Dr Helena Popovic

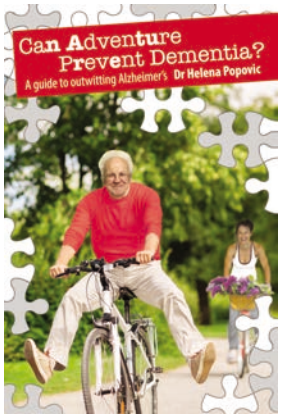
BLOOD CHOLESTEROL TRANSPORTERS

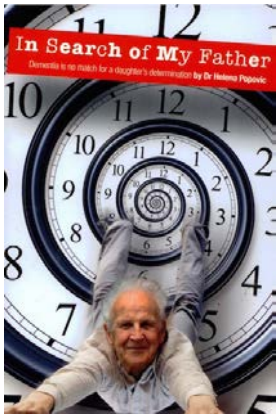
Name	Abbreviation	Are they atherogenic? In other words, do they have the potential to lodge in artery walls?	Analogy (this will become clear later)
High density lipoprotein	HDL	no	ambulance
Low density lipoprotein	LDL	yes	car
Intermediate density lipoprotein	IDL	yes	truck
Very low density lipoprotein	VLDL	yes	motorbike
Chylomicron	Chylomicron	no	bicycle

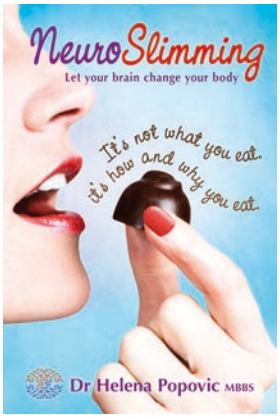
For more information about how to:

Boost your brain
Turn stress into success
Shed excess body fat without dieting or deprivation

Visit drhelenapopovic.com and sign up for my free Health-e-Bytes.







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