

Cholesterol Confusion

有关胆固醇 的困惑



Contrary to popular belief, cholesterol is an essential nutrient that our body needs to function well. Unfortunately, this valuable substance has gotten a very bad reputation over the past 6 decades, and most people think that it has no use to the body. In fact, we have been told for decades that it causes heart disease and to avoid all sources of cholesterol like butter and eggs. An entire industry of low-fat dairy and yolk-less "eggs" was formed and many people avoided foods that are high in fat.

Did you know that most ingested cholesterol is poorly absorbed by the body? However, the body compensates any absorption of additional cholesterol by reducing cholesterol production. For these reasons, cholesterol in food, seven to ten hours after ingestion, has little, if any, effect on concentrations of cholesterol in the blood. So this means that you can eat foods that are high in cholesterol (like eggs, avocados, raw nuts and seeds) without having any fear that it will affect your cholesterol level.

Cholesterol is Good for You. Really? Tell Me More.

This sounds totally absurd and goes against what we have always been taught, but cholesterol is indeed beneficial to our bodies. How? You might ask. Well the following are some of its benefits:

- It is important for the building and maintenance of the walls of our cells. There is proof that cholesterol is necessary for the avoidance of leaky gut syndrome.
- It is used to insulate our cells.
- The liver, which is one of the main organs in our body that produces cholesterol, uses it to make bile, which interestingly enough, is needed to digest fats.
- In the presence of sunlight, our bodies change cholesterol into Vitamin D.
- It is needed for the creation of important hormones, including sex hormones.
- It helps the immune system by fighting inflammation.
- It helps in the absorption of fats and fat soluble vitamins like A, D, E, and K.
- It serves as an antioxidant in the body.
- It helps repair damaged tissue caused by inflammation.

Cholesterol is so valuable that without it we would die and ONLY recently it has been correlated to longevity.

与普遍观点相反，胆固醇其实是人体机能正常运作需要的一种必需营养素。遗憾的是，胆固醇这很重要的物质在过去六十年里却是恶名昭彰，大多数人都认为它对身体没丁点好处。这几十年来，我们都一直被灌输着胆固醇可导致心脏病，因此都避免摄取所有含胆固醇的食物，如牛油和鸡蛋。大家对低脂乳制品和无蛋黄的“鸡蛋”趋之若鹜，及远离高脂肪的食物。

你知道吗？从食物中摄取的胆固醇大多都不能被身体完全吸收。此外身体会通过减少生产胆固醇以抵消从外来所吸收的胆固醇。有鉴于此，食物中的胆固醇，在被人体摄入后的7至10个小时，它们对血液中胆固醇浓度的影响是微乎其微的。因此，这意味着您可放心摄取高胆固醇的食物（如鸡蛋、牛油果、生坚果和种籽），也不用担心它们会影响体内胆固醇的水平。

胆固醇对您的健康有益， 是真的吗？请说说看。

这听起来很荒谬，也与我们一直被灌输的观点大有冲突。不过胆固醇确实对我们的身体有益。您可能会问它是如何有益健康的呢？请看看以下胆固醇的一些健康效益：

- 胆固醇对建立和维修细胞壁非常重要。有实证证实胆固醇是预防肠漏症发生的必需物质。
- 胆固醇可保护细胞免受损伤。
- 肝脏是身体生产胆固醇的主要器官之一。有趣的是，它利用胆固醇来制造胆汁以消化脂肪。
- 在有阳光照射下，身体会将胆固醇转化成维生素D。
- 胆固醇有助生产重要的荷尔蒙，包括性激素。
- 有助对抗炎症来帮助提升免疫系统。
- 有助促进脂肪和脂溶性维生素如A、D、E和K的吸收。
- 是体内的抗氧化剂。
- 有助修复因炎症导致受损的组织。

胆固醇对人体来说非常重要，如果没有了它，我们就会死亡。然而直到近来，研究才发现胆固醇与长寿其实是正相关的。



The True Cause of Heart Attacks

For as long as we can remember, scientific articles have shown that there are several risk factors for heart disease, like high cholesterol, hypertension, diabetes, atherosclerosis and so on. These risk factors appear to speed up the development of heart disease. However, there is a missing link to this health issue that you may have never heard of till today.

