



Addressing HDL Dysfunction Through Functional Nutrition

Traditionally, high-density lipoprotein (HDL) has been considered a "good" cholesterol, but it's not that simple. This brief video outlines how HDL functions when it's healthy, what happens when it becomes dysfunctional, and how to restore proper HDL function.

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Nutrition Masters Course: Addressing HDL Dysfunction Through Functional Nutrition

In this Nutrition Masters Course on HDL dysfunction and cardiovascular health, we describe the cardioprotective roles of HDL particles. We discuss what happens when HDL particles become dysfunctional and why dysfunctional HDL is an easily overlooked cardiovascular risk. Finally, we discuss how to improve HDL function via nutrition and lifestyle.

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Beyond HDL: New Insights into HDL Cholesterol Function in Cardiovascular Disease

A precision and personalized medicine approach to dyslipidemia and dyslipidemia-induced cardiovascular disease is completely different from the conventional medicine approach. In this article, Mark Houston, MD and Sara Gottfried, MD outline how loss of HDL function may negatively impact cardiometabolic health, a paradigm shift that has emerged in the past 10 to 15 years regarding HDL, which is best known for its ability to carry cholesterol from the blood vessel to the liver for redistribution, metabolism, and elimination.

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LDL Cholesterol: Particle Number & Size Matter

In the past, most of the emphasis on treating dyslipidemia and dyslipidemia-induced heart disease was directed toward low-density lipoprotein cholesterol. Yet evaluation of LDL has largely been incomplete. In this blog post, Mark Houston, MD and Sara Gottfried, MD share how advanced lipid testing now allows us to examine LDL particle number and particle size, allowing us to look more closely at these parameters to determine risk and to target prevention and treatment.

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Happy Thanksgiving!



As the year draws to a close, the Metagenics Institute team wants to wish all our practitioner friends a happy and healthy Thanksgiving. We're grateful for your support and give thanks for all that you do.