

## **Why is Cholesterol vital for health?**

Although linked to heart disease, cholesterol, in reality, is a vital substance critical to survival and health. Every healthy cell in the body remains protected by the membrane made from the cholesterol and protein. Additionally, cholesterol is an essential element in many vital hormones in the body. The brain tissue, which primarily comprises of fat, is rich in cholesterol, making cholesterol necessary for healthy brain function. Basically, without cholesterol, the human body cannot function.

The other interesting fact is that the dietary cholesterol has little effect on blood cholesterol as most cholesterol (almost 80% of it) needed by the body gets made in the liver. There is only a small fraction of 20%, which comes from the food. Cholesterol is the repair substance, and if the harmful LDL cholesterol level goes high, it just means there are inflammation and cell damage in the body. The focus, therefore, should be the elimination of the toxic inflammatory foods outlined above.