Atherosclerosis, the underlying process of heart attacks and strokes, is generally not caused by high cholesterol. It is caused by structural weaknesses in the walls of blood vessels due to vitamin C deficiency.

When a blood vessel is deficient in vitamin C, scurvy-like symptoms in the form of inflammation occur in the artery walls. When one has sufficient vitamin C, the body will be able to produce collagen that is required to patch up the inflamed area. If this does not happen, the body sends substantial amounts of cholesterol to repair the damaged area, thus causing a thickening of the arteries. This is one example of how the body uses cholesterol to repair tissue damage caused by inflammation.

To put it in simple terms, without inflammation being present in the body, cholesterol will not accumulate in the wall of the blood vessel. When a blood test shows high levels of cholesterol, it only means that the body is inflamed and the liver is overworking itself to produce sufficient amounts of cholesterol to reduce the inflammation. Reduce the inflammation and your liver will thank you for it.

Biggest Culprits of Inflammation

What are the biggest culprits of chronic inflammation? They are the over consumption of highly processed simple carbohydrates (sugar, flour and all the products made from them), low fat diet and omega-6 vegetable oils like soybean, corn, sunflower, canola, etc. that are found in many processed foods.

Imagine rubbing a brush repeatedly over soft skin until it becomes red and sore. Keep doing this several times a day, every day for 5 years. You will end up having a bleeding, swollen infected area that becomes worse over time. This is a good way to visualise the effects of inflammation in the body due to the above mentioned diet.

心脏病发的真正原因

就记忆所及，科学文献都认为引发心脏疾病的危险因素有好几个，包括高胆固醇、高血压、糖尿病、动脉粥样硬化症等等。这些危险因素似乎加速了心脏疾病的发展。然而，有关以上的健康理论其实有个缺环，这或许是您在今天之前所未听说过的。

动脉粥样硬化症是心脏病和中风等致命病爆发前的一个潜在过程，一般不是因高胆固醇所引起，而是因为维生素C缺乏症所导致的血管壁结构缺陷。

当血管缺乏维生素C时，动脉壁就会出现类似坏病症状的发炎反应。当一个人体内有足够的维生素C时，身体就能产生胶原蛋白，进而修复发炎的范围。以上情况假如没发生，身体就会输送大量的胆固醇来进行“救援工作”，因此导致动脉壁变硬变厚。这是一个说明人体如何利用胆固醇来修复因炎症引起受损的组织的一个很好的例子。

简单地说，体内若没有发炎状况，胆固醇就不会沉积在血管壁上。血液检测报告显示的高胆固醇，其实是代表着身体正在发炎，因此肝脏要过度工作，以产生足够的胆固醇来减轻发炎的症状。因此，只有减轻炎症，才能减轻肝脏的压力。

炎症最大的罪魁祸首

慢性炎症的罪魁祸首到底是什么呢？它们就是过量摄取加工精制碳水化合物（糖、面粉和所有用糖和面粉所制成的食品）、低脂饮食和奥美加-6（绝大部分的加工食品中都高含奥美加-6的植物油，如大豆油、玉米油、葵花油、芥花油等等）。

想象一下，在娇嫩的皮肤上反复搓揉直到出现红肿疼痛。如果每天持续这样的动作好几回长达五年，久而久之您的皮肤肯定会出现红肿、流血及受伤。这是一个很好的比拟法来想象上述饮食在体内炎症所造成的健康影响。

Change Begins with You

At the end of the day, each of us is responsible for our own health. It is time for us to make the right choices, on a daily basis, to reduce inflammation as much as possible. This can be done by making some dietary and lifestyle changes.

The following are a few pointers that will help you to achieve this:

1. Adopt an Anti-Inflammatory Diet

There are certain foods that are commonly known to increase inflammation in the body. If your cholesterol levels are elevated, it is probably a good idea to avoid the following foods:

- Fried foods
- Refined flours
- Refined sugars
- Alcoholic beverages
- Animal products that contain hormones and antibiotics
- Artificial sweeteners
- Processed foods (i.e. biscuits, chips, hot dogs, etc.)
- Foods cooked in refined cooking oil (such as soy, corn, canola, etc.)
- Trans fats in margarine, vegetable shortening and all products listing them as ingredients or made with partially hydrogenated oils of any kind.

