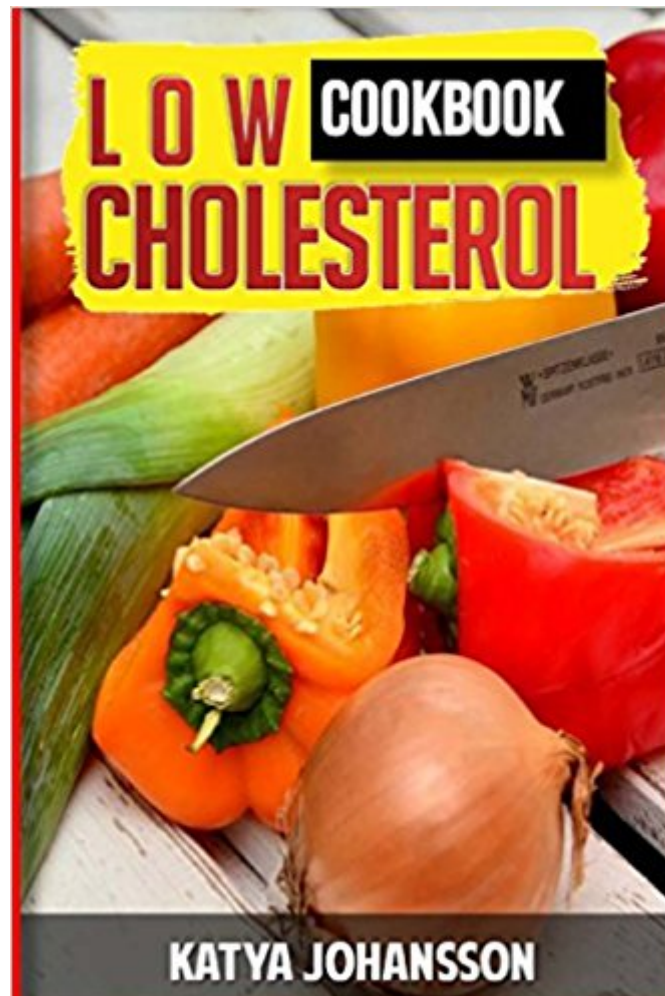




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# Low Cholesterol Cookbook: Low Cholesterol Recipes & Diet Plan



## Synopsis

**LOW CHOLESTEROL COOKBOOK**Cholesterol is a lipid (fatty) substance found in our food and is also produced in the liver and secreted in the blood. It is a substance that is found in all cells of the body. Cholesterol is essential to the formation of bile acids, vitamin D, and hormones like estrogens (estradiol, estrone, estriol), androgens (androsterone, testosterone), mineralocorticoid hormones (aldosterone, corticosterone), and glucocorticoid hormones (cortisol). Cholesterol is also necessary to the normal permeability and function of the membranes that surround cells.

Cholesterol is highly needed for the proper function of heart and brain. Cholesterol is carried in the blood by proteins, and when the two cholesterol and protein combine, they're called lipoproteins.

The two main types of lipoprotein are: the two main types of cholesterol: HDL and LDL. Most cholesterol is LDL (low-density lipoprotein) cholesterol. LDL cholesterol is more likely to clog blood vessels because it carries the cholesterol away from the liver into the bloodstream, where it can stick to the blood vessels, in the case that cholesterol gets oxidized. HDL (high-density lipoprotein) cholesterol, on the other hand, carries the cholesterol back to the liver where it is broken down. A diet high in saturated fats tends to increase blood cholesterol levels, whereas a diet high in unsaturated fats tends to lower blood cholesterol levels. Although some cholesterol is obtained from the diet, most

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