



# BOBO GAZETTE NOV. 2023



**LETTER FROM THE EDITOR:** HAPPY THANKSGIVING EVERYONE!!! IN CASE YOU WERE WONDERING, I HAD A GREAT TIME ON HALLOWEEN IN MY BAT COSTUME. I GOT LOTS OF CANDY, BUT I WASN'T ALLOWED TO EAT IT. THE BOSS ATE IT ALL.

OUR NOVEMBER NEWSLETTER IS ABOUT CHOLESTEROL. EVERYONE TALKS ABOUT IT BUT WHAT IS IT EXACTLY AND WHAT DOES IT DO TO US? I'M NOT SURE MY BREED HAS TO WORRY ABOUT THAT. GUESS IT IS WISE TO KNOW BEFORE THANKSGIVING DINNER.



## What is cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs for good health, but in the right amounts. Unhealthy levels of cholesterol can lead to a condition called high blood cholesterol.

Cholesterol in your blood is carried on lipoproteins:

- Low-density lipoprotein (LDL), sometimes called “bad” cholesterol.
- High-density lipoprotein (HDL), sometimes called “good” cholesterol.

High levels of “bad” LDL cholesterol cause plaque (fatty deposits) to build up in your blood vessels. This may lead to heart attacks,

stroke, or other health problems. High levels of “good” HDL cholesterol may actually lower your risk for health problems. HDL cholesterol carries cholesterol and plaque buildup from your arteries to the liver, so it can be flushed out of the body.

Unhealthy cholesterol levels are often caused by lifestyle habits, such as unhealthy eating patterns, in combination with the genes that you inherit from your parents.

Routine blood tests can show whether your cholesterol levels are healthy. To help get your cholesterol levels into the healthy range,

you may need heart-healthy lifestyle changes or medicines.

### **Causes and Risk Factors**

An unhealthy lifestyle is the most common cause of high “bad” LDL cholesterol or low “good” HDL cholesterol. However, genes that you inherit from your parents, other medical conditions, and some medicines may also raise LDL cholesterol levels or lower “good” HDL cholesterol levels.

### **What raises the risk for unhealthy blood cholesterol levels?**

#### *Unhealthy lifestyle habits*

Eating a lot of foods high in saturated fats raises “bad” LDL cholesterol levels. Saturated fats are found in fatty cuts of meat and dairy products. No more than 10% of your daily calories should come from saturated fats.

#### *Lack of physical activity*



*Smoking lowers HDL cholesterol, particularly in women, and raises LDL cholesterol.*

*Stress may raise levels of certain hormone,*

such as Corticosteroids . These can cause your body to make more cholesterol.

#### *Drinking too much alcohol*



More than two drinks a day for men or one drink a day for women can raise your total cholesterol level.

### **Understand Your Risk for Heart Disease**

The first step toward heart health is understanding your risk of heart disease. Your risk depends on many factors, some of which are changeable and others that are not. Risk factors are conditions or habits that make a person more likely to develop a disease. These risk factors may be different for each person.

Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them.

- Have high blood pressure.
- Have high blood cholesterol.
- Are overweight or obese.
- Have prediabetes or diabetes.
- Smoke
- Do not get regular physical activity.
- Have a family history of early heart disease, for example if your father or brother was diagnosed before age 55, or your mother or sister was diagnosed before age 65
- Have a history of pre-eclampsia, which is a sudden rise in blood pressure and too much protein in the urine during pregnancy.
- Have unhealthy eating behaviors.

Each risk factor increases your chance of developing heart disease. The more risks you have, the higher your overall risk.

Some risk factors cannot be changed. These include your age, sex, and a family history of early heart disease. Many others can be modified. For example, being more physically active and eating healthy are important steps for your heart health. You can

make the changes gradually, one at a time. But making them is very important.

Eating lots of saturated fat can raise your cholesterol and increase your risk of heart disease.

### ***Saturated fat is found in:***

- butter, ghee, suet, lard, coconut oil and palm oil
- cakes
- biscuits
- fatty cuts of meat
- sausages
- bacon
- cured meats like salami, chorizo and pancetta
- cheese
- pastries, such as pies, quiches, sausage rolls and croissants
- cream, crème fraîche and sour cream
- ice cream
- coconut milk and coconut cream
- milkshakes
- chocolate and chocolate spreads

### ***What reduces cholesterol quickly?***

#### **Oatmeal, oat bran and high-fiber foods**

Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Five to 10 grams or more of soluble fiber a day decreases your LDL cholesterol.

### ***Tips to eat less fat***

To help you cut the total amount of fat in your diet:

- compare food labels when you shop so you can choose foods that are lower in fat
- choose lower-fat or reduced-fat dairy products or dairy alternatives
- grill, bake, poach or steam food rather than frying or roasting
- measure oil with a teaspoon to control the amount you use, or use an oil spray
- trim visible fat and take the skin off meat and poultry before cooking it
- choose leaner cuts of meat that are lower in fat, such as turkey breast and reduced-fat mince
- make your meat stews and curries go further by adding vegetables and beans
- try reduced-fat spreads, such as spreads based on olive or sunflower oils
- Processed meats.

### ***Meats High in Saturated Fat***

- Bacon.
- Beef.
- Beef fat.
- Breakfast sausages.
- Hot dogs.
- Lamb.
- Pork.

## A LITTLE HELP FOR OUR FRIENDS

### The Positive Pineapple – Cold Hydrotherapy & Breathwork



Cold hydrotherapy and breathwork can have several potential benefits for individuals with autonomic disorders, anxiety, and post-traumatic stress disorder (PTSD). They also can complement traditional therapies and lifestyle changes. Here are some potential benefits:

#### *Benefits for Autonomic Disorders:*

- Regulation of the Autonomic Nervous System:
- Enhanced Vagal Tone:
- Improved Blood Circulation

#### *Benefits for Anxiety:*

- Stress Reduction
- Enhanced Mindfulness:
- Mood Stabilization:

#### *Benefits for PTSD:*

- Emotional Regulation
- Grounding Techniques
- Resilience Building:

Additionally, it's crucial to approach cold hydrotherapy with caution and follow safety guidelines to avoid any adverse effects, especially in cases of pre-existing medical conditions. mind and body, as we have after healing ourselves from many life-threatening disorders.

[www.thepositivepineapple.org](http://www.thepositivepineapple.org)

216-832-4342

### Healing By Quantum Leaps

Ellen Condren, J.D., D.D.

#### Energy Healer

Ellen is an alternative and integrative medicine practitioner in Cleveland, Ohio who has most success with releasing physical pain throughout the body, reversing spinal deformities, elevating consciousness, releasing fears and limiting beliefs, as well as other types of emotional and psychological challenges, such as trauma.



Ellen uses theta wave state healing and quantum healing techniques. The techniques she uses can identify and correct the underlying factors of your unique condition, whether you have a specific diagnosis or an unspecified ailment.

Ellen addresses spinal deformities and other orthopedic conditions as well as diseases, infections, allergies, autoimmune disorders, physical pain, and psychological or emotional distress. Her techniques are powerful and effective, yet noninvasive.

If you would like to discuss your condition, please contact Ellen.

**HealingByQuantumLeaps.com**  
**440-600-4782**

**34305 Solon Road, Suite 20 Solon, OH**

