

What is the Best Way to Get Your Cholesterol Within Healthy Levels?



[Click Here to Find Out How You Can Completely Clean Out the Plaque Build-Up in Your Arteries](#)

Easiest Way to Cure [High Blood Pressure](#), Diabetes and High Cholesterol

Want to [get your cholesterol within healthy levels](#)? Read on.

An article has just appeared in the latest edition of the journal Psychology & Health that suggests the easiest way to eliminate most modern diseases.

It's especially effective for [high blood pressure](#), [type 2 diabetes](#), [high cholesterol](#) and other related diseases.

And it literally takes no effort and is as natural as can be. Because the relationship between vacation and health is fairly poorly studied, the scientists decided to find out whether time off can reduce our risk of metabolic syndrome (the precursor to [diabetes](#)) and reduce associated symptoms.

The only previous study they could find on the subject found that people who took regular vacations were less likely to die of cardiovascular causes or prematurely of any cause.

The Syracuse University academics used 63 workers who were eligible for paid vacations. They invited them into the laboratory where they conducted a range of physiological measures to assess their metabolic status.

Together with the physiological tests, they also asked them about their vacation behavior in the last 12 months.

These participants had taken five vacations during the past 12 months, using two weeks of their paid vacation days.

The more vacations they took, the fewer harmful metabolic symptoms they showed. Each additional vacation reduced their risk for the metabolic syndrome by 25 percent.

We should probably define what metabolic syndrome is. It's said to be present if you have three of these four symptoms: large waist circumference, [high blood pressure](#), high triglycerides (fats in the blood), and [high fasting blood sugar levels](#).

These are also major risks for [cardiovascular disease](#) and events like [heart attacks and strokes](#).

It isn't known exactly why vacations have such a positive effect, but the results make it clear that they really do.

Any change to compulsory vacation time will probably be a long time coming, so until it does, you had better take charge of your health!

So, keep your blood pressure at healthy levels with this solution...

And keep diabetes at bay too, with this simple 3-step approach...

And to get your cholesterol within healthy levels and if your cholesterol is too high, click here...

Cholesterol Drugs Can Triple Your Risk of This Serious Disease

How to Get Your Cholesterol Within Healthy Levels Without Taking Such Harmful Cholesterol Drugs?

These drugs are the most commonly prescribed drugs for [high cholesterol](#). They're so common that researchers think more than a quarter of middle-aged Americans are taking them.

But a new study by scientists at Ohio State University in Columbus now suggests that these drugs may be largely responsible for the current [diabetes](#) epidemic.

The researchers checked the health records of 4,683 adults who had private health insurance. They were free of [diabetes](#) when the study began in 2011, but they had already received warnings about their risk of cardiovascular disease. Researchers followed them until 2014 to see which of them would develop [diabetes](#).

Their average age was 46 years and 16 percent of them had been prescribed statins during the study period.

It turned out that statin-takers were 2.2 times more likely to develop [diabetes](#) than non-statin-takers.

Those who had taken statins for more than two years had a 3.3 times greater chance of developing [diabetes](#) compared with those who never took statins.

Even statin-takers who never developed [diabetes](#) were in trouble, with a 6.5 percent higher chance of [high blood sugar](#) than those who had never taken statins. This suggests that if this study had continued for longer, they may eventually have been at serious risk of [diabetes](#) too.

Pause and think about this for a moment. This study already shows that two years of statin-taking can triple your risk of [diabetes](#), but because it was stopped at three years, and since even nondiabetic statin-takers had [high blood sugar](#), even this number is probably too low.

It's clear that the longer the participants took statins for, the greater their risk of developing [diabetes](#), so the researchers knew that statins were causing it.

They ruled out interference from other factors like ethnicity, sex, age, and body mass index, so it was clear that the new [diabetes](#) cases were caused by the statins, and not by any of these other factors.

They couldn't rule out alcohol use and smoking, so that's worth bearing in mind, but the link does appear to be strong despite this.

This study again shows why it is far better to adopt natural methods to [combat cholesterol](#). There is, after all, no point in [fighting heart](#)

[disease](#) if that means it causes [diabetes](#). You're just swapping one deadly illness for another.

A regular exercise program, enough sleep, and a healthy diet of foods that [prevent cholesterol](#) will make you feel good and they won't give you [diabetes](#).

And, even better, you can now get your cholesterol within healthy levels in 30 days or less with these simple and effective steps... And you can beat diabetes too, with this easy routine...

Get Your Cholesterol Within Healthy Levels and Cut Your Heart Attack Risk By 50%

If you want to [cut your heart attack risk](#) by doing something that doesn't involve dieting, exercise, or giving up bad habits, then researchers at Johns Hopkins University School of Medicine have got some good news for you.

They've found a free and easy way to [get a healthier heart](#), because participants in their study reduced their risk of cardiovascular disease by an average of 30%, and some (the least healthy) even managed 50%. All thanks to doing this one thing every day.

This might sound a bit too convenient, but having a cheerful, upbeat approach to life every single day can make a huge difference to how healthy you are, and whether you get [heart disease](#).

The scientists at Johns Hopkins are pretty sure about this because they looked at 1,500 healthy individuals. Everyone who said that they were happy, positive, cheerful and energetic had a 30% lower risk of experiencing a [heart attack](#), so there has to be something in it.

The study didn't look at why sad or angry people are more likely to develop [high blood pressure](#) and end up with [heart disease](#), but they probably didn't need to. Plenty of previous studies have already shown that chronic stress is a worldwide problem that shortens life spans, and sadness and anger are never far away when you're chronically stressed.

Now, no one is suggesting that all those happy people are just smiling their way out of serious problems, but their attitude towards the slings and arrows that life throws at them has a great bearing on how well they cope. A positive attitude can get people through the tough times and make the good times even better!

Anxiety is not good for [hypertension](#), which is not good for [heart health](#), so it might be time to look at how you deal with everyday

situations, and see whether you can't put a spring in your step and a smile on your face to help get you through them better.

To get your cholesterol within healthy levels, watch this video - [How To Read & Understand Your Cholesterol Numbers](#)

Hypertension is the single biggest threat to your heart, so why not hit it with the 3 best exercises out there? [You can get your blood pressure down below 120/80 as soon as today...](#)

Or check out this easy-to-follow strategy [to get your cholesterol within healthy levels in 30 days or less...](#)

This post is from the Oxidized Cholesterol Strategy Program. It was created by Scott Davis. Because he once suffered from high cholesterol, so much so that he even had a severe heart attack. This is what essentially led him to finding healthier alternatives to conventional medication. *Oxidized Cholesterol Strategy* is a unique online program that provides you with all the information you need to regain control of your cholesterol levels and health, as a whole.

To find out more about this program, go to [How to Get Your Cholesterol Within Healthy Levels Quickly and Easily ?](#).

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