



Fight Disease Safely With Natural Red Yeast Rice?

Many natural substances that are capable of lowering blood fats and cholesterol levels that are potentially harmful have emerged. No one is suggesting that there is a magic pill that will promote healthy cholesterol levels, but nature has provided us with some specific compounds that are capable of enhancing both dietary and lifestyle changes in order to improve cardiovascular health. One of the most impressive of these compounds is that of red yeast rice, which is a fermented food substance that has been traditionally used for its red-coloring abilities in meats and other foods. Additionally, red yeast rice offers some extremely beneficial therapeutic effects, as it is the source of certain compounds that can successfully reduce cholesterol.

Pharmaceutical companies have been making cholesterol lowering drugs for many years, but natural supplements are now available which offer the consumer a way to lower cholesterol in natural way. This is extremely good news for those people who are suffering from moderately elevated cholesterol levels and is looking to avoid synthetic drug preparations and the side effects that follow.

Most of us are now aware that high serum cholesterol level is what predisposes us to cardiovascular disease along with other degenerative conditions. Learning how to control our cholesterol levels, especially the LDL and blood triglyceride levels, while keeping HDL cholesterol at desirable levels can be an extremely frustrating task. By decreasing our consumption of animal fats and certain types of oils, eating more fiber and taking prescription drugs or natural alternatives, we can easily accomplish our goal.

Dietary changes should be targeted first, but turning to cholesterol-lowering prescription drugs has both its pros and cons. Pharmaceutical preparations come with considerable side effects. Some of the drugs that are most effective contain enzymatic inhibitors that prevent the synthesis of cholesterol. Red yeast rice accomplishes the same enzyme inhibition but is considered a natural alternative that safely promotes healthy serum cholesterol levels.

Coronary heart disease refers to the damage that is done to the heart when the coronary arteries become blocked or narrowed because of a buildup of plaque or oxidized cholesterol. When cholesterol buildup breaks off and lodges in the heart or brain, this causes a heart attack or stroke. An extremely common disorder of developed nations, coronary heart disease causes more deaths in the US than any other disease. Many people who die from heart disease are ironically in otherwise good health.



High blood pressure, which is a related disorder, is similar in the fact that both can be a silent killer. The symptoms of coronary heart disease include impotence, heart attack, or stroke. Although the mortality rates from coronary heart disease have declined over the last twenty years, the reason for this decline is shown to be the better medical technology that is available. Claiming more than one million deaths every year, coronary heart disease is still a major issue facing the American society.

In order to help us prevent heart disease, we have been given many dietary guidelines. However, many of us are not motivated enough to make the dietary changes that could literally save our lives. The major causes of coronary heart disease include obesity, smoking, alcohol, high protein and high saturated fat diet, lack of exercise, high blood pressure, high cholesterol levels, and a genetic predisposition.