

# 09. 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.

Increase 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 on 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 good brain but increased numbers of cholesterol may be a

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.

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