

Making Sense of Cholesterol Concerns



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The “Cholesterol Awareness Month” of September reintroduces us to the controversy surrounding this substance which is naturally produced and utilized by the body. Cholesterol is still being implicated in the leading cause of death in the U.S. heart disease, the most common type being coronary artery disease.

Coronary artery disease occurs when the blood supply to the heart muscle become hardened and narrowed by the build-up of plaque. Cholesterol is an essential component in the ongoing repair of small injuries to the blood vessels in our body. These small tears to our blood vessels are caused in several ways such as from excess protein intake, and from damage done by ingestion of sugars such as glucose and fructose (glycation). In other words, cholesterol is part of critical bodily functions to preserve life that is constantly threatened by minor and most oftentimes unknown, internal injury.

Not only is it pulling necessary duty in triage, but cholesterol is part of each cell and is integral in all metabolic processes. It is essential in the synthesis of bile acids, nerve tissue, vitamin D and hormones such as estrogen, testosterone, progesterone and cortisol. The LDL’s duty is to carry cholesterol from the liver to the tissues where it is incorporated into all cell membranes.

So, is there significance to the cholesterol numbers on the blood tests? One perspective is to view the numbers in a ratio rather than individually. It still pins the label of “bad” on the LDL and “good” to the HDL, but at least it is a more realistic view of whether or not there might be a potential issue. The ratio is determined by dividing the LDL cholesterol into the HDL cholesterol. If your HDL were 50 and your LDL 150, then your ratio would be 0.3. This happens to be the cut off point as to what is preferable. Ideal ration is considered to be

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above 0.4. The next significant ratio is that of the HDL to the total blood cholesterol. So a total of 200 with an HDL level of 50 is 4:1. The target ratio is below 5:1 with an optimum of 3.5:1

But back to our controversy, is all this really necessary? Two very large heart disease studies, The Framingham Study and the Multiple Risk Factor Intervention Trial (MRFIT), showed that half of the people who suffer heart attacks had normal and low range cholesterol levels! Statistical data from INTERHEART, (“Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries: case-control study,”) show that cholesterol is not at factor at all.

Nevertheless, the intensity with which cholesterol has been vilified generated a variety of pharmaceutical drugs (or is it the other way around?) which can manipulate the levels, particularly of the LDL’s. Statins are among the most prescribed drugs by the medical establishment to manage cholesterol levels in the blood. The U.S. Agency for Healthcare Research and Quality reported that statins use rose by 156 percent between 2000 and 2005. Spending on these statin drugs by US patients jumped from \$7.7 billion to \$19.7 billion.

However, there is no proof or research to prove that these drugs actually reduce the likelihood of heart attack or stroke. They simply lower a patient’s high cholesterol causing oftentimes a large number of side effects on skeletal muscle and the liver. The statin drugs primarily work by inhibiting the liver enzyme HMG Co-A reductase which reduces the liver’s ability to make cholesterol. And that forces the liver cells to pull it from the blood and thereby lowers your cholesterol. Unfortunately, there are many other beneficial compounds produced by the HMG Co-A which also get deleted. The reported side effects include muscle pain and weakness, neuropathy, dizziness, cognitive impairment, pancreatitis, depression, and

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Mark Hinds
Founder and CEO,
HealthWalk™

Founder's Message

Dear **HealthWalk** Family and Friends,

September is here - it's back to work and school time. September is also National Cholesterol Awareness Month. The American Heart Association and other health organizations are featuring this theme on their websites' home pages. They are focusing on cholesterol as a marker for heart and other diseases. Cholesterol is an essential component of our metabolic processes and is needed and manufactured by our bodies. It would be more effective to help the nation gain health by raising awareness and education on the root cause of heart disease, strokes and other inflammatory diseases.

As [Dr. Anna Walden](#) details her article on cholesterol in this month's newsletter, there are many holistic ways to improve one's health and reduce the risk of heart disease and strokes. Maintaining a healthy weight, regular exercise, eating fresh and healthy foods and reducing stress can strengthen our immune systems and bodies.

