

High Cholesterol and Brain Health - Dr. Jonathan Colter

What is High Cholesterol?

My guest today to talk about high cholesterol, is regular guest Dr. Jonathan Colter.

According to Mayo Clinic “Cholesterol is a waxy substance that’s found in the fats (lipids) in your blood. While your body needs cholesterol to continue building healthy cells, having high cholesterol can increase your risk of heart disease.

When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, which increases the risk of a heart attack. Decreased blood flow to your brain can cause a stroke.

Increased amounts of cholesterol can be inherited, but it’s often the result of unhealthy lifestyle choices, and thus preventable and treatable. A healthy diet, regular exercise, and sometimes medication can go a long way toward reducing high cholesterol.”

Sugar and high cholesterol.

According to WebMD cholesterol can increase in the body due to diet including the consumption of added sugars.

Cholesterol is a hot topic and there is a lot of confusion about the role it plays in our body. Today I ask the questions to help clear up the difference between good and bad cholesterol, high and low cholesterol, and shed some light into how sugar affects your cholesterol numbers.

My own research into this topic has lead me to understand that cholesterol is a necessary part of the good brain but increased numbers of cholesterol may be an

indicator of other metabolic problems occurring and rather than reducing the levels of cholesterol in the blood with medication it's best to look into and treat the underlying cause.

Listen to the entire interview and subscribe on iTunes.

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Learn more about Dr. Jonathan Colter [here](#)!

Transcription:

Intro 0:04

Recovery After Stroke podcast, helping you go from where you are to where you'd rather be.

Bill 0:14

Hello, everybody, and welcome to another episode of Recovery After Stroke podcast. In today's episode, I will be chatting again to Dr. Jonathan Colter. He first appeared on the podcast in Episode Three, where we discussed the topic of obesity.

Bill 0:29

After following Dr. Colter's regular blog post on many topics about how to live a more healthy lifestyle. I asked if he would like to be a part of the program as a regular guest to share his wisdom. And he agreed. So we will be recording a regular episode on different topics to shed some light and to help our listeners understand what the latest findings in health and nutrition mean and how to apply those in your own life.

Bill 1:00

Today's topic is on the topic of cholesterol, what it is, what it does, and how to manage it. Hope you enjoy the program.

Dr. Jonathan 1:12

Welcome, Jonathan.

Dr. Jonathan 1:15

Nice to be back with you. How are you doing?

Bill 1:17

Today? We're gonna chat about cholesterol. And I wanted to before we got there ask you a little bit about what's going on in your neck of the woods. Now you're in North Carolina. Correct? How's the weather out there first?

Dr. Jonathan 1:34

Generally about 70 degrees. So this is Fahrenheit, so we would probably be looking at between 15 and 18 degrees Celsius. Yeah. So it should be it's pretty nice at this point. comfortable enough that I can take Tucker my Beagle out with me for a long walks without having to worry about him getting over overheated and letting him chase all the squirrels that he loves to chase.

Bill 2:00

Someone's got to keep those squirrels in in check.

Dr. Jonathan 2:04

We keep them off the golf course here.

Bill 2:07

That's excellent. Jonathan, tell me about cholesterol. Let's have a talk about cholesterol and see if we can shed some light on a sometimes confusing subject to, you know, all the people that are out there because there's conflicting views and information about it. What do we know about cholesterol these days? But firstly, let's talk about what is cholesterol.

Dr. Jonathan 2:32

Cholesterol really is is a steroid. It's produced by the liver as its main component. It's commonly viewed by the average person as a disease. Most people when they hear cholesterol, they attach the word high with it high cholesterol.

Dr. Jonathan 2:53

That automatically means some type of medication to bring down cholesterol and once that collapses, All level falls between a certain value that the doctor tells them they're pleased with. They believe their condition is treated. And they have basically been restored to a proper health.

