

Women with High Cholesterol Live Longer, Have Fewer Heart Attacks and Strokes

By Elizabeth Walling, *Natural News*

If the diagnosis of high cholesterol sounds like a death sentence to your ears, you may be the victim of cholesterol propaganda. It's not uncommon to believe that lower is better when it comes to cholesterol, but new research shows otherwise. In fact, a recent study in Norway says women with high cholesterol live longer and suffer from fewer heart attacks and strokes than those with lower cholesterol.

Can High Cholesterol Save Your Life?

Researchers at the Norwegian University of Science and Technology looked at 52,087 individuals between the ages of 20 and 74. After adjusting for factors like age, smoking and blood pressure, researchers found women with high cholesterol (more than 270 mg/dl) had a 28 percent lower mortality risk than women with low cholesterol (under 193 mg/dl). Risk for heart disease, cardiac arrest and stroke also declined as cholesterol levels rose.

The researchers involved in the study admit this contradicts commonly accepted beliefs about cholesterol. They say current guideline information is misleading because the role of cholesterol in heart disease is overestimated.

These results fly in the face of what most of us have been told about cholesterol. Our misconceptions about cholesterol may in fact be endangering countless lives. For instance, millions of people are prescribed statin drugs to lower their cholesterol levels, believing that this will save their lives. Not only do statin drugs come with a plethora of dangerous side effects, but now the very premise of their existence is also brought into question.

Our focus on lowering cholesterol to prevent heart disease and mortality is misplaced. It also fails to serve in the best interest of our health and wellness. In fact, the dogmatic belief that cholesterol must be lowered appears to best serve pharmaceutical companies, which profit from cholesterol-lowering drugs.

Better results will be achieved when we develop a more well-rounded focus on other risks for heart disease, which include stress, toxins, a sedentary lifestyle and a poor diet. As an added bonus, these factors aren't treated with dangerous pharmaceutical drugs, but with simple, healthful lifestyle changes.

Sources for this article include:

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