



Natural Solutions That Work

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# Cholesterol

*HEART HEALTH*

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# Cholesterol

Cholesterol is produced by the liver, primarily as a source to make hormones. Your body cannot work without hormones.

In addition to making hormones, cholesterol is a food source for the arteries. Fractions of cholesterol are turned into transportation vehicles to move cholesterol inside a cell. These are called Apo Proteins A & B.

**When we are stressed, Cholesterol elevates.** In addition the Adrenal Glands need to make more of their stress response hormones. **Cholesterol elevates with a Gallbladder and or Thyroid not functioning properly .** The Gallbladder is supposed to remove excess fats. If it is unable to function at an optimal level the excess fat is removed by the liver as cholesterol.

**Cholesterol does not elevate with animal fat intake unless the Gallbladder is working less than optimal.**

Cholesterol is used by the heart arteries as a food source. Think of cholesterol as butter. It tastes good and has a useful purpose as long as it is not rancid.

The LDL fraction (low density lipoprotein cholesterol) can only be harmful if it is rancid. The technical term is called oxidization.

## Tests That Predict Heart Health

**High Sensitivity Cardiac C - Reactive Protein.** This test measures inflammation at a cellular level. It is important for the whole body but is used principally to measure inflammation in the arteries of the heart. **This is the most accurate measure of artery health.**

**Homocysteine.** Proteins are broken down into amino acids that your cells use to build and regenerate your body. The used amino acids are eventually removed through the urine. This stair step breakdown to urine is very dependent on nutritional needs. **If you are low in specific nutrients the breakdown of the amino acids stalls and Homocysteine will build up.**

**Oxidized LDL.** You are very familiar with the notion of testing Cholesterol for heart artery health. Cholesterol levels and the many fractions change with stress loads. Real prevention means just that. **We want to know for certain that the Cholesterol is safe for the cells of your body.**

**Hair Analysis for Toxic Metal Exposure.** Toxic metals will cause artery damage. Past smoking and air pollutants can lead to toxic metals being deposited in the artery lining. This can be determined by a simple hair analysis.

## Know your heart health numbers