Dr. Jonathan 3:11

And what I want people to realize is, first of all, cholesterol isn't a disease. It's actually a process. There's a purpose, there's a reason for everything that occurs

in the body. And when cholesterol itself is produced, it's, it's produced in response to something. This is what people don't realize it's not just because people leave their diets, although that plays a large factor as well.

Dr. Jonathan 3:38

What we probably need to first understand is cholesterol is extremely important. This is not something we're trying to rid our bodies out. I just want to give you a couple lists here of things that cholesterol is actually doing. It's important to maintaining cell walls and structures in the body. It's Important to act as insulation to nerve cells.

Dr. Jonathan 4:04

It's important in the formation of hormone sex hormones, testosterone, progesterone. Estrogen is essential in bile production in being able to even emulsify fats to be able to actually process fats that we take in our diet. It's essential in synthesizing vitamin D from the sun. So these are all important factors that and and I already mentioned hormones.

Dr. Jonathan 4:32

So it's these things that that cholesterol does for us that are vital to life. Wow. So when people hear about cholesterol, the first thing I want them to realize is, this is an essential component that our bodies naturally produce. So what we need to find out is what goes wrong with the system that creates overproduction of the wrong type. That's really what we need to get to

Bill 4:58

Overproduction of the wrong type of cholesterol because there's more than one type is always the same.

Dr. Jonathan 5:04

Cholesterol is broken down into different components. Today it's it's broken down even further than it was 10 years ago. But the ones that most people would be most comfortable hearing is total serum cholesterol. And the magic value there that's placed is under 200 milligrams,

Dr. Jonathan 5:24

I'm sorry, under 200 milligrams, ah, the LDL, which is low density limits, which are the bad cholesterol. Today's value for that is under 100. And just about 15 years ago, that value was 130. So they've changed that over the last 10 years. And

the good cholesterol and it depends on the labs you go to, but generally, somewhere over 45 is the number they're looking for.

Dr. Jonathan 5:54

Some labs have the lower ended 60, but it's a range in there. Doctors like to see the good cholesterol, good cholesterol, good cholesterol acts to clean out the blood vessels. bad cholesterol is the cholesterol that gets oxidized, becomes very sticky as a result of that sticks to the lining of the blood vessel and then starts, Lord is the glue dating but it starts accumulating all this residue, and it builds it up and blocks the order. And this is what eventually leads to cardiovascular disease.

Bill 6:33

Now I heard that part of the situation there when cholesterol does attach itself to blood vessels on the inside of blood vessels. Is it true that that is part of a process to try and protect the blood vessels because of inflammation and that they're being damaged by something else that's occurring in the body?

Dr. Jonathan 6:54

Absolutely. Spot on. That's exactly what happens. The problem is, that's the initial intention. Then because of that LDL oxidizing, it then becomes very fluffy and even more sticky. And what it does is it goes from a protective mechanism to a product that becomes part of that whole packing process and blocks off the artery, and ultimately starves wherever that artery is headed to it, commonly the heart of necessary blood and oxygen. And that, typically is what leads to the myocardial infarct or the heart disease.

Bill 7:33

Okay, so very early on in our chat. Yeah, very early on in our chat, we talked straight away about the fact that cholesterol actually serves a purpose. And one of those purposes that people might not be aware of is that it's designed to support reducing inflammation inside the blood cells and that is how it begins the process of attaching itself. But things change and oxidation occurs. Can you tell us a little Have a bit about what oxidation is.

Dr. Jonathan 8:03

Yeah, the best, you know something, the best example of oxidation I can give is an apple. If you take an apple, and you slice it in half, and you just leave it on your

counter, it gets exposed to literally oxygen in the air. As it does that, what happens to the color of the apple changes? It goes? Absolutely, it goes from that white kind of center to a brown color, and that's called oxidizing.

Dr. Jonathan 8:30

This is exactly what happens. You have oxygen particles inside your blood, that when it gets exposed to it, oxidizes it, causing free radical formation. We've all heard about these free radicals roaming the body and what these things do they attack healthy cells with electron particles and damage them. So now not only do we have cholesterol as an issue, now we have the damaging of cells.

