

## The Acid/High Cholesterol Connection

If you are like many Americans today, you are suffering from high cholesterol. It is for this reason that I (Dean Snyder) found this program to begin with. My cholesterol finally went above 300 and that number scared the heck out of me! With a history of heart disease in my family I knew that I was heading down the same dreadful road that my family had been down (and had died from) before me. I had to try something because nothing I did (low-cholesterol and no-cholesterol diets) worked up to this point. I was willing to try something new (this program) and the results, I believe, have saved my life! [Click here to hear my story.](#)

If you are suffering from high cholesterol, as I was, do yourself a favor. Ask your doctor to explain to you what the body's physiological purpose is for placing cholesterol on the lining of your arteries. You will be amazed at their answers...I know I was. Why? Because they don't have one! Sure, they know what the result is from all this cholesterol, they know that bad cholesterol (LDL) readings should be low and good cholesterol (HDL) readings should be high, and they will also give you the same sing-song cures for reducing it - eat right, quit smoking, and exercise. Advice well intentioned. They might even explain that medicine has yet to produce a definitive answer to that question. All that schooling, and still no answer. Truly amazing! Since my early twenties, I have asked many doctors that same question. Never a good answer - until I found The pH Miracle Program.

Well folks, allow me to be, quite possibly, the first person to tell you exactly [why](#) you have high cholesterol and [what you can do](#) to lower it for the rest of your life. No more pills. No more threats of heart attack from high cholesterol looming over you every single day of your life as it was with me. A simple explanation, and a simple cure. Of course, as always, we encourage you to speak to your doctor before you attempt to do what they could never seem to do - lower your cholesterol for GOOD!

And, just to let you know where I am coming from - my cholesterol was 302 as I mentioned earlier. After only one month of following Dr. Young's program (to the letter) I retook my blood tests. My cholesterol level was 211! Yes, that's what I said, 211. I had dropped 91 points off of my cholesterol in only one month. It had never been below 233 since I was 22 years old, when it was checked in the Army. My doctor was in a bit of disbelief as I explained how I managed to pull that off. (Quite frankly, I don't think he had ever seen such a dramatic drop before, and had no words for me other than to set me up for my next blood test in three more months) The only thing I have to work on is raising my good cholesterol. I believe that I have probably done that by now, but won't be sure until I retake my test. This was our biggest reason for creating this website. I am now going to share the same information with you.

First we would like to share some basic information concerning cholesterol and what it means to you. Then we will explain how Dr. Young's program has helped me lower my cholesterol - and, hopefully, it will help you as well.

## High Blood Cholesterol: What You Need to Know

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## What's the difference between all these forms of cholesterol?

Cholesterol travels through our bloodstream via molecules called lipoproteins. **Low density lipoproteins**

(LDL), the "bad" cholesterol, carry fats from the liver to the bodies' cells. **High density lipoproteins (HDL)** remove fats from circulation by carrying them back to the liver. There they can be eliminated from the body via bile acids.

Higher LDL levels mean that we have more fat in our bloodstream, and therefore, a greater risk of heart disease and atherosclerosis (hardening of the arteries). HDL, a "good" or protective form of cholesterol, helps to lower the amount of fats in our bloodstream.

Triglycerides are also lipids (fats), but unlike cholesterol, they are burned for energy or else stored in the body's fat stores to be used later. By itself, high triglyceride levels are not a indicator of heart disease, but are frequently found hand-in-hand with high LDL levels. ([back to top](#))

## Why Is Cholesterol Important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.

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## How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone--younger, middle age, and older adults; women and men; and people with or without heart disease. ([back to top](#))

## What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a "lipoprotein profile" to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about your:

- Total cholesterol
- LDL (bad) cholesterol--the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol--helps keep cholesterol from building up in the arteries
- Triglycerides--another form of fat in your blood

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol is 200 mg/dL\* or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done. See how your cholesterol numbers compare to the tables below.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

\* Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

LDL Cholesterol Level	LDL-Cholesterol Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Triglycerides can also raise heart disease risk. Levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment in some people. [\(back to top\)](#)

## What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. These are things you can do something about:

**Diet.** Eating large amounts of saturated fat and cholesterol can raise your blood cholesterol levels. Avoid saturated fats and cholesterol found in meat products. Also, raising your alkalinity intake can greatly reduce your blood cholesterol levels [\(as described below\)](#).

**Weight.** Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. This is under the assumption that your diet that created this over-weight situation is extremely acidic - which caused you to gain so much weight (a vicious cycle of imbalance). Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

**Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

**Age and Gender.** As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

**Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families. Remember, acid in the body will travel to the weakest system and make it even more weak. [\(back to top\)](#)

## What Is Your Risk of Developing Heart Disease or Having a Heart Attack?

In general, the higher your LDL level and the more risk factors you have (other than LDL), the greater your chances of developing heart disease or having a heart attack. Some people are at high risk for a heart attack because they already have heart disease. Other people are at high risk for developing heart disease because they have diabetes (which is a strong risk factor) or a combination of risk factors for heart disease. Follow these steps to find out your risk for developing heart disease.

