

## Facts About Cholesterol

The facts about cholesterol are not always properly discussed. If you want to get your cholesterol under control, you need to know the facts, which is what this article is all about. Cholesterol is often a 'naughty' word when many doctors talk to you about it, but there are good and bad cholesterol, in the foods that you eat. By watching what you eat and the types of fats and cholesterol you eat, you can live a long and healthy life.

What you might not know is that cholesterol is something that is needed in your body, and it is needed by all types of animals. There are many activities that will take a toll on the levels of cholesterol in your body. These things include the amount of stress in your life, the physical activity that you undertake everyday, and also is going to be influenced somewhat by your genes. If you have high cholesterol, decrease the amounts of stress in your life and start exercising. These simple steps are two easy ways you can control the cholesterol in your body without medication.

High cholesterol is often assumed to give you atherosclerosis, and that this will lead to heart disease. However, the reality is that just because you have high cholesterol does not mean that you are going to end up with heart disease. You can regulate your cholesterol and you can live a long and healthy life by controlling it. What you should be aware of is that your body produces cholesterol, and absorbs additional cholesterol in the foods that you eat. A diet that does not have cholesterol in it is not going to cut your cholesterol like one might think, but it can help you control it to a point. If you are not exercising you won't release the cholesterol that your body naturally produces.

If you find that your family has a history of high cholesterol, you do owe it to yourself and your family to get a checkup on a regular basis. Even if you have never had a problem with your cholesterol in the past, a regular check up should help to keep you on top of what you might be facing in the future.