



Hyperlipidemia: Cholesterol Myths

Cholesterol is surrounded by persistent myths that confuse patients. Misunderstanding cholesterol leads to fear, avoidance, or false reassurance. Separating myth from mechanism improves decision-making. Education empowers prevention.

Dietary cholesterol has minimal impact on blood cholesterol for most people. In contrast, insulin resistance and inflammation strongly influence lipid behavior. LDL is not inherently “bad”; context and particle behavior matter.

Lab trends often reveal normal LDL but high triglycerides and low HDL, signaling metabolic dysfunction rather than cholesterol excess.

Addressing myths allows focus on the true drivers of cardiovascular risk.

01 Is This Your Story?

A patient avoids eggs but consumes refined carbohydrates daily. Despite “low-cholesterol” eating, triglycerides rise. When carbohydrate quality improves and protein intake increases, lipid markers normalize and fear around cholesterol resolves.

02 Try This Today

When you improve metabolism, inflammation, and lifestyle patterns, lipid markers tend to follow.

Measure: Identify one cholesterol belief you hold.

Do: Replace it with an evidence-based understanding.

Reflect: Ask whether fear or facts guide your lipid choices.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

