



HELP YOUR BODY, NATURALLY

Most important Risk Factor for CHD

By Seann Bardell on Jun 11, 2019 09:46 am

William C. Roberts, editor in chief of the *American Journal of Cardiology*, states that the only critical risk factor for atherosclerotic plaque buildup is cholesterol, specifically elevated LDL cholesterol in your blood. It is called “bad cholesterol” because it’s the vehicle by which cholesterol is deposited into our arteries. According to Roberts, the optimal LDL cholesterol level is probably 50 to 70 mg/dL. The population target should therefore be around a total cholesterol level under 150 mg/dL (Benjamin & Roberts, 2013).

Roberts acknowledges that the Framingham study (1979) and other large studies cite multiple risk factors for developing atherosclerosis— (1) Genetic, (2) Degenerative, (3) Inflammatory, (4) Cigarette smoking, (5) Systemic Hypertension, (6) Diabetes mellitus, (7) Overweight, (8) Inactivity, (9) Stress, and (10) Cholesterol problem— however, the only risk factor that is necessary to form plaques is high Cholesterol.

He backs up his contention with the following four facts:

Atherosclerosis is easily produced experimentally in herbivores (monkeys, rabbits) by giving them diets containing large quantities of cholesterol (egg yolks) or saturated fat (animal fat).

Atherosclerotic plaques contain cholesterol.

Societies with high average cholesterol levels have higher event rates (heart attacks, etc.) than societies with much lower average cholesterol levels.

When serum cholesterol levels (especially the low-density lipoprotein cholesterol [LDL-C] level) are lowered (most readily, of course, by statin drugs), atherosclerotic events fall accordingly and the lower the level, the fewer the events.

Therapeutic Food Support:

The Beta Glucan Synbiotic Formula qualifies for the American Heart Association and Food and Drug Administration “Healthy Heart” seal of approval (FDA, 2002). The suggested daily guideline of two tablespoons contains high concentration of oat beta glucan (10%) for cardiovascular support.

References:

- Benjamin MM., & Roberts. WC. (2013). Facts and principles learned at the 19th Annual Williamsburg Conference on Heart Disease. *Proc (Bayl Univ Med Cent)*; 26(2): 124-36.
 - Kannel, W. B., & McGee, D. L. (1979). Diabetes and cardiovascular disease: the Framingham study. *Jama*, 241(19), 2035-2038.
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