

Ukudla Okwehlisa I-Cholesterol

...Ingozi Eyimbangela Enkulu Ekukhuleni Kwesifo Senhliziyo

Owen Jones



Ukudla Okwehlisa I-Cholesterol

...imbangela eyingozi enkulu ekuqaleni kwesifo senhliziyo

ibhalwe ngu

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yahunyushwa ngu

Siphamandla Gcwensa

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Table of Contents

- Ukudla Okwehlisa I-Cholesterol
- Sawubona futhi ngiyabonga ngokuba uthenge incwadi yami elalelwayo ebizwa ngokuthi ‘Ukudla Okwehlisa I-Cholesterol’.
- Okuphakathi
- Ukuzivocavoca Kanye Nokwehlisa I-Cholesterol
- Ukudla Kahle Ukuze Wehlise I-Triglyceride kanye ne-Cholesterol
- Ukulandela Ukudla Kahle Kungayehlisa I-Cholesterol
- Ukudla Okumelwe Ukugweme Ukuze Wehlise I-Cholesterol
- Ukulwa Ne-Cholesterol Ephezulu
- Ama-Vitamins Nezidakamizwa Ezehlisa I-Cholesterol
- Ukulandela Uhlelo Lokudla Kahle Ukuze Kwehle I-Cholesterol
- Izibonelo Zohlelo Lokudla Okune-Cholesterol Ephansi
- Ama-Supplements Ka-Garlic Alwa Ne-Infection Kanye Ne-Cholesterol
- Ukwehlisa I-Cholesterol Ngaphandle Kwekhasi Lengosi
- Lemishangozo
- I-Cholesterol Ephezulu Nesifo Sashukela
- Izindlela Zokwehlisa I-Cholesterol Ngaphandle Kwezidakamizwa
- Yini Ongayenza Ukuze Wehlise I-Cholesterol Yakho
- Amanye Amaqiniso Nge-Cholesterol
- I-Cholesterol Ephezulu Nokuzihlola
- Yini Okumelwe Uyidle Ukuze Wehlise I-Cholesterol Yakho
- Uyehlisa Kanjani I-Cholesterol Usebenzisa Ukudla Kahle
- Facebook: AngunJones

Ukuzivocavoca Kanye Nokwehlisa I-Cholesterol

I-Cholesterol ingenye zezinto abantu abaningi abazisabayo, kuyilapho abaningi bengayiqondi. Abantu bayesaba ukuba ne-cholesterol, kodwa abaqapheli ukuthi kunezinhlobo ezimbili ze-cholesterol futhi kumelwe baziqonde zombili okungenani. Ubunzima buba khona lapho une-cholesterol eningi kunaleyo oyidingayo. Lokhu kungenxa yokuthi i-cholesterol iyinto eshubile, esamafutha enamathela ezindongeni ezingaphakathi emithanjeni yegazi, elokhu ikhula bese ibangela isiminyaminya.

Lokhu kusho ukuthi inhlizyo kumelwe ifuthe ngokwengeziwe ukuze ithumele umoyampilo owanele nomsoco lapho udingeka khona. Lokhu kubangela ukuphuka komfutho wegazi, okuholela esifweni senhlizyo okwenza umuntu ashawe isifo senhlizyo nesohlangothi.

Ngenhlanhla, kunezindlela ezintathu zokuphuma kulobunzima: ukudla kahle, ukuzivocavoca kanye nemishanguzo. Imishanguzo kungadingeka ithathwe njalo ngosuku ukuphila konke komuntu, ngakho kubantu abaningi bangancamela ukuzama ukwehlisa amazinga abo e-cholesterol ngaphandle kokusebenzisa izidakamizwa. Nokho, lokhu kusho ushinthso endleleni yokuphila.

Abantu abaningi ngokuphawulekayo baye bazama ukudla kahle ukuze behlise isisindo somzimba sabo futhi baye bangaphumelela. Ukudla kahle ukuze wehlise i-cholesterol akufani, kodwa kunokufana futhi ukudla kahle okuhloselwe ukwehlisa umzimba kungahlotshaniswa kalula nokudla okune-cholesterol encane.

Nokho, kunenye indlela futhi leyo ukuzivocavoca. Ungazivocavoca kakhulu futhi udle kakhlulu noma kancane okuthandayo noma uzivocavoce kancane bese uqaphela okudlayo futhi. Uma wenza isiqumo sokuzivocavoca kakhulu, indlela okuzosebenza ngayo lokhu ukuthi kuzokhuphula izinga umzimba wakho ogaya ngalo ukudla kuphinde kunike inhlizyo yakho amandla.

Ngaphambi kokuqlisa ngohlelo lokuzivocavoca, kumelwe uxoxe nodokotela wakho ikakhulukazi uma ungakaze uzivocavoce emveni kwesikhathi eside.

Udokotela wakho angase akucebise ngokuthi uqale ngokuzivocavoca okungakhandli njengokuhamba ngezinyawo isikhathi esingangehora ngosuku (kabili ngemizuzu engamashumi amathathu) kuze kube ilapho sekusele kancane ube isisindo osifisayo. Ukubhukuda echibini lokubhukuda ingenye indlela enhle kakhulu.

