

CHOLESTEROL CONFUSION:

Separating Fact from Fiction

胆固醇的困惑:区分事实与虚构

For decades, cholesterol has been misunderstood and vilified. Many of us were taught that cholesterol was dangerous, contributing to heart disease and other health issues. As a result, foods rich in cholesterol, such as butter and eggs, were unfairly targeted, leading to the rise of low-fat products in the market. However, scientific evidence has since shown that cholesterol plays a much more complex and vital role in our health than previously thought.

Cholesterol: A Vital Nutrient, Not an Enemy

The reality is that cholesterol is essential for our bodies. Without it, our cells, hormones and even our brains would struggle to function properly. So why did cholesterol get such a bad reputation? One reason is that it was long believed to be a major factor in heart disease. Yet, scientific research tells us a different story.

The truth is that most of the cholesterol that the body needs is manufactured internally. When dietary cholesterol is absorbed, our bodies naturally compensate by producing less cholesterol. However, various factors can disrupt this balance, leading to excess cholesterol in the bloodstream. This is when problems can arise.

In fact, cholesterol provides numerous benefits to the body, including:

- **Cell structure:** Cholesterol is crucial for maintaining the structure of every cell, ensuring cell walls remain sturdy and functional.
- **Insulating cells:** It insulates and protects cells, contributing to healthy nerve function.
- **Bile production:** The liver uses cholesterol to produce bile, a substance essential for breaking down and digesting fats.
- **Vitamin D synthesis:** In the presence of sunlight, cholesterol in the skin is converted into Vitamin D, which is essential for immune function, bone health and overall well-being.
- **Hormone production:** Cholesterol is the building block for hormones like estrogen, testosterone and cortisol, which are crucial for reproduction, stress management and overall balance.
- **Immune system support:** Cholesterol helps fight inflammation and acts as a natural antioxidant, protecting cells from damage.

这几十年来,胆固醇一直被人们曲解和诋毁。许多人曾被误导胆固醇是危险的,会引发心脏病和其他健康问题。因此,富含胆固醇的食物,如牛油和鸡蛋,受到了不公正的对待,促使市场上出现了大量低脂产品。然而,此后的科学证据表明,胆固醇在我们健康中的作用远比先前所认为的要复杂和重要得多。

胆固醇:是必需营养素,而非敌人

事实上,胆固醇对我们的身体是必不可少的。没有它,我们的细胞、激素,甚至大脑都难以正常运作。那么,为什么胆固醇会背负如此恶劣的名声呢?其中一个原因是,长期以来人们认为胆固醇是心脏病的主要因素。然而,科学研究却结出了一个不同的真相。

实际情况是,我们的肝脏能产生足够的胆固醇(约80%),以满足身体的需求。我们也从食物中获取胆固醇,在正常情况下,身体会自然地通过产生更少的胆固醇来代偿。然而,许多因素会破坏这种平衡,导致血液中的胆固醇过量。这就是问题可能出现的时候。

胆固醇本身并非是有害的。实际上,它为身体带来众多好处,包括:

- **细胞结构:**胆固醇对维持每个细胞的结构至关重要,确保细胞壁坚固且功能正常。
- **细胞绝缘:**胆固醇为细胞提供绝缘和保护,有助于健康的神经功能。
- **胆汁生成:**肝脏利用胆固醇生成胆汁,这是分解和消化脂肪所必需的物质。
- **维生素D合成:**在阳光的照射下,皮肤中的胆固醇转化为维生素D,这对免疫功能、骨骼健康和整体健康非常重要。
- **激素生成:**胆固醇是雌激素、睾酮和皮质醇等激素的组成部分,这些激素对生殖、压力管理和身体平衡有举足轻重的影响。
- **免疫系统支持:**胆固醇帮助对抗炎症,作为一种天然抗氧化剂,保护细胞免受损害。

A New Perspective on Heart Disease

For years, high cholesterol levels were seen as the primary cause of heart disease. However, inflammation is now understood to be the real underlying issue. While cholesterol may build up in arteries during inflammation, it is actually trying to repair damaged blood vessels rather than causing the damage itself. This is where vitamin C plays a vital role. Without sufficient vitamin C, our blood vessels can weaken, leading to scurvy-like damage in the artery walls.