At **HealthWalk's** Integrated Health and Wellness Center, we have [Vital Hematology](#) live blood analysis, [Comprehensive Wellness Profile](#) (blood based biomarker analysis) and [Digital Infrared Thermal Imaging \(DITI\)](#) to provide you with the information, analysis and solutions to your cholesterol and other health concerns. Our Functional Nutritional Consultant can work with you to develop a custom nutrition plan for your health and life style needs. And we have the natural supplements and products to help you regain and enhance your health.

So to support your quest for vibrant health, we are offering in September a couple of special promotions to tie in with Cholesterol Awareness Month - a 20% discount on:

HealthWalk's [Functional Nutritional Consultation](#) 20% off.
\$120 (Regularly \$150)

[Functional Nutritional Consultation](#) uses data from the [Comprehensive Wellness Profile](#), [CWP](#), which looks at

almost 100 different biomarkers to obtain a unique and comprehensive perspective of the endocrine system and how it is functioning. This is very important for health including heart and gut health, mental functioning, immune system functioning, chronic issues, weight, energy, disease management, sleep and much more.

We will work with you to co-ordinate a visit to your lab local to have your blood drawn for analysis of the specific profile of data needed. The data is then inputted into our proprietary software to produce a complete picture of your metabolic processes, digestive systems, and waste elimination systems. By understanding how each organ, metabolic and biochemical process of your particular body make-up is functioning together, our Functional Nutritionist will work with you to provide individual health and nutritional solutions for your needs.

HealthWalk's [Subrex](#)™

Amino Acid Stack

\$13.59 (Regularly \$16.99)


[Subrex](#) is a potent broad based stack of 18 essential or less available amino acids optimized to help retard aging and heart disease, for balanced hormones, mental health, tissue growth and repair, enhance memory and immunity, control stress, improve sleep patterns and to increase serotonin levels in the brain. These amino acids can help reduce atherosclerosis due to its LDL lowering effects and also have immunity-enhancing effects by releasing Human Growth Hormone or HGH which improves muscle mass and injury and wound healing and supports heart and circulatory processes and combats fatigue.

We look forward to seeing you at our integrated health and wellness center here in Carlsbad or to connecting with you online or by phone.
Have a healthy happy fall season!

And as always-

To your vibrant health,

Mark Hinds

Founder and Co-Visioneer, **HealthWalk** 

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depleted CoQ10 levels. Depleted CoQ10?? Wasn't the purpose of lowering cholesterol reducing heart disease?

A study was done by cardiologist Peter Langsjoen with subjects who had completely normal heart function. They were given a low dose of Lipitor (20mg) a day. At the end of six months, two-thirds of the patients had abnormalities in the heart's filling phase. According to Dr. Langsjoen, this was due to Co-Q10 depletion. The mitochondria in the cell require this enzyme to produce energy. They evidently hadn't read the Lipitor and other statins' fine print which states that this drug "*has not been shown to prevent heart disease or heart attacks*".



In the China Study, 10,000 people with high cholesterol were observed for 8 years on the connections between nutrition and heart disease, diabetes and cancer. Half were given statins, half told to eat normally and get plenty of exercise. The statin drugs did indeed lower the serum cholesterol. However, the death rate, non-fatal heart attacks, and fatal arterial disease were not one bit impacted!


As usual, nature has already provided us with solutions. Simple foods that can be used to lower cholesterol are garlic, soy products, blueberries and other fruits and vegetables high in antioxidant and phytonutrients. Soy has its own controversy but a healthy daily intake of fresh fruit and vegetables (berries, broccoli, leafy greens, tomatoes, apples, lentils, kale, carrots, citrus, yellow vegetables, raw nuts and seeds, green tea, etc) can keep pace with the pharmaceuticals in performing this function without the dangerous side effects. Increased fiber in the diet and moderate exercise as well can modify levels of cholesterol. Supporting the liver through natural detoxification is one of the best things one can do to control the levels.

At HealthWalk we have the resources and technologies designed to

help you achieve and maintain vibrant health. [Vital Hematology](#) live blood analysis can show you visually and immediately the condition of your blood and we can offer non-invasive suggestions on how to enhance your immune system to attain greater health.

[Comprehensive Wellness Profile](#) (analysis of 100 blood based biomarkers of health) can reveal the health of your endocrine system which controls numerous aspects of wellness. [Digital Infrared Thermal Imaging](#) can show the presence of C - reactive protein, a much more accurate indicator of heart disease and other inflammatory diseases. Our [Functional Nutritionist](#) can work with you and the data to customize a nutritional and life style plan to optimize your health.

