

The Truth About Cholesterol

When you get a blood test, there is a column of "normal" ranges on the right-hand side of your results summary — for example, total cholesterol (a sum of one's HDL, LDL, and 20% of triglycerides) is capped at 199. That's unrealistic. I'll explain why using my own cholesterol numbers.

Let's start with HDL, the "good" cholesterol. Both mainstream medicine and functional health practitioners agree that one's HDL level should be at least 50 with no upper limit. Personally, my latest HDL was 76. An ideal ratio of LDL-to-HDL is 2:1, and my LDL (the "bad" cholesterol) was 143. That number makes my "ideal" ratio even better than ideal at 1.88:1 — ironically, it also bumps my total to 219 and we haven't even accounted for triglycerides yet, of which we add 20% to the total. Mine was less (54), 20% of which is just under 11.

So, even with ideal levels of HDL and ideal ratios of LDL and triglycerides, my total cholesterol (76+143+11) is 230, meaning my results would be flagged and a doctor would be talking to me about statin drugs. Do you see why this doesn't work? How can mainstream medicine put a cap of 199 on total cholesterol when the most important component of the calculation (HDL) doesn't have a recommended upper limit?

Furthermore, statin drugs focus on the wrong part of the equation. They are designed to lower LDL (the "bad" cholesterol) based on the fact that LDL can oxidize and become detrimental — but that only happens if there's not enough HDL. Here's how that works...

I liken every cell in the body to an airport. There are cargo planes landing (LDL — which brings nutrients to your cells) and cargo planes taking off (HDL — which takes waste back to your liver). The cargo (nutrition) that the LDL delivers is a good thing. But if that cargo sits too long, it can oxidize, which is a bad thing. That's why we need enough HDL to pick up the waste and send it back to the liver. Obviously, we don't want to limit nutrition coming in (which is what statin drugs do), we want to increase the efficiency of waste going out, which is what HDL does. In other words, lowering LDL with statin drugs is the wrong idea. What we should be focusing on is balancing the ratio by raising HDL. How we do that? Simple. Stop eating bad fats, eat more good fats, exercise, and practice intermittent fasting.

Need more answers like this? Email scottlaird@michaelrood.tv



Cholesterol, Total ⁰¹	228 Hi
Triglycerides ⁰¹	54
HDL Cholesterol ⁰¹	76
VLDL Cholesterol Cal	9
	143 H

DEALING WITH DARKNESS

SPECIAL GUEST LOVE GIFT TEACHING
with Rodney Thompson



In Matthew's account of the Gospel, Yeshua says that we are the light of the world — but in some parts of the world, the darkness we are to expose is more intense than we can imagine.

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Rodney's personal story of faith will encourage and empower you to stoke the flame of your faith to meet the darkness of this world head-on with the "light of life" (John 8:12).

YOUR GIFT WITH \$50 OR MORE *Dealing With Darkness* is not for sale and it's not on YouTube, but we'll send it to you on DVD or Blu-ray for a love gift donation of \$50 or more in March.

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The March Love Gift is available through March 31, 2023 or while supplies last. Blu-ray discs will not play in a regular DVD player; you must have a Blu-ray player.



ROOD REVIEW

»»» MARCH 2023

SET THE CAPTIVES FREE

In the year 28 CE, as Passover approached on the 14th day of the Month of the Aviv, the Messiah bore the contempt and hatred of the religious leaders. He was scourged and ridiculed. He was treated as the lowest of the low. They nailed him to a stake, publicly humiliated him, and then killed him.

Darkness covered the land. It looked as though he was defeated. But what was actually happening that afternoon was more than amazing. Had the adversary known what

was truly taking place, he never would have crucified the Lord of Glory. The moment the Messiah gave up the spirit was not a moment of defeat — it was a moment of victory! It was the moment prophesied when Moses went toe-to-toe with the Pharaoh of the Exodus and fulfilled for all eternity when Yeshua confronted the adversary and set the captives free! In that moment, you and I were bought and paid for. We were rescued from the wages of sin. We were renewed along with the covenant. We, once again, can rejoice in the promise of eternal life with the Father.

The fulfillment of the spring feasts is something to celebrate with glad hearts. We are reminded that the Creator has a plan. The fall feasts will see their fulfillment when the Messiah returns as the Righteous Judge, and there will be victory for YeHoVaH and all his people.

I invite you to celebrate your victory with us at Passover 2023: Set The Captives Free.