**Step 1:** Check the table below to see how many of the listed risk factors you have; these are the risk factors that affect your LDL goal.

## Major Risk Factors That Affect Your LDL Goal

- Cigarette smoking
- High Blood Pressure (140/90 mmHg or higher or on blood pressure medication)
- Low HDL cholesterol (less than 40 mg/dL)\*
- Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)
- Age (men 45 years or older; women 55 years or older)

\* If your HDL cholesterol is 60 mg/dL or higher, subtract 1 from your total count.

Even though obesity and physical inactivity are not counted in this list, they are conditions that need to be corrected.

**Step 2:** How many major risk factors do you have? If you have 2 or more risk factors in the table above, [use the attached risk scoring table](#) (which include your cholesterol levels) to find your risk score. Risk score refers to the chance of having a heart attack in the next 10 years, given as a percentage. My risk score is \_\_\_\_\_%.

**Step 3:** Use your medical history, number of risk factors, and risk score to find your risk of developing heart disease or having a heart attack in the table below.

If You Have	You Are in Category
Heart disease, diabetes, or risk score more than 20%*	I. Highest Risk
2 or more risk factors and risk score 10-20%	II. Next Highest Risk
2 or more risk factors and risk score less than 10%	III. Moderate Risk
0 or 1 risk factor	IV. Low-to-Moderate Risk

\* Means that more than 20 out of 100 people in this category will have a heart attack within 10 years.

My risk category is \_\_\_\_\_.

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## What about prescription medications? I've heard they have dangerous side effects.

There are several classes of cholesterol lowering prescription drugs. Read more about them and their possible side effects here:

**HMG CoA reductase inhibitors;** the "statin" drugs - Lovastatin (*Mevacor*), Pravastatin (*Pravachol*), Simvastatin (*Zocor*), Fluvastatin (*Lescol*), Atorvastatin (*Lipitor*), and Cerivastatin (*Baycol*).

The most recently developed class of drugs for lowering cholesterol, statins work by inhibiting cholesterol production by the liver. Statin drugs are very effective for lowering LDL cholesterol levels and have a moderate effect in raising HDL levels and lowering triglycerides. The most common side effects are gastrointestinal upset, including constipation and abdominal pain and cramps. Less common but more serious side effects include chest pain, increased cough, leg pain, joint and muscle pain, and liver damage.

Cerivastatin, also known as Baycol, was recalled last year by its manufacturer because of 31 deaths related to a dangerous but rare side effect of the drug. The side effect, rhabdomyolysis, is a rare condition where damage to muscles in the body results in release of muscle cell contents into the bloodstream. When this happens, the kidneys and other organs can be damaged, sometimes enough to be fatal. If you are taking any statin

medication, your doctor should be closely monitoring your liver enzymes for possible liver damage.

**Bile acid sequestrants;** Cholestyramine (*Questran*), Colestipol (*Colestid*), and Colesevelam (*Welchol*).

Bile acid sequestrants work by binding with cholesterol-based bile acids to take them out of circulation. The liver then produces more bile acids, drawing the extra cholesterol it needs out of the bloodstream. Bile acid sequestrants have a moderate effect in lowering LDL cholesterol, a very small effect in raising HDL levels, and no effect on triglycerides. Their side effects may include constipation, indigestion, muscle aches, sore throat, weakness, and decreased absorption of other drugs.

**Fibric acids;** Gemfibrozil (*Lopid*), ProbucoI (*Lorelco*), and Clofibrate (*Adtromid-s*).

This class of drugs was first developed in the late 1960's and have since found to cause serious side effects and increase mortality. They are rarely used today except for people who have very high triglyceride levels (above 2000) at which they are most effective for reducing. They also moderately reduce LDL cholesterol levels, but Gemfibrozil and Clofibrate have not been approved by the FDA for this purpose. Their list of side effects are long, and include nausea, vomiting and abdominal pain, constipation and diarrhea, liver cancer, acute appendicitis, gall stones, eczema, fatigue, headache, rash, and vertigo.

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## Treating High Cholesterol With The pH Miracle Program

Having a high blood cholesterol count can be a bit unnerving to those who know what may come further down the road - especially if it is in your families history. It was for me, and I finally learned why my body was doing what it was doing, even through some dieting times where I was on a low-cholesterol (and no-cholesterol) diet plan. Then I learned about the pH Miracle program and took time to understand the biology behind it and did a bunch of research. The answer was so simple...and the result, well, I told you up top what the result was. A 91 point drop in only 1 month.