In making sense of the cholesterol controversy, seeking the natural way may be the not only the first but the only thing you need.

HealthWalk, we are here to support your path to vibrant health, please come and visit us soon. 

Menopause weight gain causes and solutions

By [Carolyn Schropp](#) BS, NC,

Functional Nutritional Consultant and Educator at [HealthWalk](#)

As many women enter menopause, they find themselves experiencing unexplained weight gain especially around the waist and hips despite their best attempts to diet. Often the methods of weight management that worked for them for years are suddenly ineffective. In fact, weight gain in the abdomen is one of the most common complaints among menopausal women. Many women have been told that an extra 10-20 pounds is simply a rite to passage at this time of life and they should just accept their "middle-age spread."

You absolutely do not have to. There is no reason you should settle for anything at this stage of your life, let alone weight gain. Things may get a little more complicated during menopause. Hormone fluctuations, many years of toxins, and your body's natural proclivity for retaining estrogen producing fat cells at this time can result in some extra weight. But it doesn't mean you're stuck with it.

Weight gain is just another symptom resulting from your system being out of balance. To restore balance, you need to figure out what is going on at the core of your physiology and emotions. At [HealthWalk](#) we can analyze and support the rebalancing of hormones based on a saliva hormone test and our [Functional Nutritionist](#) and [Vital Hematologist](#) can analyze over all health so that there is a comprehensive plan to support your wellbeing.

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For many years, many women followed a low fat, high carbohydrate diet, with lots of processed foods (pasta, breads, crackers, beer, wine etc). Over time this diet can create a condition known as insulin resistance. When you are insulin resistant your body converts every calorie it can into fat even if you are dieting. The result is that while you are gaining weight, your cells are actually starving! At [HealthWalk](#) we can analyze your sugar imbalance and adrenals with the [comprehensive wellness panel](#) (blood chemistry analysis). Once your blood chemistry profile is determined we recommend supplementation and a nutritional protocol to put the body back to balance.



A second basic link lies between stress and body fat. Stress hormones, like cortisol is released from the adrenal glands that block weight loss. This is sometimes called the "famine effect" despite adequate food, the body interprets prolonged stress as a famine, once again goes in hoarding mode which it does very effectively.

Stressors can be emotional, physical, or even diet related. Bingeing, yo-yo dieting, unaddressed food sensitivities, and severe calorie restrictions are all forms of stress on the body. Many of us are under tremendous amounts of stress often more than we realize and much of it is prolonged and unremitting, which can lead to chronic inflammation and a metabolic disorder called adrenal fatigue.

For women in perimenopause, another weight gain issue is widely fluctuating estrogen levels, and in menopausal women, diminished levels of estrogen. As the estrogen production of your ovaries falls, your body turns to secondary production sites, including body fat,

skin and other organs. Often your body is balancing estrogen loss with maintaining bone mass, for which it needs additional fat cells. If you are stressed and on a low fat diet, your body will struggle to keep these balls in the air and refuse to let go of extra body fat.

So the truth is, weight loss is not about willpower or calories in/calories out. Both are myths by the diet industry that doom us to failure.

The best way to jumpstart your metabolic function is to eat well and include proper supplementation. Eat often and regularly just watch that portion size.

- Your thumb = 1 oz
- Your palm = 3-4 oz
- Your closed fist = 1 cup
- Your thumb tip = 1 tsp
- A handful = 1-2 oz of snack food, like nuts

Just as your body needs to be in balance to function well, your meals need balance to provide adequate nutrition. It may be helpful to revise your mental picture of a healthy meal from a pyramid to a square. The square has four compartments, protein, healthy fat, fruits/vegetables, and grains/legumes. Eating three "squares" a day is a good way to think about it. Also add two healthy snacks between the three squares a day.

In addition to what you eat, a few positive lifestyle habits can really make a difference in how you feel.

- Stop weighing yourself. Use your clothes as your gauge.
- Reduce the stress in your life to the extent you can.
- Start exercising. A 45-minute brisk walk 4-5 times per week.
- Buy organic and local whenever possible.
- Get 7 - 8 hours of sleep every night.
- Shop at farmers' markets and specialty food stores that have a wider range of healthy foods.
- Make time for yourself to compensate for when you can't.