When this occurs, cholesterol is dispatched to "patch up" the damage. Over time, if inflammation persists, this buildup can lead to atherosclerosis—the hardening and narrowing of arteries. However, it is important to understand that cholesterol alone is not the enemy. If inflammation is kept under control, cholesterol won't accumulate in the arteries.

In short, cholesterol acts as the body's repair mechanism, responding to inflammation caused by poor lifestyle choices, nutrient deficiencies and stress. When cholesterol levels are elevated, it's a sign that the body is trying to heal itself. Rather than blaming cholesterol, we should focus on reducing chronic inflammation through lifestyle changes.

What Causes Inflammation?

So, what are the primary drivers of inflammation? The following are the biggest contributors:

- **Processed carbohydrates:** Foods high in refined sugars and flours, like pastries, bread and sugary drinks, trigger inflammation and increase blood sugar levels.
- **Omega-6 vegetable oils:** Found in soybean, corn, sunflower and canola oils, these fats are common in processed foods and promote inflammation when consumed in excess.
- **Low-fat diets:** Avoiding healthy fats can also contribute to inflammation, as the body needs essential fats to maintain a balanced inflammatory response.

Think of inflammation as a wound that's irritated repeatedly without a chance to heal. Over time, this chronic irritation can cause serious damage to arteries, increasing the risk of heart disease, stroke and other chronic conditions.

关于心脏病的新视角

多年来，高胆固醇水平被视为心脏病的主要原因。然而，现在人们才了解到炎症才是心脏病真正的根本问题。虽然在炎症期间，胆固醇可能会在动脉中堆积，但实际上它是在尝试修复受损的血管，而不是对身体造成损害。这就是维生素C发挥关键作用的地方。如果没有足够的维生素C，我们的血管会变脆弱，导致动脉壁出现类似坏血病损伤。

当这种情况发生时，胆固醇会被派去“修补”损伤。随着时间的推移，如果炎症持续存在，这种堆积会导致动脉粥样硬化—动脉的硬化和狭窄。然而，重要的是我们要明白，胆固醇本身并不是敌人。如果炎症得到控制，胆固醇就不会在动脉中积聚。

简而言之，胆固醇是人体的修复机制，对不良生活方式、营养缺乏和压力等因素引起的炎症做出反应。当胆固醇水平升高时，这其实是身体在试图自我修复的信号。我们应该专注于通过生活方式的改变来减少慢性炎症，而不是直接归咎于胆固醇。

