

Cholesterol according
to the investigation, it
is "good"



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Cholesterol is a fat-like substance that is used as the building material for your body.

It helps to produce hormones, vitamin D. As it turned out the breaks the dangerous fat. LDL vs HDL are two types of lipoproteins that keep that substance in the blood. The human body needs that matter but not in too big dose. In another case, the blood vessels will be narrowed that causes the serious diseases. LDL and HDL are the two main types of cholesterol (blood fats, or lipids) that make up your total cholesterol.

·Have you ever heard about HDL? According to the investigation, it is “good” cholesterol, and it may protect the body against narrowing blood vessels. Doctors consider HDL cholesterol as the “good” cholesterol, and they interpret its levels in the opposite manner of LDL. We can state that the risk of heart disease depends on the rate of HDL. It means that the higher the rate is the worst the health conditions are. · LDL is known as the bad material that can ruin the good cells of the human body. Scientists distinguished the third type of cholesterol-VLDL.

It is also negative material that delivers to livery the high amount of triglycerides.