由您开始

归根结底，我们每一个人都要对自己的健康负责。现在就是我们做出正确选择的时候，每天一小步，积极减少炎症的发生。这个目标可通过改变饮食和生活习惯来达成。

以下是一些可帮助您实现减轻炎症的建议：

1. 通过抗炎饮食

有些食物是众所周知会加剧体内发炎的问题。如果胆固醇水平已升高，建议最好避免摄取以下食物：

- 油炸食品
- 精制面粉
- 精制糖
- 酒精饮料
- 含有激素和抗生素的动物性食品
- 人工甜味剂
- 加工食品（如饼干、薯条、热狗等。）
- 用精制食用油烹制的食物（如大豆油、玉米油、菜籽油等。）
- 反式脂肪——包括人造黄油、植物酥油、所有以这些材料制成的食品，以及任何用部分氢化油制成的食品。





Eat more of the following foods:

- Green leafy vegetables & fruits – If you struggle to consume whole portions of vegetables and fruits, simply use **NewLife™'s Alpha Juicer** to make a nutrient dense, deliciously tasting juice.

Alternatively, **NewLife™'s Super Green Food Plus** and **Spirulina** are excellent supplements to get more greens into your diet. They are concentrated sources of vitamins, minerals, amino acids, enzymes, chlorophyll and powerful antioxidants.

- Potassium rich foods – Health experts recommend an intake of at least 5 times more potassium than sodium. To reconstruct healthy cells, we must replenish potassium levels in the body. Besides cutting down salt intake and taking more high potassium food, supplementing with natural, specially formulated potassium such as **NewLife™'s K-Salt** is the perfect antidote to reduce inflammation.

- Extra virgin coconut oil & omega-3 fatty acids – In many recent studies, the lauric acid in virgin coconut oil was found to reduce inflammation in cells. **NewLife™'s Extra Virgin Coconut Oil** is cold pressed and naturally processed from freshly harvested organic mature coconut.

NewLife™'s Omega Gold Flax Seed Oil is one of the best sources of natural Omega-3. Most people suffer from a deficiency of the Essential Fatty Acids (EFAs) contained in flax seed oil. EFAs are necessary fats that humans cannot synthesize, and must be obtained through diet. EFAs support the cardiovascular, reproductive, immune, and nervous systems. **NewLife™'s Omega Gold Flax Seed Oil** assures the highest quality oil, which is extracted from organically grown golden flax seeds using a cold-press process which eliminates the damaging effects of light, oxygen, and heat.

- A daily dose of **NewLife™'s Cholestinon** which contains Red Yeast Rice safely reduces elevated cholesterol levels by reducing inflammation in the body.

多摄取以下食物：

- 绿叶蔬菜和水果 – 如果您觉得很难吃下全份的蔬菜和水果，那么可使用**新生命奥发绿汁机**来榨取营养丰富、可口的蔬果汁。

另外，**新生命特超绿食品**和**螺旋藻**是增加您绿色饮食的最佳营养补充剂。它们是维生素、矿物质、氨基酸、酶、叶绿素和强效抗氧化剂的浓缩供源。

- 高钾食物 – 健康专家建议钾的摄入量应该至少是钠的5倍。为了重建健康的细胞，我们必须补充体内的钾含量。除了少吃盐和多吃高钾食物，摄取天然研制的钾配方，如**新生命钾质**，绝对是减轻炎症的完美解决方法。

- 特级初榨椰子油和奥美加-3脂肪酸 – 近来许多研究显示，初榨椰子油中含有的月桂酸可减轻细胞内的发炎反应。**新生命特级初榨纯鲜椰子油**取自新鲜成熟椰子，经过冷榨和天然加工处理提炼而成。

新生命Ω奥美加金牌亚麻籽油是天然奥美加-3的最佳食品来源之一。大多数人都缺乏亚麻籽油中所含有的必需脂肪酸 (EFAs)。必需脂肪酸是人体内不能合成的必需脂肪，必须通过饮食获得。必需脂肪酸可维持心血管、生殖系统、免疫和神经系统的健康。**新生命Ω奥美加金牌亚麻籽油**确保您最高质量的亚麻籽油，仅选用有机黄金亚麻籽，通过冷压过程提炼萃取，以避免受到光线、氧气和高温的破坏。

- 每日摄取一剂量的**新生命减固醇**，其所含的红曲米可减轻体内炎症，进而降低胆固醇水平。

2. Focus on Gut Health

The gut is home to a large portion of the immune system. Since inflammation is a response of the immune system, the most effective way to fuel your body's immune system would be to take care of your gut health.

