

Cholesterol-How Much Do You Know?

In your battle to contain cholesterol it would be prudent of you to at least seek information in doing it the natural way. The use of anything other than the natural way may put you at further risk.

This is what some doctors say.

"Every drug increases and complicates the patients condition."

- Robert Henderson, M.D.

"Drugs never cure disease. They merely hush the voice of nature's protest, and pull down the danger signals she erects along the pathway of transgression. Any poison taken into the system has to be reckoned with later on even though it palliates present symptoms. Pain may disappear, but the patient is left in a worse condition, though unconscious of it at the time."

- Daniel. H. Kress, M.D.

These are sobering testimonies about pharmaceutical drugs. From doctors no less. Maybe it is time for us to seek more information on the natural way to contain cholesterol.

What do you know about your cholesterol? Find out in this quiz. Get your pen and paper. Do not look below at the answers. You may begin.

1. If you have high cholesterol which of the following are you at risk to have?

A. Heart Disease

B. Heart Attack

C. Stroke

D. All of These

2.If you have heart disease, which number is best for you?

A. 130 or Lower

B. 120 or Lower

C. Less than 100

D. None of These

3. High cholesterol means that you should choose nonfat or lowfat dairy products.

A. True

B. False

4.HDL (good) cholesterol assists in removing LDL (bad) cholesterol from your arteries.

A. True

B. False

5. If you want to reduce your cholesterol levels which of these would help?

- A. Walking
- B. Dancing
- C. Swimming
- D. All of These

Bonus Question.

The cholesterol that is in your body comes from two sources. What are they?

Here are the answers.

1. If you have high cholesterol which of the following are you at risk to have?

The correct answer is (D). Findings have confirmed the unbreakable connection between cholesterol and heart disease. Studies have also nailed down the fact that too much LDL cholesterol leads to heart attack and stroke. True there are many causes of heart disease. However it is clear that when your LDL is high so is your risk.

2. If you have heart disease, which number is best for you?

The correct answer is (c). Yes 100 or lower. With heart disease you should aim for 100 or lower. A person without heart disease should aim for 130 or lower.

3. High cholesterol means that you should choose nonfat or lowfat dairy products.

The correct answer is true. You must have your fruit and vegetables daily. Leave fried and fast foods alone.

4.HDL (good) cholesterol assists in removing LDL (bad) cholesterol from your arteries.

The correct answer is true. HDL the good cholesterol helps clean your arteries by carting away excess cholesterol.

5. If you want to reduce your cholesterol levels which of these would help?

The correct answer is (D). All of these activities help.

I trust that you have enjoyed this quiz on cholesterol. My desire is that you have learned a bit more about your cholesterol. The next paragraph will lead you to the answer to the bonus question.

Source: <http://www.articlecircle.com>

About the Author

Yes cholesterol is a silent killer. Are you interested in learning more about cholesterol and you? Down load the 25 page report Cholesterol & You at this link: <http://www.wyclefinnovations.com/cholesterolandyousalespage.html>