

PHYTOSTEROLS IN THE TREATMENT OF SYMPTOMS OF HYPERCHOLESTEROLEMIA

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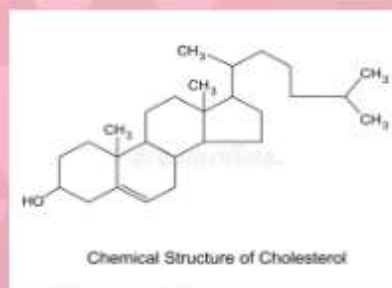
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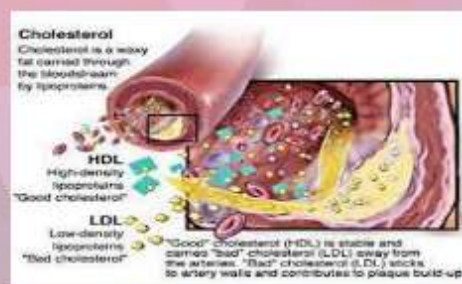
Cholesterol is a molecule which presents the basic building part of every cell. Cholesterol homeostasis is crucial for proper cellular and systemic functions and it is very important to maintain it within reference values.



Disturbed cholesterol balance causes cardiovascular diseases as well as other diseases such as neurodegenerative and cancer.

Symptoms of high cholesterol include dizziness, increased sweating, nausea and vomiting, fainting, confusion, blurred vision, tingling in the legs and arms.

Reducing of high level of cholesterol can be done by using medical therapy but also and with diet rich in phytosterols.



The main sources of phytosterols are vegetable oils (flaxseed, olive, soybean, sesame, wheat germ), nuts (walnut, almond, pistachio, Indian walnut), legumes (beans, peas), fruits (orange, apple, banana, pear, cherry, peach), vegetables (beets, broccoli, onion, carrot, cabbage, sweet potatoes) and herb (sycamore, ginseng).



The most important property of phytosterols is their effect on the reduced absorption of endogenous and exogenous cholesterol in the body. According to the results obtained by numerous studies their sufficient intake can significantly reduce the absorption of cholesterol from food in the small intestine.

To conclude: Normal blood cholesterol levels can be maintained with adequate nutrition and intake of ingredients from foods that contain phytosterols in their composition.

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