Taking **NewLife™'s ImmuFlora® & Herbal Klenz Power** is a natural way to support the immune system by maintaining digestive balance.

3. Rejuvenate Your Liver

The liver produces and clears cholesterol in the body. Any complications in the liver function can hinder the organ's ability to produce or clear cholesterol. Both conditions can create a spike in cholesterol and affect one's health. This is why it is so important, crucial even, to make conscious decision and effort to keep your liver as healthy as possible.

NewLife™'s Liverin was specifically designed to help protect and support the liver. It contains a proprietary blend of herbs at the right potency, which works together to combat free radicals and oxidative stress.

NewLife™'s Coffee Enema plays an important role in the detoxification of the liver. The Coffee enters the liver via the colon. This causes two effects:

- The dilation of the bile duct which enables toxins to drain out of the liver.
- The increase of the production of Glutathione S. Transferase (G.S.T) by 600 – 700%. GST is an enzyme which helps to remove free radicals and other toxins from the blood.

4. Add Some Antioxidants

Antioxidants protect your cells from the effects of free radicals and can help reduce inflammation.

CoQ10 (short for Coenzyme Q10) – Clinical evidence has suggested that CoQ10 has potent effects on inflammatory markers.

CoQ10 is found in meat, fish and whole grains. However, the amount of CoQ10 found in these dietary sources is not sufficient to significantly increase CoQ10 levels in your body. Besides, levels of CoQ10 in your body also decrease as you age.

Hence, taking a CoQ10 supplement is essential. **NewLife™'s CoQ10 Plus** is an advanced formula, synergistically blended with essential fatty acids found in flaxseed concentrate to enhance bioavailability.

Vitamin C is also another antioxidant that your body cannot live without. (For more information on Vitamin C please read page 4 in this same issue of LifeLine).



2. 注重肠道的健康

肠道是免疫系统的主要部分。由于炎症是免疫系统的一种反应，因此强化免疫系统其中最有效的方法之一就是照顾好肠道的健康。

摄取新生命的免疫激菌植和净化粉是一个可维持消化平衡及支持免疫系统的天然方式。

3. 修复肝脏功能

肝脏可生产并清除体内的胆固醇。肝脏功能的任何并发症都可阻碍器官生产或清除胆固醇的能力。这两种情况都会导致胆固醇升高，从而影响健康。这就是为什么维持肝脏的正常功能是多么的重要，因此无论如何都要时刻保持肝脏的健康。

新生命肝脏宝是保护和维持肝脏健康的专研品。它所含有的专利有效的混合草药，可协同对抗自由基和氧化应激。

新生命咖啡灌肠在肝脏排毒上也扮演了一个十分重要的角色。咖啡通过大肠进入肝脏，发挥两种不同的功效：

- 胆管扩张让毒素排出肝脏外。
- 谷胱甘肽S转移酶 (GST) 的产量增加到600至700%。GST是一种有助清除血液中自由基和其他毒素的酶。



4. 增加抗氧化剂的摄取

抗氧化剂除了可保护细胞免受自由基的损害，也可减轻发炎反应。

临床研究显示，辅酶Q10对炎症指标具有显著的影响。

辅酶Q10天然存在于各种肉类、鱼类和全谷物。然而，这些膳食中的辅酶Q10含量不足以显著增加体内辅酶Q10的水平。此外，随着年龄的增长，体内辅酶Q10水平也会逐渐下降。

因此，摄取辅酶Q10补充剂非常重要。**新生命的生物吸收性CoQ10**是一种先进配方，与亚麻籽中的必需脂肪酸发挥协同效应，提高其生物利用率。

维生素C也是一种身体不可或缺的抗氧化剂。(欲知更多有关维生素C的信息，请翻阅本期生命线的第4页。)

