

LOWERING  
CHOLESTEROL  
*NATURALLY*

**By**

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## **WHAT IS CHOLESTEROL?**

- A waxy fatlike substance found throughout the body.
- Used to make: cell walls, "insulation" around nerves, hormones, supports digestion.
- Found predominantly in brain, blood and liver.

Usually referred to "total cholesterol" which is a combination of LDL and HDL.

LDL = bad cholesterol (low density lipoproteins)

HDL = good cholesterol (high density lipoproteins) removes LDL

75% of our cholesterol is manufactured in our liver

25% of our cholesterol comes from our diet

Excessive build up of LDL in the bloodstream can lead to build up on the walls of your arteries ... this is the beginning of atherosclerosis or narrowing of the arteries.

An interesting note that is little known by most of the medical community at this time is: High cholesterol levels, in fact, are now not even mentioned as a risk factor for heart disease. (*Interheart Study* recently presented to the European Society of Cardiology conference in Munich).

This does not however mean that we should not be aware of other damaging effects that high cholesterol levels may be associated with.

Guidelines for total cholesterol - 200 mg./dl

HDL higher than 65mg/dl have protective effect

## **WHAT CAUSES HIGH CHOLESTEROL?**

Key factors are:

- Genetic predisposition
- Smoking
- Lack of aerobic exercise
- Excess weight
- Diet
- Existing metabolic disorders (i.e. Diabetes)

## **SYMPTOMS**

High cholesterol does not exhibit any symptoms!

## **NATURAL SOLUTIONS**

### ***Lifestyle changes***

Stop smoking - smoking actually increases total cholesterol and reduces HDL levels.

Exercise - regular aerobic exercise (cycling, walking, etc) raises HDL levels.

Alcohol -the flavonoids in red wine help prevent blocked arteries. Drink in moderation.

Lose Weight - people who are 20 overweight have increased incidence of high cholesterol.

### ***Dietary changes***

Increase fiber - increasing high fiber foods that you consume will help lower your cholesterol by blocking the reabsorption of cholesterol from your intestines.  
Steel cut oatmeal, fruits (peaches, strawberries), vegetables

Reduce Fat - cut down your intake of saturated fat and dietary cholesterol  
Dietary cholesterol comes from animal products only!  
No more than 30 of your total caloric intake should be fat.  
Avoid hydrogenated oils, coconut, oil, palm oil, beef, dairy, and organ meats.

Substitute - Eat cold water fish (tuna, wild salmon, cod) instead of beef.  
The omega 3 oils found in these fish lower cholesterol.

Reduce Carbs & Sugars - High triglyceride levels are associated with high Intake of sugars and carbs.

## *Supplements*

Keep in mind that supplements need to be accompanied by changes in lifestyle and diet to attain the best results.

Determining which of these supplements and the effective dosage is done on an individual basis.

- **Inositol hexaciacinate** - One of the 3 forms of Vit B3 (niacin). Lowers LDL and triglycerides, raises HDLs.
- **Gugulipid** - widely used herb in India, prescribed to reduce cholesterol by its "breaking down" of the LDLs. Can be used with policosanol and niacin.
- **Policosanol**- derived from sugar cane. Lowers LDL and increases HDL levels. Also helps keep blood platelets from being "sticky".
- **Red Yeast Rice** - by product of fermentation of a certain species of rice. Works like a statin drug by blocking the formation of cholesterol in the liver. Highly effective and must be accompanied with CoQ10.
- **Pantethine** - a form of Vit. B5 that reduces the formation of cholesterol in the body.
- **Psyllium** - water soluble fiber derived from the husks of psyllium seeds. This fiber binds to the cholesterol and bile acids in the intestine and removes them in the bowel movement. (Metamucil)
- **Plant Sterols and Stanols** - prevent absorption of dietary cholesterol within the intestines. Benecol is a good replacement for butter.

## *Healthy Choice Foods*

### Leading Food Sources for:

- **Fiber**  
Steel Cut Oatmeal, Carrots, Peas, Beans, Peaches, Strawberries, Berries, Barley, Mangos
- **Flavonoids**  
Broccoli, Oranges, Tomatoes, Limes, Chocolate, Soybeans, Lemons, Onions, Blueberries, Carrots, Apples, Grapes, Red Wine
- **Omega 3 Oils**  
Flaxseeds, flaxseed oil, wild salmon, trout, tuna
- **Lycopene**  
Tomatoes, guava, red peppers
- **Pantothenic Acid** (converts to pantethine)  
Avacados, Mushrooms, Sunflower Seeds, Salmon, Yogurt
- **Soy Isoflavones**  
Soy beans, soy products, Tofu
- **Copper**  
Mushrooms, Lobster, Oysters, Crab, Sunflower seeds
- **Chromium**  
Broccoli, Avacados, Peanuts, Brazil Nuts, Almonds, Mangoes, Mushrooms, Nuts, Oysters.
- **Vito C**  
Citrus Fruit, strawberries, potatoes, peppers.
- **VitE.**  
Brazil nuts, avocados, almonds, broccoli, mangoes, sunflower seeds