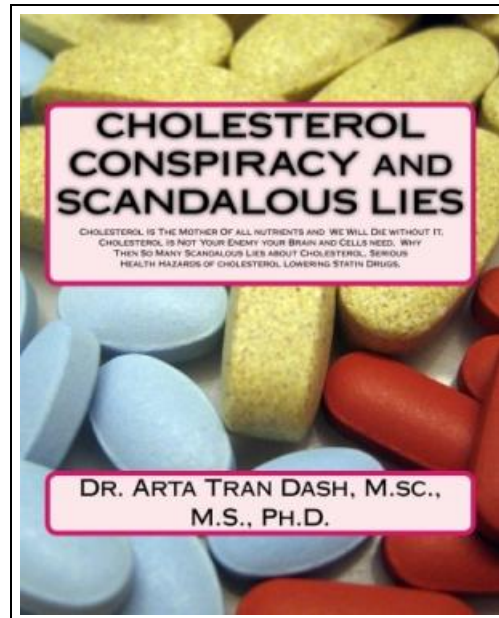


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INTRODUCTION CHOLESTEROL What is Cholesterol? Cholesterol is a white soft, fat-like, waxy substance found in the bloodstream and in all cells of our body. It occurs naturally in every cell or membrane everywhere in the body, including the brain, nerves, muscles, skin, liver, intestines, and heart. Cholesterol is an essential part of a healthy body and the body uses it to produce cell membranes, several important hormones (e.g. testosterone, progesterone, estrogen, DHEA, etc.), vitamin D, and bile acids that help digest fats Your Brain Needs Cholesterol Cholesterol is vitally important for brain function. While your brain represents about 2-3% of your total body weight, 25% of the cholesterol in your body is found in your brain, where it plays important roles in such things as membrane function, acts as powerful brain antioxidant, and serves as the raw material from which we are able to make things like progesterone, estrogen, cortisol, testosterone and vitamin D3. 25% Of The Body's Cholesterol Is In The Brain, Keeping You Alzheimer's-Free Furthermore, we summarize below why Cholesterol is part of your body. -Your cells walls are made of it. -Cholesterol is a building block of cell membranes -Your brain is made of it -Vital hormones, like testosterone, progesterone, estrogen, -cortisol are made from it as mentioned above. -Your body can't digest fat without it. -Your body can't produce vitamin D without it. Cholesterol Is Not Your Enemy Most people are told cardiovascular diseases are due to cholesterol clumping together to form build ups that block the flow of blood. Cholesterol is a vital nutrient your body uses to repair rips, tears, or growths in the walls of your blood vessels. When damage...



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