



HYPERLIPIDEMIA

AN EDUCATIONAL GUIDE TO UNDERSTANDING LIPIDS AND SUPPORTING YOUR CARDIOVASCULAR HEALTH

WHAT IS HYPERLIPIDEMIA? Cholesterol and triglycerides are fats in the blood that play essential roles in hormone production, cell structure, digestion, and brain function. When these fats become elevated (or when LDL particles become inflammatory and damaging) they can contribute to plaque buildup in arteries, increasing the risk of heart disease, stroke, and circulation problems. Hyperlipidemia is often influenced by lifestyle factors and metabolic function, making this condition highly responsive to nutrition, movement, and stress-support strategies. Supporting balanced lipids helps protect our long-term cardiovascular, brain, and metabolic health.

MEASURING LIPIDS: A standard lipid panel measures total cholesterol, LDL, HDL, and triglycerides. General targets for metabolic wellness include LDL below 100 mg/dL, HDL above 60 mg/dL, and triglycerides below 150 mg/dL. Persistent LDL levels 160 mg/dL or higher, triglycerides 200 mg/dL or higher, or low HDL may indicate increased cardiovascular risk. Some individuals, especially those with family history or metabolic concerns, may benefit from expanded testing such as ApoB or lipid particle size markers. It's the trends over time (rather than isolated numbers) that best reflect cardiovascular risk assessment and help to track progress.

LIPID IMBALANCES: High cholesterol and triglycerides often develop without symptoms and are commonly linked to a diet high in processed foods and refined carbohydrates, inadequate fiber intake, low physical activity, chronic stress, poor sleep, smoking, excess alcohol, metabolic dysfunction, and genetic factors such as familial hypercholesterolemia. Because this condition is largely silent, routine testing and prevention are key. When metabolic stress overlaps (including insulin resistance or abdominal weight gain) addressing lifestyle foundations can meaningfully improve lipid metabolism and vascular health.

SUPPORTING HEALTHY LIPIDS: A heart-supportive nutrition pattern emphasizes a Mediterranean style diet incorporating vegetables, high-fiber foods, legumes, nuts, seeds, olive oil, leafy greens, and omega-3-rich foods like salmon and sardines. Soluble fiber sources include oats, beans, ground flaxseed, chia, and psyllium. These fibrous foods help bind and remove excess cholesterol. Reducing added sugars, refined carbohydrates, and processed fatty foods helps supports healthy lipid metabolism and inflammation balance. Regular aerobic activity and strength training help improve lipid balance and vascular function, while restorative sleep, stress reduction, and time outdoors support overall cardiovascular resilience. Some common nutrients and herbs for supporting healthy lipids include omega-3 fatty acids, red yeast rice, berberine, garlic, plant sterols, and niacin.

This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please consult your physician or healthcare provider before making any changes to your health regimen or for any medical concerns.