Let's first understand why your body has the need to dump excess cholesterol on the lining of your arteries, and then let's learn what we can do about it...fair enough? The explanation may be new information to your ears, and your doctor may scoff at you a bit because he just wants you to go on a "statin" to control your cholesterol (and you may be wanting to not get hooked on pharmaceuticals for the rest of your life).

Let's assume that you, like most Americans, are living a very acid lifestyle as described throughout the rest of the site. You may even be watching your cholesterol and saturated fat intake but the doctor is still warning you of your high numbers. You may be going to the gym everyday, and have created a nice looking body for yourself, but still those numbers are rising. You may be feeling a bit frustrated, and possibly a bit nervous (as I was). If you read through the rest of this site you will figure out which foods you are eating are bringing acid and yeast into your system. This will help to be the base for your new understanding. Remember, the whole basis for this website is to inform you of the negative effects of acid, yeast, and low-energy foods.

So, if you are watching your intake of saturated fats and cholesterol, and you are working out every day, why would your body create this situation for you? It is protecting itself. Plain and simple. As your body tries to neutralize acids in the blood stream, it will first attempt to utilize base minerals stored in your fat cells. Once those "reserves" have been exhausted, and the cycle continues (the acids being dumped into the tissues, and then dumped back into the bloodstream), the body must defend itself, and the delicate lining of your arteries. What do you suppose would happen to your arteries if the bloodstream remains in this acid state for long periods? Quite literally, the sensitive lining would begin to erode and would begin to get "holes" in your arteries. You would be dead...you can't have arteries with holes in them. Your body will NEVER allow that to happen.

Your body will then look for a "binding agent" - something to grab a hold of the acids to protect the arterial wall. So it secretes, or gathers, cholesterol and places it on the arterial wall. The cycle will continue as long as you keep mismanaging your alkaline intake. The longer your body remains in an acid environment, the more and more cholesterol will be laid onto the arterial walls until, pretty soon, there's not enough room for the blood to flow through. Remember, your body doesn't need you to have cholesterol in your diet - it will make the cholesterol as it is needed. Even though you are limiting the amount of cholesterol you eat, that fact will not prevent the body from defending itself if you are eating foods that are considered acid. Does this make sense? This is really important if you want to truly lower your cholesterol levels.

So how can we get the body to start doing away with all this protective cholesterol? Simple. Start eating a more alkaline diet. Quite simply, start following [Dr. Young's Program](#). Once your body becomes more basic (alkaline) it no longer needs all that cholesterol to protect itself, and it will start getting rid of it. No more pills, no more threats...simple and basic as can be - truly. You want to eat a high alkaline diet, drink at least 1 gallon of water per day (to help the body flush the system), and maintain a healthy level of oxygen through exercise and the use of high quality supplements.

Along with a complete change of diet (going on a 7 day fast and then eating completely alkaline foods), I starting using a certain green drink and alkaline booster in 4 quarts of water per day. As I said, in one month I dropped 91 points from my LDL and I am on my way to raising my HDL count. I also lost 21 pounds in the first month (I was never really "fat"). It has tapered off since and I am only a few pounds shy of my ideal weight. I was one step away from needing to take Zocor for the rest of my life - and I have now avoided that outcome.

You can do the same for yourself. The answer is simple and the results are dramatic. Does it take discipline? Absolutely. Changing old habits are never easy. But, you will find that the results of making this change in your life will be so dramatic, and happen so quickly (in a matter of weeks), that you will never go back to those old habits again. You will start to look at others, and the way they treat their bodies, and you will almost feel sorry for them. You might even want to help them by applying everything you learned. Go for it! We all need help, some of us just don't like to ask for it. I needed help - and found it almost accidentally. I am quite certain that had I not stumbled onto Dr. Young's Program, I would be heading for heart disease and an eventual heart attack. I feel like I avoided that now...for good!

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### Did you know...?

#### **Over Half of American Adults are in the Warning Zone!**

Did you know that more than half of American adults have hazardous blood cholesterol readings over 200? The simple odds are that you are just one of the 102 million American adults who live everyday with borderline-high levels of cholesterol. And you may be one out of every five adults with hypercholesterolemia, defined as a dangerous cholesterol reading of 240 or above.

#### **More than 1,000,000 Americans will have a heart attack this year.**

Your blood cholesterol level has a lot to do with your chances of getting heart disease. The higher your overall cholesterol number, the greater your risk for developing heart disease and having a heart attack. Heart disease is the number one cause of death in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.

#### **How important is lowering cholesterol?**

In a five year clinical study involving over 4400 patients with heart disease, researchers found that if doctors actively treat their patients to lower their cholesterol levels, for every 1000 patients:

- **70 of the 210 expected nonfatal heart attacks will be avoided**
- **40 of the 90 people expected to die to heart disease will be saved**
- **60 of the 210 people expected to have heart surgeries will not need their operation**

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