a variety of food products, including:

- Baked goods. Most cakes, cookies, pie crusts and crackers contain shortening, which is usually

made from partially hydrogenated vegetable oil. Ready-made frosting is another source of trans fat.

- Snacks. Potato, corn and tortilla chips often contain trans fat. And while popcorn can be a healthy snack, many types of packaged or microwave popcorn use trans fat to help cook or flavor the popcorn.
- Fried food. Foods that require deep frying — french fries, doughnuts and fried chicken — can contain trans fat from the oil used in the cooking process.
- Refrigerator dough. Products such as canned biscuits and cinnamon rolls often contain trans fat, as do frozen pizza crusts.
- Creamer and margarine. Non-dairy coffee creamer and stick margarines also may contain partially hydrogenated vegetable oils.

Reading food labels

In USA if a food has less than 0.5 grams of trans fat in a serving, the food label can read 0 grams trans fat. This hidden trans fat can add up quickly, especially if you eat several servings of multiple foods containing less than 0.5 grams a serving.

When you check the food label for trans fat, also check the food's ingredient list for partially hydrogenated vegetable oil, which indicates that the food contains some trans fat, even if the amount is below 0.5 grams, so avoid them.

End

Vaughan Jones, ONZM Queen's Honour in 2013, for services to farming. 99% dairying honours in 1948. NZ Dairy Board winner for Most Improved Dairy Farm in Waikato 1959. International Agricultural Consultant & Journalist. Represented New Zealand at Agricultural Journalist Congresses in USA in 1992 & Austria in 1994. Managing Director of GrazingInfo.com website since 1970, now with 500 members.

NZ M.Mkt.I founder and chairman. Doubled sales and exports, for many companies.