



Cholesterol: The Body's Natural Anti-Oxidant

Basic Introduction To Cholesterol

Wes Tolbert

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Are you looking for ways to improve your health?

Have you heard the old "your cholesterol is too high" line but you don't understand what it really means?

Cholesterol is one of the modified sterol which is present in every single cell membrane of our body. Not only has our body intakes cholesterol, from various food sources, but our body produced cholesterol also. Almost all of our body cell and liver is a major source of production of natural cholesterol. Cholesterol is not generally considered good for health; actually it is represented through various media and health experts as a major causing factor of various blood and heart diseases. But if you ask the person with expert knowledge about natural body antioxidants, they might surprise you with a new perspective about cholesterol. Cholesterol helps in the maintenance of our cell structure. In order to complete all basic and crucial body functions cholesterol is required and that is why body produces it as an essential factor to carry our routine body tasks.

What you'll learn inside:

- What cholesterol is
- What it really does
- Why it is important to have a specific level of cholesterol in your body
- And Much, much more!

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