

The One Cholesterol Cure You'll Never Get From Your Cardiologist...

Here's something that might shock you, did you know that 75% of people who have heart attacks have "normal" cholesterol?ⁱ

It's true. These numbers come from the landmark Framingham Heart Study that has been ongoing since the 1940s. It's the most reliable data on heart disease.

The reason for this, in a time when drug companies sponsor, pay for, and manipulate clinical studies to prop up their best selling drugs...it's untouched by corporate hands.

There is just one problem. The medical establishment is ignoring data that doesn't support their cholesterol theory. Have you ever tried to challenge your doctor on cholesterol?

They're so adamant about treating "high cholesterol," they'll refuse to see you as a patient if you don't buy into their propaganda. That's why people come to me.

The truth is cholesterol isn't the cause of heart disease. Inflammation is.

Inflammation acts on cholesterol, but isn't caused by it. It's guilty by association.

Pharmaceutical companies quickly engineered a drug to stop your body from making "cholesterol".

They supported this myth with billions of dollars in advertising campaigns, lining the pockets of doctors and well placed editorials in leading publications.

They've convinced the whole world cholesterol is the enemy, and high cholesterol means you have one foot in the grave. It couldn't be further from the truth.

They Are So Wrong Its Laughable...

The worst part of this cholesterol myth is mainstream doctors all around the world are getting away with lowering people's cholesterol even if they don't have any disease.

It's alarming, because they are making people sick. You don't want to remove cholesterol at all.

You want to protect yourself by raising your levels of good healthy HDL cholesterol instead.

The fact is, the higher your cholesterol is the better your life is. You actually need cholesterol to make vitamin D, to make sex steroids, and to make the membrane of your cells and your brain.

With my patients who have inflammation I try to get their HDL to be as high as half of their triglycerides.

There's no evidence that high cholesterol increases heart risk if your HDL is at least half your triglycerides. If you can make your HDL higher than your triglycerides, that's even better.

My HDL is twice as high as my triglycerides, and I'm proud of my high cholesterol. A good HDL level is about 45. We want your triglycerides to be below 150, normally.

But if you can get your triglycerides down to 100, and your HDL up to 50, then it doesn't matter what your total cholesterol is. There is no risk.

Let me repeat that: As long as your HDL is high enough, you're at little to no risk of heart disease. Even if your total cholesterol is 305.ⁱⁱ

Why isn't this simple and powerful advice getting through? There's no drug to boost HDL. So it's not part of the medical establishment and pharmaceutical companies' agenda.

But I've found a potent natural cure that helps boost your HDLs. There is just one catch. To this point, the FDA has been hiding it from you.

The Red Crimson Super Food That Can Help You Boost Your HDL Better Than Anything In Existence...

I call this new HDL booster a crimson super food, because it's closer to a super food than a vitamin, and is a red pigment.

In fact, the FDA even classifies it as red food dye but it's actually a carotenoid named astaxanthin and the world's strongest antioxidant.

Carotenoids are a red or yellow pigment found in plants and certain animal tissues. You can find Astaxanthin in the muscles of wild salmon, and in microalgae.

It's 6,000 times more effective than vitamin C, 800 times more than CoQ10 and 550 times more than vitamin E and green tea.^{iii,iv}

It gets itself into every cell of your body. Protecting the fat-soluble part of your cells and protecting the water-soluble part of the cells. It can aid athletic performance, bolster your eyes, and even help boost male fertility. Where it really shines is with cholesterol.

Astaxanthin helps improve blood lipid profiles by decreasing bad LDL cholesterol and triglycerides, and by increasing good HDL cholesterol.

I've been using it in my practice for years, to help my patients bolster HDLs and level off LDLs.

Over twenty years ago, an early study in rats' demonstrated astaxanthin raised good HDL cholesterol. But in the last decade I've read a few key human studies that have been very helpful in furthering my astaxanthin HDL research.

In 2003, an unpublished human study from Eastern European looked at men with high cholesterol. They supplemented with 4 mg of astaxanthin for thirty days.

At the end of the study, subjects showed an average decrease in the total cholesterol and of LDL of 17%, and average decrease of triglycerides of 24%.^v

In 2010, the first-ever randomized, placebo controlled human study was done in Japan. They found that use of astaxanthin significantly increases triglyceride and HDL cholesterol^{vi}.

At the end of the study, participants receiving 12 and 18 mgs of astaxanthin experienced significant increases in the HDL cholesterol levels of 10% and 15% respectively.

The medical research and my own work in my clinic clearly demonstrate how Astaxanthin helps increase HDL cholesterol, lower LDLs, and triglycerides. I can't recommend it enough, to help keep your cholesterol at healthy levels.

How Can You Get Astaxanthin?

Perhaps the best source is salmon. Make sure its wild salmon. It contains far more natural astaxanthin than farm raised salmon.

Four ounces of farm raised Atlantic salmon contains about 0.5 to 1.1 mg of astaxanthin. Wild-caught sockeye salmon contains a whopping 4.5 mg.^{vii}

You can also find astaxanthin in pink-colored seafood like lobster, crab and shrimp.

Of course, you can also pick up a supplement. I recommend you take at least 10 mg of astaxanthin a day.

However, I've found something closer to 50mgs gives you the full benefit of astaxanthin. It's what I recommend to my patients, and included in my proprietary formula Res-6.

Unfortunately, most astaxanthin supplements aren't as reliable. You can find it easily on the internet, but much of it is synthetic astaxanthin.

They use petrochemicals to make synthetic astaxanthin. It's also more than 20 times weaker than natural astaxanthin.

Yet, they will tell you all about the benefits from the different scientific studies. Problem is, those studies use 10mg of natural astaxanthin.

Most supplements only give you 5 mg of synthetic astaxanthin so you aren't going to get those benefits from their supplement.

Be careful, and do your research when picking up an astaxanthin supplement. Make sure it contains all natural astaxanthin at the right dosages or increase your intake accordingly.

Remember, studies show you want to take a minimum 10mgs per day.

But in my own practice, results suggest as much as 50 mgs per day can offer even more. Drastically helping boost your HDL to healthy levels.

ⁱ Castelli WP. "Cholesterol and lipids in the risk of coronary artery disease – the Framingham Heart Study." *Canadian Journal of Cardiology*. 1998 July; 5A-10A.

ⁱⁱ Castiglioni A, Neuman WR. "HDL Cholesterol: What Is Its True Clinical significance?" *Emergency Medicine*, January 2003;pp 30-42.

ⁱⁱⁱ Pandey, S et al, "ANTI AGING THERAPY: VARIOUS ALIGNMENTS TO CONTROL PREMATURE AGING." *International Journal of Pharma and Bio Sciences* 2010

^{iv} Bagchi, D. "Oxygen free radical scavenging abilities of vitamins c, e, β -carotene, pycnogenol, grape seed proanthocyanidin extract and astaxanthins in vitro" *Pharmacy Sciences Creighton University School of Health Sciences*. 2001.

^v Trimeks Company Study. On file at Cynotech corporation

^{vi} Yoshida H, "Administration of natural astaxanthin increases serum HDL-cholesterol and adiponectin in subjects with mild hyperlipidemia", *Atherosclerosis*. 2010 Apr

^{vii} Turujman, S. A et al, "Rapid liquid chromatographic method to distinguish wild salmon from aquacultured salmon fed synthetic astaxanthin". *J. AOAC Int.*, (1997) 622-632.