Menopause is no reason to accept someone else's idea of what your limitations are. There is no better time than now to begin building a stronger health foundation. Contact us at www.HealthWalk.com email us at info@healthwalk.com or call us at 877- 255-4703, we have the tools, support and information to empower you on your path to regaining and maintaining vibrant health. 🌱

Chappy's On Eagle's Wings We Can Win or We Can Wallow

By Ron Ringo

It was about this time last year when a colleague of mine prodded me, and also my pride, to go on another run with him. For a few weeks he had been taking me on a 6.4 mi/10K run. With the temperature hovering in the 90's and the humidity about the same, it had been draining me. On the return half of the run, I asked him why I was doing this. He said, "because misery loves company, Ron." He was teasing of course, but it got me thinking, how often do we feel that way in our life? Do we try to drag others into our misery to help us feel a little better, that we are not going it alone? Or, do we rise to the occasion and lengthen our stride to create a better life?

Well, let me share with you what Thoreau said about it, "*If misery loves company, misery has company enough*". So what ought we to do when we find ourselves struggling in life's difficulties? We have learned that no one is exempt from the day-to-day challenges of life. Not a nation, a community, nor an individual. When we are put to these tests of life we can refuse to give in and wallow in misery.

Each of us has experienced that when we are valiant, and keep trudging through our challenges no matter how hard it gets, that is when we win the final victory and gain the greatest growth. How do we do this? By finding what motivates us to be different, to be independent; to know what gives us that feeling of purpose. It may be your children who are looking to you for example and support. It could be that you have faced challenges before and you know the great feeling of accomplishment you felt when you got to the other side of it. Maybe it was the great love and strengthening you felt from God and how that has increased your faith. Whatever it is for you, you have the ability to overcome and conquer the challenges before you.

I read once that in the days when sailors depended upon wind to carry them to their destinations, it was not uncommon to hear that a ship was "*sailing on ash breeze*". It referred to the fact that when the winds died out, sailors would then take up rowing. Oars were often made of ash wood; therefore the term... which meant progressing by their own toil and labor. Being motivated by another is often helpful, but the real desire to progress comes when we can imagine the outcome and know that it's something worthwhile. For the sailors it was the anticipation of their destination that motivated them to row through the challenges of having no winds. It was what waited for them at their destination that gave them the courage, strength and determination to continue rowing.

Ok, now get your tissues ready...Here is a story that was shared with

me about a young girl who felt the challenges of life during the turn of the century, (1900), and how her final destination was realized, but not the way I'm sure she thought it would be.



"A sobbing little girl stood near a small church from which she had been turned away because it "was too crowded". "I can't go to Sunday School," she sobbed to the pastor as he walked by. Seeing her shabby, unkempt appearance, the pastor guessed the reason and, taking her by the hand, took her inside and found a place for her in the Sunday school class.

The child was so touched that she went to bed that night thinking of the children who have no place to worship. Some two years later, this child lay dead in one of the poor tenement buildings and the parents called for the kindhearted pastor, who had befriended their daughter, to handle the final arrangements.

As her poor little body was being moved, a worn and crumpled purse was found which seemed to have been rummaged from some trash dump.

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Inside was found 57 cents and a note scribbled in childish handwriting which read, "This is to help build the little church bigger so more children can go to Sunday school."

For two years she had saved for this offering of love. When the pastor tearfully read that note, he knew instantly what he would do.

Carrying this note and the cracked, red pocketbook to the pulpit, he told the story of her unselfish love and devotion. He challenged his deacons to get busy and raise enough money for the larger building.

But the story does not end there!

A newspaper learned of the story and published it. It was read by a realtor who offered them a parcel of land worth thousands. When told that the church could not pay so much, he offered it for 57 cents. Church members made large donations. Checks came in from far and wide. Within five years the little girl's gift had increased to \$250,000.00—a huge sum for that time. Her unselfish love had paid large dividends. When you are in the city of Philadelphia, look up Temple Baptist Church, with a seating capacity of 3,300 and Temple University, where hundreds of students are trained. Have a look too, at the Good Samaritan Hospital and at a Sunday school building which houses hundreds of Sunday scholars, so that no child in the area will ever need to be left outside during Sunday school time. In one of the rooms of this building may be seen the picture of the sweet face of the little girl whose 57 cents, so sacrificially saved, made such remarkable history."

