Mindluster Platform

About the course Cholesterol benefits and function

Cholesterol benefits course, in this course we will explore the positive aspects of cholesterol and its role in maintaining overall health. Contrary to popular belief, cholesterol serves essential functions in the body, including cell membrane formation and hormone production. By understanding the different types of cholesterol and their impact on heart health, participants will gain insights into optimizing cholesterol levels through diet, exercise, and lifestyle changes. Join us to uncover the lesser-known benefits of cholesterol and how to support a healthy lipid profile for long-term well-being.

Medical Category's Courses

Course Lesson(64)

Lesson 1 : **The Real Purpose of Cholesterol â€“ Dr Berg on Cholesterol levels Part 1**

Lesson 2 : **What Is Atherosclerosis Plaque â€“ Dr Berg on Cholesterol Levels Part 2**

Lesson 3 : **Problems With Low Cholesterol Levels â€“ Dr Berg on Cholesterol Control Part 3**

Lesson 4 : **What is LDL Cholesterol â€“ Dr Berg on LDL Bad Cholesterol Part 4**

Lesson 5 : **Statins Side Effects Alternative Ways to Lower Cholesterol by Dr Berg**

Lesson 6 : **High Cholesterol on a Ketogenic diet â€“ Dr Berg on Keto and Cholesterol**

Lesson 7 : **Familial Hypercholesterolemia â€“ Genetic High Cholesterol Explained By Dr Berg**

Lesson 8 : **Cholesterol Function â€“ Amazing Benefits of Cholesterol â€“ Dr Berg**

Lesson 9 : **The Dangers of LOW Cholesterol â€“ Dr Berg**

Lesson 10 : **Keto And Cholesterol Why LDL Can Increase on Low Carb Diet â€“ Dr Berg**

Lesson 11 : **Why Saturated Fats Are Healthy â€“ Real Reasons Explained By Dr Berg**

Lesson 12 :
13 Serious Side Effects of Low Cholesterol Hypocholesterolemia â€“ Dr Berg on Cholesterol Control

Lesson 13 : **The Importance of Cholesterol for Your Muscles and Testosterone â€“ Dr Berg**

Lesson 14 : **The True Cause of High Triglycerides â€“ Dr Berg**

Lesson 15 : **How Can Eating Fat LOWER Your Cholesterol â€“ Dr Berg**

Lesson 16 : **The Best Heart Attack Predictor â€“ Coronary Artery Calcium CAC Score â€“ Dr Berg**

Lesson 17 : **Why High LDL Cholesterol on the Ketogenic Diet â€“ Dr Berg**

Lesson 18 : **Vitamin C Benefits â€“ An Important Factor In Cardiovascular Health â€“ Dr Berg**

Lesson 19 : **The Truth About LDL Cholesterol Dr Berg s Interview with Dave Feldman**

Lesson 20 : **Antioxidant Another Interesting Cholesterol Function Explained by Dr Berg**

Lesson 21 : **4 Ways To Decalcify Your Arteries â€“ Dr Berg**

Lesson 22 : **Does Coconut Oil Have High Cholesterol â€“ Dr Berg**

Lesson 23 : **How Many Eggs Can I Eat a Day â€“ Dr Berg**

Lesson 24 : **Dr Berg Interviews Dave Feldman â€“ Discussion on Ketogenic Diet Cholesterol Levels**

Lesson 25 : **Forget LDL â€“ Focus on Remnant Cholesterol â€“ Dr Berg**

Lesson 26 : **Bad Cholesterol Can Make You Live Longer Dr Berg**

Lesson 27 : **Keto And High Blood Pressure â€“ Dr Berg**

Lesson 28 : **Muscle Aches Low Cholesterol Vitamin D Deficiency**

Lesson 29 : **Stents May be the Patch But Whats the Fix â€“ Dr Berg**

Lesson 30 : **Cholesterol Basics 101 by Dave Feldman Dr Berg**

Lesson 31 : **Stop Worrying About LDL High Cholesterol on Keto Diet â€“ Dr Berg**

Lesson 32 : **What is LDL Understanding in Simple Terms with Dr Berg**

Lesson 33 :
The Real Destroyer of the Heart and Arteries is NOT Cholesterol â€“ Dr Berg Interviews Dr Bret Scher

Lesson 34 : **Intermittent Fasting and Ketosis May Spike Your Cholesterol â€“ Dr Berg**

Lesson 35 :
Dangerous Cholesterol Is Coming From Carbs Not Fat â€“ Dr Berg On Cholesterol Causes Saturated Fat

Lesson 36 :
Eggs Increase Your Risk of Early Death from a Heart Attack A FALSE STUDY â€“ Dr Berg

Lesson 37 :
Hidden Side of Clinical Research Trials â€“ Paid Research Studies US Department Of Health â€“ Dr Berg

Lesson 38 : **Bad Cholesterol LDL is NOT Cholesterol and Is NOT Bad â€“ Dr Berg**

Lesson 39 : **Cardiologist Dr Nadir Ali Explains LDL Bad Cholesterol Spike With Keto â€“ Dr Berg**

Lesson 40 : **Are Avocados Healthy Can They Spike Your Cholesterol â€“ Dr Berg**

Lesson 41 : **Why Do You Get High Cholesterol After Intermittent Fasting â€“ Dr Berg**

Lesson 42 : **Do Gallstones Come From High Cholesterol â€“ Dr Berg**

Lesson 43 : **The Cholesterol Myths Facts**

Lesson 44 : **Why Cholesterol is so Biologically Important â€“ Cholesterol Function â€“ Dr Berg**

Lesson 45 : **You Have Good and Bad LDL low density lipoprotein**

Lesson 46 : **The Gallbladder Thyroid Cholesterol Link Part 4 â€“ Dr Berg**

Lesson 47 : **How to Control Cholesterol With Very Simple Hacks â€“ Dr Berg**

Lesson 48 : **How to Read and Understand Your Cholesterol Levels**

Lesson 49 : **Always Fast 12 Hours Before Your Cholesterol Test**

Lesson 50 : **Is Coconut Oil Going to Raise Your Cholesterol**

Lesson 51 : **You Cannot Make Vitamin D Without Cholesterol**

Lesson 52 : **Correcting High Cholesterol and LDL Cholesterol on Keto Diet â€“ Dr Berg**

Lesson 53 : **On a Statin WATCH THISâ€¦**

Lesson 54 : **Dr Berg s Wife Has Crazy High Cholesterol of 261**

Lesson 55 : **How to Lower Your Cholesterol on Keto Ketogenic Diet**

Lesson 56 : **High Cholesterol After Menopause**

Lesson 57 : **Bile Acid and Cholesterol The Missing Link**

Lesson 58 : **The Most Powerful Agent to Raise HDL**

Lesson 59 : **1 Top Remedy to Lower and Regulate Cholesterol**

Lesson 60 : **7 Foods That Lower Bad Cholesterol LDL**

Lesson 61 : **10 Surprising Diseases Caused by Low LDL Cholesterol**

Lesson 62 : **Eat Eggs and Butter and Lower Your Cholesterol**

Lesson 63 : **The Best Diet for Familial Hypercholesterolemia**

Lesson 64 : **This Carb Lowers Your Bad Cholesterol Levels Fast**

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