Dr. Jonathan 8:57

When you damage a cell, what can that eventually Cause that can eventually cause cancer. So we're talking, we're starting our conversation on cholesterol, we've migrated over to cardiac disease. And now we're already over to cancer. The important thing here is for people to see the whole body, the whole system of the body works together.

Dr. Jonathan 9:19

And what we should stop doing is trying to break things down into treating each of these entities as separate entities. You don't just treat cholesterol just treat cardiac disease or just treat cancer, you treat the body as a whole organism. And in doing so, as you correct the body's imbalances, you restore to a state of health. It then takes over and functions in a normal capacity. And it does so without artificial needs.

Bill 9:49

Yeah, amazing. Talk about let's talk about restoring or trading cholesterol. Is there such a thing Do we need to be treating cholesterol cholesterol, those types of things. Now, I know that the people that I associate with and I know quite well, family friends, the people who listen to my podcast will have heard that high cholesterol is bad, and we need to do something about it. And it usually involves medication. Let's talk a little bit about that pot.

Dr. Jonathan 10:20

Well, yeah, they're, they're, you know, something, there are always going to be cases where individual systems may be to the point where either a process has gone too far. Or there's a genetic component that makes a person more

susceptible to an inherent weakness. The genetic component in most cases is about 2%.

Dr. Jonathan 10:41

So I like throwing that statistic out there so that everyone doesn't say, Bob, it's genetics because my mother had it My father had in your mother, how did you father have it because most likely because of previous lifestyle patterns, that they learn from their mothers and their fathers that has gone down from generation to generation This is called familial, not genetic. If you do the same wrong thing as previous generation, you should expect the same wrong outcome.

Dr. Jonathan 11:09

That is generally what happens with this condition. But in those cases where there is a predisposition, there are medications that can be used. These medications even if they are used, the individual patient must remember, their condition is not being fixed. And there are serious serious dangers to these medications that the consumer must be aware of, they must infer for instance, they need to understand the mechanism of how the medication works.

Dr. Jonathan 11:42

There are various medications and we won't go into details, but I'll just give you an example. The way this works when your blood is drawn to measure your cholesterol, they take blood out of your arm in that blood sample is cholesterol. If it's high and they give you medication, the medication I told you originally where does most of this cholesterol come from to start with? It comes from the liver.

Dr. Jonathan 12:06

So what they do is they give you a medication that blocks the cholesterol from being able to be released from the liver. Well, now if the, if the cholesterol is not being released, it's no longer being it's up floating freely in the blood anymore. Well guess what happens to your numbers? They go down. It's not there anymore. It's all in the it's not that they made the cholesterol go down. They made it so it wasn't being released.

Bill 12:33

So it's just proliferating in the liver,

Dr. Jonathan 12:36

in the liver. So what does that translate into? Well, is there a potential way the

liver can be damaged from having all this buildup, of course, and that's why you have to go back every three to six months and have bloodwork ups because they're checking to see if they have damaged your liver. So it's not fixing anything. It's simply getting this stuff out of the blood, and now forcing the liver to keep it.

Dr. Jonathan 13:05

Now all you have to do is live a lifestyle that reinforces increased fatty acid, well, let's say fat, high saturated fats in your diet. Saturated fats that go to the liver and have to be processed with your liver already under the stress of having to contain what it produces normally.

Bill 13:29

Okay, so we're here, right? We're gonna get into maybe saturated fats in a little while so this but but just to give people an eye and understanding of what the difference is between bad saturated fat and good saturated fats, you'd probably get bad saturated fats at KFC. And you'd probably get Yes, yep. And you'd probably get good, saturated fat from a steak.