导致炎症的原因

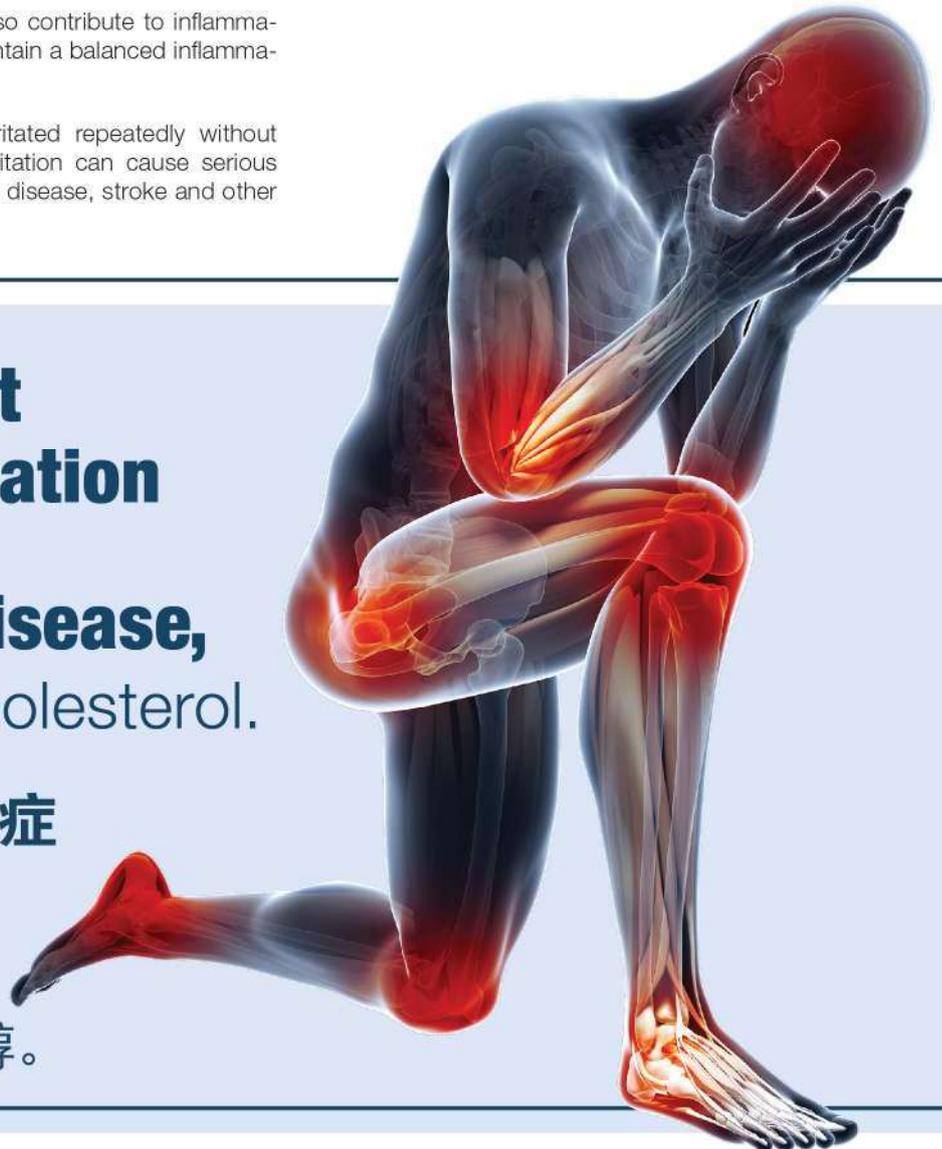
那么，引发炎症的主要因素有哪些呢？以下是主要的几个原因：

- **加工碳水化合物：**高精制糖和面粉的食物，如糕点、面包和含糖饮料，会引发炎症并提高血糖水平。
- **奥美加-6植物油：**加工食品中很常见的大豆油、玉米油、葵花籽油和菜籽油都有这种脂肪，过量食用会促进炎症。
- **低脂饮食：**避免健康脂肪也可能导致炎症，因为身体需要必需脂肪来维持平衡的炎症反应。

将炎症想象成一个反复受到刺激而无法愈合的伤口。长期的慢性刺激会对动脉造成严重损伤，增加心脏病、中风和其他慢性疾病的风险。

It's **rampant inflammation** that causes **heart disease**, not high cholesterol.

长期过度的炎症
是心脏病
重要诱因，
不是高胆固醇。



How to Reduce Inflammation

To address inflammation and reduce the risk of heart disease, the focus should shift from simply lowering cholesterol to making sustainable lifestyle changes.

如何减轻炎症

为应对炎症并降低心脏病风险，重点应从单纯降低胆固醇转向进行可持续的生活方式变革。



Rejuvenate Your Liver

The liver plays a critical role in cholesterol production and detoxification. Ensuring optimal liver health is key to regulating cholesterol levels. **NewLife™ Nature's Gift Liverin** provides essential herbs and nutrients that protect and rejuvenate the liver. **NewLife™ Coffee Enemas** are another effective way to detoxify the liver by increasing bile flow and promoting the production of Glutathione S. Transferase, an enzyme critical for removing toxins from the body.

