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ColestCare

Box of 60 capsules

ColestCare is a complex herbal compound, aiming at durably reducing the rate of bad blood cholesterol.

Cholesterol in short:

Cholesterol is a soft fat-like waxy substance produced mainly by the liver (up to 70%) which transforms the fat from the food we consume. The quality of these fats is thus determining for the quality of the cholesterol produced by the liver. The remainder of the cholesterol comes directly from animal food sources. The role of cholesterol is essential since it is an important part of a healthy body because it's used for producing the cell membranes, vitamin D, some hormones, and it serves other bodily functions. But too much cholesterol in the blood is a major risk for coronary heart disease, which leads to heart attack. It's also a risk factor for stroke. For this reason it is significant to make the distinction between the good and bad cholesterol. This distinction does not apply to the cholesterol contained in the food but to the one produced by the liver

LDL and HDL Cholesterol: Cholesterol and other fats cannot be dissolved in the blood. They have to be transported to and from the cells by special carriers called lipoproteins. Low-density lipoprotein, or LDL, is known as the «bad» cholesterol. Too much LDL cholesterol can clog the arteries, increasing the risks of heart attack and stroke caused by cholesterol clots. High-density lipoprotein, or HDL, is known as the «good» cholesterol. The body makes HDL cholesterol for its protection. It carries cholesterol away from the arteries. Studies suggest that high levels of HDL cholesterol reduce the risk of heart attack. The normal total cholesterol values are 2 gr per litre of blood, including 1.6 g/LDL and 0.40g /HDL. A simple way to know if you are within norms is to divide the Total Chol. by the HDL Chol., the result should be lower 4.5 for women and 5 for men.

Causes:

Fats are the essential primary product allowing the production of cholesterol. The food containing cholesterol directly has a limited influence on the evolution of the overall cholesterol level. To the good and the bad cholesterol one also find corresponding good and bad fats.

The saturated fats increase the rate of «bad» cholesterol and thus the level of the overall cholesterol in the blood.

Saturated fats are found mostly in foods from animals and some plants (coconut, palm and palm kernel oil, cocoa butter).

- The trans-fatty acids (TFA): During food processing, fats may undergo a chemical process called hydrogenation. TFA are formed during this hydrogenation process used to produce margarine, shortening and cooking oils that in turn are used on a large scale in the processed food industry, hence the importance TFA in today's diet. Some scientists believe that TFA raise cholesterol levels more than the regular saturated fats. They also tend to raise LDL («bad») cholesterol and lower HDL («good») cholesterol when used instead of unsaturated fats found in natural oils.

- Saturated fats are also found the foods from animals: Including beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole milk, eggs, some shellfishes, fish eggs. Some of these foods also contain dietary cholesterol on top of saturated fats.

Food containing cholesterol: Egg yolk, offal meat, lobster and shellfish... can influence the level of cholesterol without however being key factors; only people with cholesterol problems due to a hereditary factor should really avoid them.

Unsaturated fats: They tend to increase the good HDL cholesterol and thus have a beneficial influence on the ratio of the overall cholesterol. Polyunsaturated and monounsaturated fats are the two unsaturated fats. They're found primarily in oils from plants, these include safflower, sesame and sunflower seeds, corn and soybeans, canola and olive, also many nuts and seeds and their oils. All these oils should be made naturally, first pressure quality and cold pressure. The only animal source is fatty fishes (tuna, salmon, herring, sardines, etc).

Other causes: The excess of bad cholesterol can also be associated with unhealthy habits such as tobacco and the lack of exercise. Certain drugs (contraceptives and corticoids) or certain diseases (thyroid or liver dysfunctions, diabetes) can act on the blood cholesterol level. More rarely it can be related to the hereditary background.

Advices: It becomes clear that fighting against cholesterol require healthy lifestyle based on a low animal fat diet and avoiding products containing trans-fatty acids. A diet rich in fruits and vegetables is recommended because of course they do not contain cholesterol or fats but more importantly they are rich in antioxidants, vitamins C and E. Since oxidized LDL cholesterol settles more easily on the arteries, antioxidants are welcomed. Lastly, numerous studies show that the regular practice of a physical activity - bicycle, walking or swimming contributes to lower significantly the level of «bad» cholesterol and in turn increase the level of «good» cholesterol.

Action of ColestCare :

The Unani Tradition considers that the level of bad cholesterol can be controlled if the liver is not overloaded by surges of unhealthy fat. It is then able to undertake its task of transforming fats into cholesterol and to manage the proper balance between the good and the bad cholesterol in the blood. ColestCare is a compound made of synergistic plants that provide a threefold action: It improves the metabolism of fats in the liver – It eliminates metabolic wastes – It liquefies the blood. ColestCare is a natural alternative to the chemical based cholesterol control medication and particularly to the increasingly controversial statins.

Instructions:

Take a capsule at midday and in the evening at mealtime.

Composition:

Cassia senna, Rheum officinale, Foeniculum officinale, Anacyclus pyrethrum, Apium graveolens, Curcuma longa, Syzygium aromaticum, Nux muscatus, Alpinia officinarum, Acorus calamus, Lepidium sativum - Plant origin capsules.

Complementary products:

DynOrgan, TensioReg, CardioVascine - See the related documentation.