Dr. Jonathan 13:53

You get good saturated fats from mistake you get. There's even different lengths of fats. The shorter and medium fat saturated fats are even healthier than the big long ones. Everyone knows the term saturated fats. The big words coming out today are things like coconut oil. Coconut oil is a medium chain fatty acid. Alpha linoleic acid, LA, short chain fatty acid.

Dr. Jonathan 14:24

These are the type of fats that are saturated, that actually help to clean the blood vessels. The saturated fats that are along change on that the trans fats these are like the epitome of the worst. The things that are in your muffins, your cookies. And by the way over in the United States, they've already outlawed it. But just like anything else that's outlawed. The manufacturers have somewhere between two and three years to continue to mass market. These products and distribute them loaded with all the stuff that's known for causing disease.

Bill 15:05

Right. Okay. I'm glad we talked about saturated fat a little bit, because I think it's important people hear it. And now, you know, people are hearing the opposite.

And I think, again causes confusion, the opposite being that saturated fats are good. But here we're talking about the right types of saturated fats are good for you and help cleanse the system rather than block it up.

Bill 15:29

Can you tell me? Is it possible to have cholesterol levels or cholesterol numbers in our blood tests that are too low? And what are the risks of low cholesterol?

Dr. Jonathan 15:43

Death, all of cholesterol levels numbers. This is why I said when we first started, cholesterol is not a disease. It's something the body needs for survival. And if cholesterol levels are too low, death will result because we need them To make cell membranes, if our cell membranes rupture, we don't have cells. We don't have mitochondria.

Dr. Jonathan 16:07

We don't have energy. We don't have anything. Right. So to low you die. But here's the good news. It really takes a tremendous amount of work to get your numbers down there. I mean, you would literally have to be trying to kill yourself. The average person on any of these diets out here today will never get to those levels.

Bill 16:28

Right. Okay, that's good to know. And that's pretty dramatic. Actually, I didn't realize that cholesterol is very important. I knew that low cholesterol can cause some diseases or or is sort of like a precursor to some neurological challenges for people. Have you heard about any of the conditions the neurological conditions that are associated to low cholesterol,

Dr. Jonathan 16:54

you know, something I don't have specific and the the term usually used is neuro neurodegenerative conditions. And again, what happens is the cells, the nerve cells become damaged, interfering with the ability to communicate. Once you're doing that you're getting involved in brain spinal cord function. And you run into some very, very serious complications both on a motor level and a sensory left, right.

Bill 17:22

Okay. So what's the best diet? Then? How am I going to eat the best diet to

control my cholesterol without having to worry about it going becoming higher and me needing to take medication.

Dr. Jonathan 17:37

On I'll give you the one that you've never heard of. That, in my opinion is the best diet event around. It's called Dr. Coulter's diet. I love it. I love it. I have I have come up with this because it is the most it makes more sense than any diet out here. First of all, every diet a certain level works. Okay, they all achieve either weight loss or better blood chemistries.

Dr. Jonathan 18:05

Here's the problem. How many people do you know and the listeners right now? How many people do you know out there who are on Atkins for 30 years, who are on paleo diets for 30 years? It just doesn't happen. And again, we know they're good. We know they work, what happens to everyone? They get bored. They don't want to continue to eat these types of things.

Dr. Jonathan 18:29

So the diet plan that I'm referring to, and yes, I was kidding, like called Dr. Coulter's diet, but it's called the diet of moderation. And I've never found a doctor that has said, If you bounce out healthy carbohydrates, healthy proteins and healthy fats, if you eat healthy 80 to 90% of the time, and you satisfy the comfort foods, I call them the 10 to 20% of the time You don't feel deprivation because you get to eat all the foods you enjoy.

Dr. Jonathan 19:04

Would you do it sensibly. And if you do it sensibly, your blood chemistry looks good, and your health gets better. So that is the best diet I know. Now, to do something like that means you have to understand what you're eating. So the way I get people to do this is using usually a computer program because the old fashioned journaling foods and writing it down, it's too much work.