恢复肝脏活力

肝脏在胆固醇生成与排毒方面发挥着关键作用。确保肝脏处于最佳健康状态对于调节胆固醇水平至关重要。**新生命肝脏宝**提供了保护和使肝脏恢复活力所必需的草药和营养物质。**新生命咖啡灌肠**是另一种有效的肝脏排毒方式，通过增加胆汁流量和促进谷胱甘肽S转移酶的生成，这种酶是一种从体内清除毒素的关键酶。

Adopt an Anti-Inflammatory Diet

- Avoid processed foods, sugary snacks and foods cooked in vegetable oils. Instead, consume more whole, nutrient-rich foods.
- Consume more green leafy vegetables and antioxidant-rich fruits. If getting enough fresh produce is challenging, consider supplements like **NewLife™ Super Green Food++** or **Spirulina**, which are concentrated sources of vitamins, minerals and chlorophyll.
- Healthy fats: Include anti-inflammatory fats, such as those found in **NewLife™ Omega Gold Flaxseed Oil** and **Extra Virgin Coconut Oil**. These fats help support cardiovascular health and naturally reduce inflammation.

采纳抗炎饮食

- 避免加工食品、含糖零食以及用植物油烹制的食物。取而代之，摄取更多完整且营养丰富的食物。
- 多吃绿叶蔬菜和富含抗氧化剂的水果。如果摄入足够的新鲜蔬菜有困难，可以考虑补充剂，如**新生命特超绿食品++**或**螺旋藻**之类的补充剂，它们是维生素、矿物质和叶绿素的浓缩来源。
- 健康脂肪：摄入抗炎脂肪，例如**新生命奥美加黄金亚麻籽油**和**特级初榨椰子油**。这些脂肪有助于支撑心血管健康，自然减轻炎症。



Supercharge with Antioxidants

Antioxidants help neutralize free radicals, which can cause oxidative damage and inflammation.

CoQ10, found in foods like meat and fish, is a powerful anti-inflammatory nutrient. Supplementation with **NewLife™ CoQ10 Plus** can significantly boost levels in the body, especially as CoQ10 production decreases with age.

Vitamin C supports cholesterol management by acting as a powerful antioxidant. Its antioxidant activities neutralize free radicals that cause oxidative stress, protecting against damage to the lining of blood vessels and preventing arterial inflammation. This reduces the body's need to produce more cholesterol. Vitamin C also strengthens blood vessel walls by promoting collagen production, reducing the need for cholesterol to repair damaged arteries. Its anti-inflammatory properties further contribute to lowering chronic inflammation, which is a major factor in elevated cholesterol levels.

Collasta+ is an advanced supplement designed to support cholesterol levels while also promoting youthful skin. It contains hydrolyzed marine collagen, which helps maintain the structural integrity of tissues, including blood vessels. When blood vessels are healthy and flexible, it reduces the risk of cholesterol buildup. Additionally, astaxanthin, a powerful antioxidant in **Collasta+**, plays a crucial role in reducing oxidative stress and inflammation—key factors in the oxidation of LDL cholesterol, which contributes to plaque formation in arteries. By combating free radicals, astaxanthin supports heart health and slows the aging process, making **Collasta+** a dual-action supplement for both cholesterol management and skin vitality.

补充强效抗氧化剂

抗氧化剂有助于中和自由基，这些自由基可导致氧化损伤和炎症。

在辅酶Q10存在于肉类和鱼类等食物中，是一种强大的抗炎营养素。然而，鉴于辅酶Q10的生成会随着年龄增长而减少，因此强烈建议考虑补充 **新生命辅酶Q10+**以显着提高体内水平。

