

HEALTHFUL ELEMENTS



Hormonal Pathways

It's not necessary to understand each of these hormones right now – the important take-away is that they're all made from cholesterol, which has been villainized.

To learn more about the critical benefits of cholesterol, you can read [Busting the Cholesterol Myth](#).

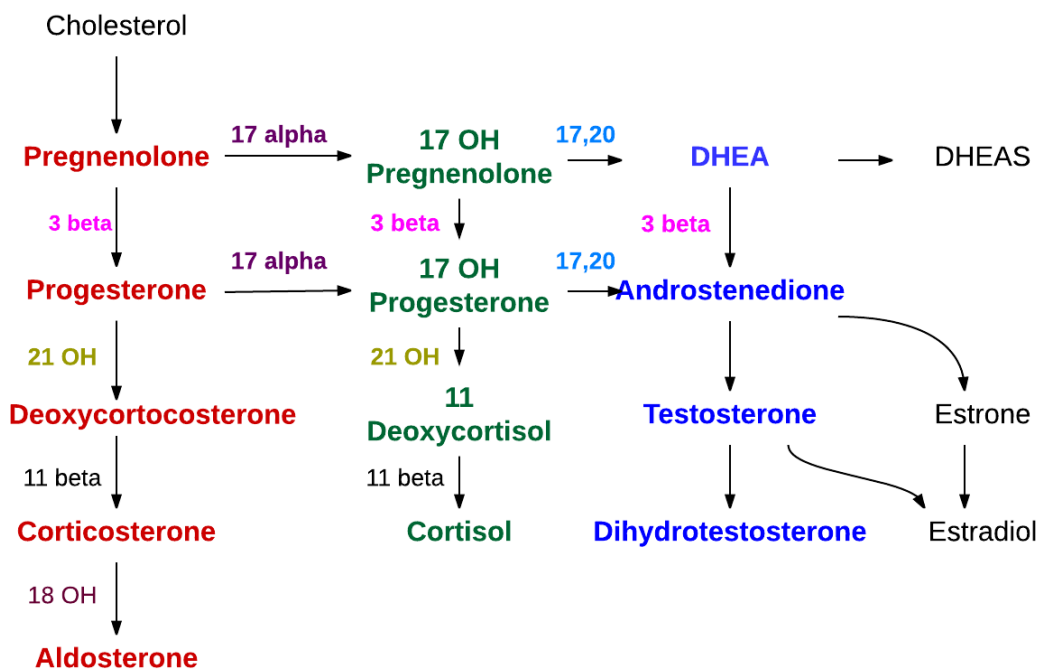


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