Dr. Jonathan 19:33

But if people have a program that all they have to do is go up to ace essay, five, enter, and that's all they have to do. And the computer says, okay, you just had 20 grams of protein, this much carbs, this much fat. Here's how many calories it was. Here's how many you still have. All you get to do is say what do I feel like and you start dragging all these foods into your computerized log you entered in and by

the end of the day, you want your cash intake to be between this range.

Dr. Jonathan 20:02

You want proteins, carbs and fats to be about this percentage, whatever you decide for your body it's going to be, I like kind of a round number to be 30% protein 40% carbs 30% fat, give or take 5%. So in any of those numbers, and if you stay on that type of a diet with proper foods, you will make a dramatic change in the quality of your life.

Dr. Jonathan 20:35

You will find yourself not getting sick as frequently you will feel you will feel healthier, you will have more energy and when you incorporate the exercise phase into it as well. A light easy exercise face the same thing. You don't do it seven days a week. You do it three days a week. And if you get into it and you get excited you up to four days because this is something you can do forever.

Dr. Jonathan 20:59

Keep it short. Keep it 20 minutes you keep it 30 minutes you keep it a reasonable amount of time, so that whatever you start, you can say 30 years later, of course I'm still doing it. It's part of my daily life.

Bill 21:14

And it's not tedious and it's not boring and I don't get to miss out.

Dr. Jonathan 21:19

It's it's having breakfast lunch and dinner. It's brushing your teeth. It's part of life. Yeah, that's the way we we can't view exercise as recreational activity. That's not what exercise is exercise, something the body physically need. fell out of a hole that equation regardless of how you feel your body is not operating at an optimal level. You know, the analogy I use here is the halogen lamp.

Dr. Jonathan 21:51

If you turn a half halogen lamp on it has like an intensity switch. You turned it on about 70% and you had some walk into a room and say, Tell me what's wrong with the lighting in this room? They would tell you, I don't know, I don't see anything wrong. If while they were standing in that room, you turn that intensity up the rest of the way to 100%.

Dr. Jonathan 22:14

And they saw how much brighter it was, and said, Now tell me what was wrong with the light. They'd say, Well, you didn't have it turned up all the way. I'd say exactly. But before that you had nothing to compare it to. So you thought everything was fine. That's exactly what health is. Because people don't have symptoms. They assume everything is fine. What happens is they are functioning at a subpar level, putting in that much closer to developing symptoms that they can avoid.

Bill 22:43

I see. You talked about good carbs before. And there's a lot of stuff coming out now and people are getting confused again because of the possibility that certain carbs that we thought were good and not good for us. And I'm talking about bread. I'm talking about cereals I'm talking about stuff that contains gluten. Tell me about what what is a good carb what isn't a good carb.

Dr. Jonathan 23:12

Your good carbs are going to be in general your vegetables especially your lower glycemic. Ones that responses are to look all over the place but your sweeter fruits and vegetables your bananas on the fruit side your carrots peas on your vegetable side are going to be higher sugar products.

Dr. Jonathan 23:38

What we want to do is we want to eat these vegetables and fruits. I'm also one who believes in a lesser amount of fruits on the two fruit two servings of fruit per day and on the eight to 11 servings of vegetables per day. There's that much benefit to to vegetables and you know if you think You say, Oh my god, how can I ever get that much into me?

Dr. Jonathan 24:03

You can Juice part of it, you can cook part of it. There's lots of ways you get creative when there's a benefit, and you're going to experience a whole new life as a result, you find a way. Now, as far as potatoes, you know why potatoes and sweet potatoes, I did a post on that. Both are beneficial. You've always heard stay away from white.

Dr. Jonathan 24:27

Well, a lot of the white stuff is processed and that's why they want you to stay away from it. But specifically, white rice, white potatoes. They create a different

type of insulin response that diabetics are trying to avoid. But there's a trick. There's something called resistant starch. And what this is, it's a mold. Again, it's a chemical process that happens to the food.

