LIFE HACKS

HDL, Good Cholesterol May Help Reduce the Risk of Alzheimer's

By bestfolkmedicine · 21/07/2022 · 3 min read



Alzheimer's is a devastating illness and there's no promising treatment, although there's plenty of research dedicated to it.

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This is why the scientific and medical communities put so much accent on prevention.

One recent study from the University of Southern California concluded that higher levels of good cholesterol in the fluid that surrounds the brain and spinal cord may offer protection from this neurodegenerative illness.

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The study was published in Alzheimer's and Dementia: The Journal of the Alzheimer's Association. It emphasizes that small high-density HDL particles lower the risk of Alzheimer's through their capacity for lipid exchange.

This influences the neuronal membrane composition and the vascular and synaptic functions.

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The scientists measured the HDL particles in 180 participants aged 60+.

They found a connection between a higher number of smaller HDL in the fluid and signs that indicate protection from Alzheimer's.

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One was improved memory, thinking, and cognitive performance on tests done by those with a higher number of small HDL particles. This wasn't influenced by education, sex, age, or even the Alzheimer's gene.

What's more, the ones with higher small HDL particles had higher levels of amyloid beta 42. Higher levels of this peptide are associated with a lower chance of Alzheimer's.

How to Increase Your HDL Cholesterol Levels Naturally?

Making appropriate changes to your diet and physical activity can help you increase the HDL levels naturally and thus, decrease the risk of this, and many other illnesses as well.

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Here are a few ways to do that:

- **Ditch the cigarettes**

According to studies, smoking cigarettes has a negative effect on HDL cholesterol and it's known to lower it.

- **Be physically active**

Being physically active on a regular basis contributes to a higher HDL. Boost your HDL with a vigorous workout on a regular basis; however, any type of workout is always better than none.

- **Lose surplus pounds**

If you're overweight, losing those extra pounds may help lower the HDL cholesterol.

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For every six pounds of weight we shed, our HDL can elevate by a milligram per deciliter.

- **Lower the intake of refined carbs**

A diet rich in refined carbs such as white sugar, white flour, etc. has a negative influence on the HDL levels, so try to lower these carbs so that you can better the HDL.

Choose premium, healthy carbs like the ones found in fruits and sprouted bread.

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- **Consume healthy fats**

Stay away from trans fats if you're looking to elevate the HDL levels.

These fats are found in margarine, fried fast foods, and baked goods. Opt for healthier fats like ones in olive oil, nuts, avocados, salmon, and nuts.

- **Maintain a moderate alcohol consumption**

Consuming alcohol in moderation has been associated with higher levels of HDL.

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This amount is one drink per day for women of all ages and men older than 65 and up to two drinks daily for men who're 65 or younger.

Sources:

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