This is an ONLINE EVENT, Friday evening, April 7 and all-day Saturday, April 8, broadcast LIVE from A Rood Awakening! International headquarters. We'll start things off with a Passover preview version of Shabbat Night Live on Friday night. Then on Saturday, it's a full day of presentations with Scott Laird, Dr. Miles Jones, filmmaker Tim Mahoney, Nehemia Gordon, Keith Johnson, and Nelson Calvillo.

You can sign up to watch it all unfold, LIVE at PassoverCharlotte.com

I will be there as well — my first Passover broadcast since my stroke recovery! I'm very excited to be with you again and to share our victory in Messiah together. Let's celebrate the moment that Yeshua set the captives free and learn how we can bring that freedom to others.

See you at Passover
(... and when the smoke clears),

Michael J. Rood
Michael J. Rood

Hog Wild For YeHoVaH

In the acreage country around Dallas, Texas, there's a problem — wild hogs. Thousands of wild hogs roam the countryside, destroying land, ruining crops, and making a nuisance of themselves wherever they go. But one family decided to do something creative about the issue.

Glen and Brinda Youngblood run a company that receives all kinds of scrap food that is put into large totes. Glen, combining this "free bait" with some ingenuity, created a large pen to lure the hogs. He connected a wireless video camera to the pen, along with a motorized gate that he can operate remotely from his cellphone.

When hogs enter the pen, the video camera catches them in the act, alerting Glenn on his cellphone, which he shuts the gate and traps them inside. Voila! Free livestock.

Glen then loads them into a trailer and delivers them to a man who is willing to buy all the hogs the Youngbloods can catch! The money from the sale of the hogs is given to support ministries who promote the truth of YeHoVaH. Talk about "bringing a clean thing from an unclean thing!" (Job 14:4)

Got a creative idea to promote YeHoVaH's word? Tell us about it!

ARoodAwakening.tv/Testimonies
888.766.3610



PASSOVER WITH MICHAEL ROOD IS BACK!

Passover 2023: Set The Captives Free features a host of AMAZING SPEAKERS, LIVE from A Rood Awakening! International headquarters in Charlotte, NC! Learn what it means to be free in Messiah and free from the bondage of the world!

FRIDAY APRIL 7

• 8:00 PM - Shabbat Night Live

SATURDAY APRIL 8

• 10:00 AM - Scott Laird: "Break Free from Big Pharma"

• 11:00 AM - Dr. Miles Jones

• 1:00 PM - Tim Mahoney

• 2:00 PM - Matthew Vander Els

• 3:00 PM - Keith Johnson, Nehemia Gordon, and Nelson Calvillo:

"Set The Captives Free - Part 1"

• 4:00 PM - Keith Johnson, Nehemia Gordon, and Nelson Calvillo:

"Set The Captives Free - Part 2"

• 7:00 PM - Passover Seder with Michael Rood and Guest Speakers

REGISTER TO WATCH ONLINE!



Michael Rood



Dr. Miles Jones



Matthew Vander Els



Nehemia Gordon



Tim Mahoney



Nelson Calvillo



Keith Johnson



Scott Laird

PLUS Get 20% off almost anything in our online store!

WATCH ONLINE
APRIL 7-8
SIGN UP NOW!
PassoverCharlotte.com

SET THE CAPTIVES FREE
PASSOVER 2023

THIS MONTH ON ... *Shabbat*
NIGHT LIVE
with Michael Rood

THE WAY OF MESSIAH MARCH 3 & 10

Luke and Kayte Abaffy had an awakening to the truth of Torah like many Christians. The difference was they made a documentary about their journey. Today, they are taking the next step that they hope will spark a reformation in the hearts of believers worldwide.

Using the novel approach of developing a film trailer for the release of their book, Reformation 2.0, the Abaffys are getting attention from some unlikely sources.

Hear their testimony and their passion, and find out what you can do to help them spread the knowledge of the way, the truth, and the life of really knowing Yeshua.

WATCH ON ... ShabbatNightLive.com
 and the app
MichaelRood.tv

App Exclusive

Politics and Religion

with **Avi Lipkin**



WATCH NOW: ARoodAwakening.tv/App

If you're going to talk about it, you might as well lay it all out there! Avi Lipkin holds nothing back! We address BOTH of these taboo subjects as they relate to today's headlines and yesterday's history.

Jihad in America, the Nazis, Russia and Ukraine, antisemitism, democracy breakdown, and Israel's fragile existence are all discussed. No political correctness here!

If you want to hear the real issues with no holds barred, you've found the series you're looking for!