Dr. Jonathan 24:53

But if you cook this food, and then put it into a refrigerator and let it completely get cold not warm down but cold. And then you heat it to a warm capacity and and eat it you will not get the same insulin response. Well, this is a way this is a way of being able to consume products like this.

Dr. Jonathan 25:18

Now, again, there's nothing that's 100% so when I give this information out, I tell people so this does not mean you can eat unlimited potatoes and unlimited rice and these are still not the staple carbohydrates. Your staple carbohydrates are going to be your fruits, vegetables, some grains, some legumes. Specifically, I like little beans.

Dr. Jonathan 25:46

Those who are Palio people don't like lentil beans. They worry about leaky gut syndrome. You know something people are so diseased right now if I can get them from obese and thyroid issues back down to five Living quality lives. I'm willing to take the dad to that level, especially by able to do in a manner that is reasonable and a manner that they can do for the rest of their lives.

Bill 26:13

Yeah. Well, it's fascinating, chatting to you about cholesterol. We can we just summarize briefly before we wrap up this episode, Dr. Jonathan. Cholesterol is not necessarily bad for us, right?

Dr. Jonathan 26:31

It's not necessarily bad. It's part of a normal health process. We must produce it to be able to maintain our existence. We must control it through diet and exercise as the primary methods of controlling it. And when these things do not bring things under control, you then can turn to third party whether it's homeopathy whether it's pharmaceutical, but you first Always start with what you yourself can do because it's your body and your health.

Dr. Jonathan 27:05

And you will never find something outside of those two things that will ever

provide long term benefits. If you're going to rely on a pill.

Bill 27:13

When somebody is taking a pill, and I have, you know, high cholesterol that you know that that's described by our doctors out there. It's not necessarily fixing anything, it's just lowering the number of cholesterol particles in the blood, right?

Dr. Jonathan 27:33

Correct. And while that's being done, you don't say End of story. That's where you say to your doctor. Okay, now I'm going to need your help to finding a nutritionist I can work with and a person who can teach me a little about exercise, so I can take responsibility for my health, get this cholesterol under control so my body can produce it the way it's supposed to. So I can get off This cholesterol lowering medication.

Bill 28:03

Okay, fabulous, low cholesterol. Dramatically low cholesterol can lead to serious problems with our health. So we need to be aware that not only high cholesterol is can be damaging, but also low cholesterol can be damaging.

Dr. Jonathan 28:20

Yeah, but like I said, I've been practicing over 20 years. I've never seen a person with low cholesterol levels. We're always concerned about their well being

Bill 28:29

Great. Excellent. Is there anything else that you wanted to let us know about?

Dr. Jonathan 28:37

I guess in conclusion that the nice thing is I think I'd like people to realize they they don't have to worry about looking at cholesterol and looking at heart disease and looking at cancer and looking at thyroid and looking at diabetes as separate diseases.

Dr. Jonathan 28:53

I think if people started understanding that the human body is designed to be healthy, not diseased. And that things go wrong, that lead to these various offshoots via cancer via diabetes, etc. So what we need to do is basically get back to the foundation and say, okay, when I was healthy, what existed?

Dr. Jonathan 29:18

Or what do I need to do to get there again, so that none of these other conditions, these branch offs, so none of these conditions form as a result of my behavior and what what affects these behaviors, people that don't eat properly, they don't exercise properly, they don't sleep properly, they don't reduce their stress properly, they don't hydrate their bodies properly.

Dr. Jonathan 29:43

And finally, to include my own profession, those that don't maintain proper nerve transmission because understand, if the brain doesn't recognize something wrong with the body, it's not going to respond. So if there's nerve interference, you're Reaction Time is going to be slow down. And that's where chiropractic comes in. So chiropractic care is also a tremendous value to maintaining overall health.

Bill 30:11

Fantastic, just as we began chatting about your little summary, something came into my head about some blood tests that I've been doing recently and I've been monitoring certain things in my, in my blood chemistry. I noticed that when I stopped consuming sugar, processed sugar, my cholesterol levels dropped is that common?

