

Good Cholesterol and Bad Cholesterol

The great debate continues. For decades we've been hearing all about the evils of cholesterol. In recent years, we were told that maybe cholesterol wasn't so bad after all. Now it seems that this mysterious substance falls on both sides of the fence. That's why you need to understand the differences between good cholesterol and bad cholesterol.

It's important to realize that there is no cholesterol free diet. All people have cholesterol in their bodies, as it is a natural and important part of our physiology. Those with low cholesterol can suffer from thin blood or bleeding disorders. A healthy supply of cholesterol can be good for your body, and will keep you healthy in the future. For this reason, you must learn as much as you can about good and bad cholesterol.

Bad Cholesterol

Inside the small particles that make up cholesterol, there are additional particles called molecules. These smaller particles are also known as carrier molecules. The carrier particles are made up of proteins that are found in the foods that you eat, mostly nuts and meat. These carrier particles won't dissolve because they are attached to cholesterol, which is a type of fat. The bad cholesterol being carried by the proteins are known as lipoproteins. High levels of bad cholesterol will make your blood thicker and cause it to move more slowly. These can also be associated with arteriosclerosis.

Good Cholesterol

The particles in your blood aid in the digestion and the transport of cholesterol through your body. These "good carriers" and the good cholesterol are known as apoproteins. If you have a higher level of naturally produced and processed cholesterol, you are known to have high-density lipoprotein. These higher levels of good cholesterol will help the blood flow easily through your body.

The cholesterol in your blood will fluctuate over time. They won't always be high, and won't always be low. It is possible to control the levels of bad cholesterol in your body by cutting back on certain fatty foods, and trying to limit your stress levels. Have your cholesterol checked every year. If you are treated for high cholesterol, be sure to exercise regularly and take your medications as prescribed.