CONTROLLING YOUR CHOLESTEROL

Cholesterol is a waxy substance that comes from two sources: your body and food. Your body makes all the cholesterol you need to circulate blood. But cholesterol is also found in foods from animal sources, such as meat, poultry and full-fat dairy products. Your liver produces more cholesterol when you eat a diet high in saturated and trans fats. Excess cholesterol can form plaque between layers of artery walls, making it harder for blood to circulate. This buildup, known as atherosclerosis, can lead to high blood pressure and heart disease.

What is it? Why is it bad? What can you do? Take a holistic approach to reduce your cholesterol on a Bagel. Take a holistic approach to reduce your cholesterol.