Dr. Jonathan 30:36

Yes. This sugar is like if you want to call one chemical, the devil, you've just named it. Sugar is the underlying with with every condition I just mentioned, sugar is somewhere involved. In fact, I recently wrote a an article talking about sugar and cancer because the average consumer is completely unaware That sugar, that sugar is consumed by cancer cells 18 to 118 cancer cells to one healthy cell for every molecule of sugar.

Dr. Jonathan 31:11

And that's one of the reasons why people wind up looking like they basically been in a concentration camp because they lose such weight, because the cancer cells take all that sugar from from people. So if people modified their diets and got sugar out of their diet, the effect on cancer would be enormous. So again, what's the ironic part you walk out of an oncology appointment and what's right on the desk to the patients on the way out? lollies candy?

Bill 31:45

Yeah, yeah, it's interesting concept. Now, sugar is the new new tobacco, right?

Dr. Jonathan 31:54

Yes. Or absolutely sugar is the one thing that people absolutely we have to get up, you know something you want sweet, you got that in fruit. There are products that stevia isn't an alternative. xylitol is at all an alternative. There are different natural products that can be used to provide honey is an alternative, again, not in large quantities. But there are alternatives.

Dr. Jonathan 32:19

What people need to do is start looking out there. I've got a blog site, there are countless blog sites, there's countless websites, if you want the information, it's not hard to find.

Bill 32:31

And speaking of your blogs, anyone that wants to find out more about the topics that Dr. Jonathan Coulter talks about regularly, almost weekly. I think there's a new post, isn't it? Dr. Jonathan?

Dr. Jonathan 32:46

I'll post between three and four new posts per week.

Bill 32:49

Yeah, awesome. is you can do that at WWW dot all about healthy choices.wordpress.com Is that right at it? Dr. Jonathan, thanks so much for your time, I really appreciate you shedding some light on this topic. And I really look forward to having a chat about another one of these topics in the future because I think it's going to be really helpful.

Bill 33:16

And I think it's good for people to get an understanding of what you know, things like cholesterol are without having to go to a GP, general practitioner and in, you know, the 10 minutes that they're there to be seen. Firstly, have all their challenges sorted out and then also get a clear understanding of what, you know, cholesterol, for example, is.

Dr. Jonathan 33:41

Absolutely. This information, like I said, it's accessible. a doctor's visit is short, they are busy, there's no question about it. And they just will not go into all of

these things where they will generally do is make sure your numbers are good and you're taking your medication

Bill 33:58

Yeah. Fantastic. Dr. Jonathan, thanks so much for your time, and I look forward to chatting again soon.

Dr. Jonathan 34:06

I appreciate it. I look forward to it. Thanks for your time though.

Bill 34:09

Hey guys, it's Bill again. If you found this episode helpful, do feel free to share it on your favorite social media sites. The whole purpose about this podcast is to provide a place where people can learn about the most recent information and give insights into topics that are useful but often difficult to understand. To learn more about my regular guest, Dr. Jonathan Coulter, please visit www.allaboutthehealthychoices.wordpress.com.

Bill 34:44

If you're in Australia, and you would like to contact me, please go to billgiamis.com and fill out the contact form and I will be in touch. Thanks for listening.

Intro 34:57

The presenters and special guests of this podcast intend to provide accurate and helpful information to their listeners. These podcasts can not take into consideration individual circumstances and are not intended to be a substitute for independent medical advice from a qualified health professional.

Intro 35:15

You should always seek the advice from a qualified health professional before acting on any of the information provided by any of Recovery After Stroke Podcast. This has been a production of <https://recoveryafterstroke.com/> Check out our page on Facebook and start a conversation by leaving a comment at <https://www.instagram.com/recoveryafterstroke/>. Subscribe to the show on iTunes and check us out on Twitter.