维生素C作为一种强效抗氧化剂支持胆固醇管理，维生素C的抗氧化活性能够中和导致氧化应激的自由基，保护血管内壁免受损害，预防动脉炎症。这降低了身体产生更多胆固醇的需要。维生素C还通过促进胶原蛋白生成来强化血管壁，减少了胆固醇修复受损动脉的需要。其抗炎特性进一步有助于降低慢性炎症，这是胆固醇水平升高的一个主要因素。

康丽达胶原红藻+是一种先进的补充剂，旨在支持胆固醇水平的同时促进肌肤保持年轻态。它包含水解海洋胶原蛋白，有助于维持包括血管在内的组织结构完整性。当血管健康且具有弹性时，可降低胆固醇积聚的风险。此外，**康丽达胶原红藻+**中的虾青素，一种强大的抗氧化剂，在减少氧化应激和炎症方面发挥着关键作用，而氧化应激和炎症是导致低密度脂蛋白胆固醇（LDL）氧化的关键因素，从而导致动脉中形成斑块。通过对抗自由基，虾青素有助于维护心脏健康并减缓衰老进程，使**康丽达胶原红藻+**成为一种具有双重作用的补充剂，既有助于胆固醇管理又能提升肌肤活力。



Focus on Gut Health

The gut is the cornerstone of our immune system. A healthy digestive system can help reduce systemic inflammation. Supplements like **NewLife™'s ImmuFlora®** and **Herbal Matrix Powder / Herbal Klenz** can promote gut balance, supporting a stronger immune response and lowering inflammation.

关注肠道健康

肠道乃是免疫系统的基石。健康的消化系统有助于降低全身性炎症。像**新生命免疫激菌植**和**天然净化粉**这类补充剂能够促进肠道平衡，支持更强的免疫反应，降低炎症。



Manage Cholesterol Naturally

NewLife™ Niacin

Also known as vitamin B3, niacin has been shown to reduce inflammation by inhibiting the production of pro-inflammatory cytokines and improving endothelial function, which supports blood vessel health. This reduction in inflammation can protect against oxidative stress and damage, both critical factors in the development of heart disease.

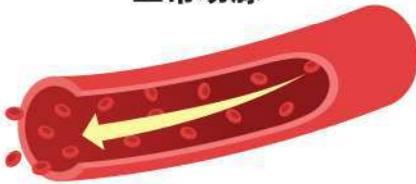
Niacin is well known for its ability to positively impact cholesterol levels. It increases high-density lipoprotein (HDL), commonly known as "good cholesterol," which helps remove excess cholesterol from the bloodstream. At the same time, niacin lowers low-density lipoprotein (LDL), or "bad cholesterol," and triglycerides, reducing the risk of plaque buildup in the arteries. By improving cholesterol balance, niacin supports heart health and lowers the risk of heart attacks and strokes.

Incorporating niacin into your diet or as a supplement can be a natural and effective way to reduce inflammation, improve cardiovascular function and maintain healthy cholesterol levels, offering significant protection against chronic disease. One common side effect of taking niacin is the niacin flush, a harmless but sometimes uncomfortable reaction where the skin becomes red, warm and itchy. To minimize flushing, it's recommended to start with a lower dose of niacin and gradually increase it. Taking niacin with food can also reduce this reaction. Since niacin dilates blood vessels, increasing blood flow, it is advisable to avoid taking it during menstruation or bleeding.

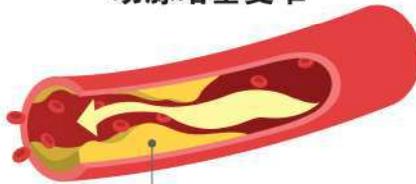
NewLife™ Cholestinon

Cholestinon is a natural supplement designed to support healthy cholesterol levels and overall cardiovascular health. One of its key ingredients is red yeast rice, which has been traditionally used in Chinese medicine. Red yeast rice contains compounds that help lower levels of low-density lipoprotein (LDL), or "bad" cholesterol, by inhibiting the enzyme responsible for cholesterol production in the liver. This action helps prevent the buildup of plaque in the arteries, reducing the risk of atherosclerosis and heart disease. Additionally, Cholestinon works to reduce triglycerides, another type of fat in the blood that can contribute to cardiovascular complications when elevated. Beyond lowering LDL cholesterol and triglycerides, Cholestinon also supports an increase in high-density lipoprotein (HDL), or "good" cholesterol, which plays a critical role in removing excess cholesterol from the bloodstream.

