

LIFESTYLE



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Is Cholesterol a Real Threat?

By Dr. David Tanton

Every year, millions of people fall victim to the deceptive, highly profitable cholesterol scam. If you are taking a cholesterol-lowering medication, also called statins, get off of them immediately, before they do any more damage.

According to findings released by a Medical Expenditure Survey in May 2008, *"the number of persons purchasing a statin increased 88% from 2000 to 2005, rising from 15.8 million people to 29.7 million people."* Moreover, a study conducted by Harvard in the 1960s revealed that a total cholesterol count of 300 was good. According to current guidelines, the recommended total cholesterol count is approximately 130. Was Harvard's study seriously flawed? I think not.

The pharmaceutical companies producing statins have successfully convinced many doctors, and their patients, that cholesterol is our worst enemy. The truth is, Low Density cholesterol (LDL) plays many critical roles in both the body and brain. In the brain, it serves as an insulator for neurons. In the body, it removes toxins from the bloodstream, and it seals and stabilizes damaged or weakened arteries.

Our body only produces what it needs, thus we should allow our bodies to regulate it. In fact, cholesterol that is too low can be serious! Studies have proven that just as many people with cholesterol that is too low experience heart attacks, as those with elevated cholesterol. When our LDL is too high, it's an indicator that we need to address the underlying problem that our cholesterol is attempting to deal with – not take a cholesterol-lowering medication. The most likely contributors to elevated LDL are: low vitamin C, toxins, low thyroid, elevated homocysteine (the rogue amino acid that damages arteries) and even stress.

➤ **Toxins** – Our body knows how to eliminate excess cholesterol by converting it into bile, which the liver uses to metabolize fats and fat-soluble vitamins, as well as escorting toxins into the intestinal tract for removal. Unfortunately, statins target LDL cholesterol, which our bodies depend upon the most! HDL cholesterol's role is basically to remove any excess cholesterol from the arteries once the LDL has repaired the damage to the artery. Victims are unknowingly paying the price for statins.

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Stop Managing by Crisis

By Thomas Houck

The most valuable asset any business owner has is his or her time. The most successful people have the best time-management skills, and develop a system to prioritize the things they must do in their businesses and their personal lives.

Let's take the case of "Sid." Sid was dumbfounded that two of his biggest clients left. Sid thought that because he never heard from them, everything was fine.

Like many businesspersons, Sid made the mistake of managing by crisis in which those who scream the loudest get the most attention. The flaw in this "putting out fires" method of running things is that fires beget more fires. What's more, sooner or later, those who are quiet start screaming if no one pays attention to them. Sid sought the help of a business consultant.

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CLIP-N-SAVE!

www.foodfit.com

Healthy Recipe: Beet, Orange, Onion & Olive Salad

INGREDIENTS:

- 2 large oranges
- 2 cooked beets, sliced in thin rounds
- 1 onion, sliced paper thin
- 2 to 3 tablespoons extra virgin olive oil
- 2 ounces black olives, pitted
- 2 tablespoons chopped fresh mint or cilantro
- salt to taste

NUTRITIONAL INFORMATION:

- Calories per serving: 130
- Fat: 8 g.
- Protein: 2 g.
- Sodium: 266 mg
- Carbohydrates: 15 g.
- Fiber: 3 g.
- Saturated fat: 1 g.

DIRECTIONS:

1. Peel the oranges, remove all the white pith and slice the oranges into 1/8 inch slices, removing all the pits.
2. Layer the sliced beets, the orange slices and onion, sprinkle lightly with salt and drizzle with olive oil.
3. Garnish with olives, and chopped fresh mint or cilantro.

Serving size: 1 salad



LifestyleTIPS®

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Is Cholesterol a Real Threat?

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➤ **Vitamin C** – When someone is deficient in vitamin C, the body will naturally produce LDL in order to fill the void. Things that contribute to vitamin C deficiency include: microwave cooking, which destroys from 60 to 90% of vitamins C, E and B; many prescribed medications, 63% of which also deplete vitamin C; along with other vitamins and minerals. Vitamin C is readily available and very affordable.

➤ **Low Thyroid** – Two symptoms associated with a hypothyroid (low thyroid) condition are leaky blood vessels and elevated

cholesterol. Most doctors would prescribe a statin to resolve the problem. The solution, again, is resolving the underlying problem. Once the thyroid function has returned to normal, the cholesterol level will soon stabilize.

So, the question remains: What “true benefits” do cholesterol-lowering medications really provide? To date, none. ❖

Dr. Tanton is the founder and research director of the Soaring Heights Longevity Research Center, and the author of “A Drug-Free Approach to Healthcare.” For more information, visit www.drntanton.com or email longevityctr@peoplepc.com.

Best Small and Medium-Sized Places to Work

*Small companies:
(50-250 employees)*

1. Dixon Schwabl
2. Badger Mining Corp.
3. SnagAJob.com
4. Heinfeld, Meech & Co., P.C.
5. McMurphy, Inc.
6. Bridge Worldwide
7. Kahler Slater
8. InsureMe
9. Root Learning
10. Landrum H.R. Companies, Inc.

*Medium companies:
(251-999 workers)*

1. Ultimate Software
2. ACUITY
3. Integrity Applications Inc.
4. Stark Investments
5. Hoar Construction, LLC
6. Holder Construction Co.
7. 4imprint, Inc.
8. AMX
9. Bowen Engineering
10. Hilcorp Energy Co.

Sources: Great Place to Work® Institute and the Society for Human Resource Management (SHRM). For the complete list, visit www.greatplacetowork.com.

Managing

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Together, they examined how Sid scheduled his week, and immediately the problem became clear: Sid's first order of business on Mondays was to check the answering machine. Whoever sounded the most upset got Sid's attention – hardly a recipe for providing quality customer service!

The business pro taught Sid a strategy that required Sid to mark each day for the upcoming month with a symbol, depending on his priorities for that day: for instance, \$ for cash flow, etc.

Next, a lack of meetings made it clear that Sid needed to better engage staff and keep abreast of what was going on. A Monday morning focus meeting was devised, with priorities for the week clearly spelled out.

Finally, in addition to better staff focus and priorities, Sid received assistance to prioritize his work-related tasks. After working out “the bugs,” Sid eventually slept better, had happier customers, and more time with his wife and kids. ❖

Thomas Houck is a speaker, author, and consultant. For more information, visit www.heritagebusinesssolutions.com.