Ukuzivocavoca kungaba nemiphumela esheshayo emazingeni akho e-cholesterol. Empeleni, kuyoba nemiphumela esheshayo kunokudla kahle, kodwa indlela encono kakhulu ukudla ukudla okune HDL encane (ama-saturated fats, ama-trans fats kanye nama-hydrogenated fats) kanye nokuzivocavoca futhi.

Lapho usazivocavoca ngokuphawulekayo, khumbula ukugcina umzimba wakho unamanzi ngokuphuza amanzi amaningi. Amanzi, hhayi ama-soda noma iziphuzo ezine-caffaine noma obhiya. Amanzi ewodwa futhi amalitha amabili ngosuku, acishe alingane nezinkomishi eziyisishiyagalombili ezigcwele.

Ungaphinde futhi uphuze amanzi ngokudla izithelo ezinamanzi njengamakhabe kanye nezinye izithelo, okuyobe kushaya izinyoni ezimbili ngetshe elilodwa njengoba ukudla izithelo kuyindlela yokuxosha isifo somdlavuza.

Ukudla Kahle Ukuze Wehlise I-Triglyceride kanye ne-Cholesterol

Noma inini lapho othile eyohlola igazi lakhe elihlolela i-cholesterol, kuyohlale kuba nezinombolo ezine ezibuyayo ezibhekisela emazingeni ache e-LDL (i-cholesterol embi), i-HDL (i-cholesterol enhle), ama-triglycerides kanye ne-absolute cholesterol. Udukotela uyobheka ukuze abone ukuze abone ukuthi ingabe ezinye zezibalo zibonisa okuthile okungaphezulu kokuvamile ngokweminyaka noma ubulili bakho.

Uma izibalo zingekho phezulu kakhulu, udukotela uyokulalela okuthile okukodwa noma okubili. Okokuqala udukotela kumelwe asikisele izinguquko ekuphileni kwansuku zonke kodwa uma lokho kungaphumeleli sekuyoba imishanguzo ukuphila konke. Abanye baneszinkinga ze-cholesterol ngenxa yofuzo futhi kubantu abanjalo, imishanguzo ilona kuphela khambi elingaba usizo.

Izingunquko endleleni yokuphila eziwayelekile yizo eziwayele ukusikiselwa njengokudla kahle nokuzivocavoca. Uma izibalo zakho ziphezulu kakhulu, kungamele uthathe izinyathelo ezinqala ukuze wehlise amazinga akho e-cholesterol ngokushesha.

Ngokudabukisayo, uma abantu baqala ukuphuza imishanguzo eyehlisa i-icholesterol, ababe besayeka ukuwadla, ngakho kuncono ukuqala uzame ezinye izindlela kuqala. Izindlela eziwayelekile kakhulu zehlisa amafutha ashubile okudla kahle bese zikhuphula indlela ozivocavoca ngakhona.

abantu abanigi banako ukuqonda ukuthi i-cholesterol iyini nokuthi inezinhlobo ezimbili, kodwa abantu abanigi abazi ukuthi ama-triglycerides ayini. I-Triglyceride uhlobo oluthile lwamafutha futhi uma lulungingi emzimbeni lokho kusuke kuyinkomba yokuthi ne-cholesterol nayo iphezulu, okusuke kusho ukuthi kungenzeka kube nesifo senhliziyo ngesikhathi esizayo.

Indlela esheshayo yokwehlisa amazinga alamafutha egazini lakho ukuyeka ukudla uhlobo lokudla olunama-saturated fats kanye nama-trans fats. Inyama

ebovu kanye nokudla okwakhiwe ngobisi ikona okungumthombo wama-saturated fats. Lokhu kusho ukuthi uma ufunu ukuma ngokushesha, yeka ukudla okungenampilo, iziteki, inyama yengulube, ushizi kanye nokhilimu bese uyeka ukuphuza ubisi. Ungase unqume nokunciphisa kuma-trans fats wona angama-hydrogenated vegetable oils asetshenziswa kwamanye amabhotela, okubhakwayo kanye nokutshosiwe.

Ukuthatha isinyathelo ngokushesha ekuyekeni lokhu kudla kuyoba nomphumela osheshayo nomangazayo emazingeni kaho echolesterol kanye nawe triglyceride. Uma udinga ukugcoba isinkwa sakho, sebenzisa okokugcoba okuzowehlisa amazing akho e-cholesterol kungakhuphuli.

Into encono kakhulu ukuqala ngayo isidlo sasekuseni. Khohlwa yikho konke okuthosiwe, iphalishi likulungele kakhulu kuhlanganise nesinkwa. Ngezinye izikhathi unglidla iqanda elibhoyiliwe, elibiliswe emanzini noma elithosiwe, ngoba kumane kuyinganekwane ukuthi amaqanda ayingozi kulabo abane-cholesterol ephezulu.

Isiteki nenyama yengulube kumelwe kuqashelwe kudliwe ngezikhathi ezimbalwa kuphela, kodwa inyama yenukhu ekhishwe isikhumba ayiyimbi kuhlanganisenofishi owulungele kakhulu umzimba wakho.

Izithelo ezintsha, imifino kanye nokusanhlamu abasizi abakhulu ekulweni ne-cholesterol ephezulu kuhlanganise nokuzivocavoca. Ukuzivocavoca akudingeki kube okukhandla kakhulu, ukuthatha uhambo olufishane isikhathi esinguwafu wehora ekuseni nantambama kungasiza kakhulu. Uma ungakutholi okungase kukukhuthaze, thenga inji.

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