

LET HEALTH HAPPEN



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How to Beat Cholesterol

A recent study by the U.S. CDC determined that 1 in 5 teenagers have high cholesterol levels. This syndrome, that is thought to afflict mostly middle-age and elderly adults, is being seen more and more often in younger populations (similar to diabetes, arthritis, etc.). What is happening with this 20% of our youth? Despite the fact that our genes haven't changed significantly in over 30,000 years, could it be these teenagers got dealt some bad genes? Are they lacking something that would require them to be on a lifelong regimen of cholesterol lowering drugs? Or is it just bad luck?

The cause of this cholesterol dilemma is also the solution. The only thing lacking in our teenagers, and our adults alike, is proper lifestyle. For 99% of the population, to avoid being a member of this unpopular cholesterol club you need to implement the following strategies as part of your routine: You must exercise at least 100 minutes every week. You should avoid grains and sugars (including high fructose corn syrup) as much as possible due to the stress they

place on the liver. Eat as much natural "raw," in season food as possible. You should avoid smoking and alcohol and implement strategies (such as exercise) to reduce emotional stress. Finally, you should take a supplement of omega 3 fatty acids such as fish oil.

Does this sound harder than just taking a pill every day? Maybe, but the side affects of these strategies are longevity, health and improved quality of life. Whereas the side affects of the cholesterol drugs include: cognitive loss, nerve problems, anemia, acidosis, fevers, cataracts, sexual dysfunction, and permanent muscle damage including the muscle of the heart! If you would like more information on this and other subjects look under "articles" at www.rivertownchiro.com.

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