Normal Artery 正常动脉



Narrowed Artery 动脉堵塞变窄



Plaque buildup can constrict and obstruct the artery
斑块的积聚会使动脉变窄阻塞

自然管理胆固醇

新生命血液循环补充丸(烟酸)

又称作维生素B3, 烟酸已被证实能够通过抑制促炎细胞因子的生成和改善内皮功能来减轻炎症, 这有助于维护血管健康。这种炎症减轻能够保护机体免受氧化应激和损伤, 这两者均是心脏病发展的关键因素。

烟酸以其对胆固醇水平的积极影响而闻名。它能够增加高密度脂蛋白(好胆固醇), 有助于从血液中清除多余的胆固醇。同时, 烟酸能够降低低密度脂蛋白(坏胆固醇), 以及甘油三酯, 降低动脉中斑块形成的风险。通过改善胆固醇平衡, 烟酸有助于维护心脏健康, 降低心脏病发作和中风的风险。

将烟酸纳入饮食或作为补充剂是一种自然且有效的方式, 能够减轻炎症, 改善心血管功能, 并维持健康的胆固醇水平, 为对抗慢性疾病提供显著的保护。服用烟酸的一个常见副作用是烟酸潮红, 一种无害但有时令人不适的反应, 如皮肤变红、发热和瘙痒。为了将潮红的影响最小化, 建议从低剂量的烟酸开始并逐渐增加剂量。与食物一同服用烟酸也能够减少这种反应。由于烟酸会扩张血管、增加血流量, 因此建议在月经期间或出血期间避免服用。

新生命减固醇

减固醇是一种天然补充剂, 旨在支持健康的胆固醇水平和心血管健康。其中一种关键成分是红曲米, 传统上用于中医。红曲米含有能够通过抑制肝脏中负责胆固醇产生的酶来降低低密度脂蛋白(LDL)或“坏”胆固醇的化合物。这种作用有助于防止动脉中斑块的积聚, 降低动脉粥样硬化和心脏病的风险。此外, 减固醇还能降低血液中的甘油三酯, 甘油三酯是血液中的另一种脂肪, 当它升高时, 会导致心血管并发症。除了降低LDL胆固醇和甘油三酯外, 减固醇还能支持高密度脂蛋白(HDL)或“好”胆固醇的增加, HDL在清除血液中多余胆固醇方面发挥着关键作用。



The Path Forward

The way we understand cholesterol and heart disease is evolving. The focus is no longer on eliminating cholesterol-rich foods or reducing cholesterol through medications, but on addressing the root causes of chronic inflammation. By making small yet impactful lifestyle changes—such as adopting an anti-inflammatory diet, supporting liver and gut health, and incorporating natural supplements—you can take proactive steps toward long-lasting health.

Remember, cholesterol is not the villain it was once thought to be. Instead, it is a critical component in your body's defense system, working to repair damage and keep you healthy. By tackling inflammation, you can improve your heart health, reduce your risk of chronic diseases and age gracefully.

曙光在前

我们对胆固醇和心脏病的理解不断在进步。重点不再是消除富含胆固醇的食物或通过药物降低胆固醇水平, 而是解决慢性炎症的根本原因。通过进行一些虽小但影响重大的生活方式改变—如采用抗炎饮食、支持肝脏和肠道健康, 并结合天然补充剂—您可以采取积极措施来实现长期的健康。

请记住, 胆固醇并非曾经所公认的“反派”。相反, 它是身体防御系统的关键组成部分, 负责修复损伤并保持健康。通过解决炎症, 您可以改善心脏健康, 降低慢性疾病的风险, 优雅无病痛地老去。