As with this little girl, we can't always control what life will hand us. And as with those sailors, even when we are certain of where we want to go, there are powerful currents out there that can keep us from smoothly reaching our destination. However, we can't hinge all of our happiness on the hopes of an absence of trials or challenges, but we overcome them by how we look at them and face them. It may be that we need to step back a moment and look at it from a different angle. **Albert Einstein** said it this way, "*The significant problems we face today cannot be solved at the same level of thinking we were at when we created them*".

As always, it is my hope that this message will help you this week to, "*mount up as on eagle's wings*", and renew a little of your strength to keep moving forward and find joy... (*Isaiah 40:31*)

Until next time, may God bless you and may God continue to bless our great nation... SEMPER FI



Chaplain Ringo, is the Command Chaplain at MCRD H&S BN, holds a Doctorate of Philosophy in Counseling, and is a Certified Trauma Specialist.

Chaplain Ringo is a good friend and supporter of HealthWalk's. We are

grateful that he is working with us on our integrated total health approach to enhancing and restoring our veterans' resilience for re-engagement and for their transition from the high operational tempo back to their families and civilian life. 🌱

Refreshing Melon Smoothie



- ¼ organic cantaloupe peeled, seeded and cubed
- ¼ organic honeydew melon peeled, seeded, and cubed
- 1 organic lime squeezed
- ½ cup filtered water (we use [HydroMag](#) treated water)
- 2 organic springs of mint for garnish

1. Put all ingredients into the [VitaMix blender](#) or food processor.
2. Blend until smooth.
3. Garnish with mint leaves. Enjoy!
4. Serves 1 or 2. 🌱

Asparagus with Lemon Tahini Dressing



- 1 pound organic asparagus spears, washed, ends trimmed
- ¼ cup tahini
- 2 cloves organic garlic, crushed
- 2 tablespoons olive oil
- Juice of 1 large organic lemon
- Cayenne pepper to taste
- Sea salt to taste
- 1 teaspoon black sesame seeds, for garnish (use white sesame seeds if black is unavailable)

1. In large pot, bring water to a boil.
2. Add asparagus spears, cook until tender - a very few minutes will do.
3. Drain well and set a side.
4. In small bowl, combine tahini, garlic, and olive oil, blend well.
5. Slowly whisk in lemon juice.
6. Season to taste with sea salt and cayenne pepper.
7. Arrange asparagus on a serving dish and serve with sauce drizzled on top.
8. Sprinkle with sesame seeds.
9. Serves 2.

Quinoa with Summer Herbs



- 1/2 pound whole organic baby carrots (or as small as you can obtain)
- 1 ¼ cups organic quinoa (available in most grocery stores and health food stores under grains and cereals - if unavailable use organic brown rice or barley)
- 2 1/2 cups filtered water (we use [HydroMag](#) treated water)
- ½ pound sweet green organic onions, chopped into ½-inch sections, including green tops
- 2 tablespoons olive oil
- 1 ounce (about ¾ - 1 cup) organic fresh basil leaves chopped
- 2 ounces (1/2 bunch) organic flat leaf Italian parsley chopped
- ¼ cup pine nuts
- Sea salt to taste
- Cayenne pepper to taste

1. Preheat oven to 350 degrees.
2. Clean and trim carrots, leaving them whole if baby carrots, or cut them into halves or quarters depending on size.
3. Spread on baking sheet drizzled with olive oil.
4. Roast until carrots pierce easily with a fork - approximately 10-15 minutes.
5. Rinse quinoa well.
6. Place in a pot with 2 ½ cups water; bring to a boil, then reduce heat and simmer, covered, until water is absorbed, about 15 minutes.
7. Meanwhile, in a large pan, sauté green onions in olive oil over medium heat about 10 minutes.
8. Add cooked quinoa, basil and parsley.
9. Stir season with sea salt and cayenne pepper, and let herbs wilt in the warm quinoa.
10. Transfer to a serving dish and top with carrots and pine nuts.