**Cholesterol**

**Facts**
Leading cause of death in US is coronary heart disease.
Primary risk factors: high cholesterol, smoking & hypertension.
Some cancers linked to high-fat diets.

**Common Presentation**
Men > 35  Women > 45
Smoker, Obese, Hypertension, Diabetic

**Total Cholesterol**
Safe = 200 mg/dl
Borderline = 200-240 mg/dl
High Risk = > 240

<table>
<thead>
<tr>
<th>HDL Cholesterol</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>45-50</td>
<td>50-60</td>
</tr>
<tr>
<td>Protective</td>
<td>70-80</td>
<td>70-80</td>
</tr>
<tr>
<td>High Risk</td>
<td>&lt; 35</td>
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</tr>
</tbody>
</table>

Chromium picolinate ➔↓↓ cholesterol improves HDL:LDL ratio (400-600 mcg/day)

Coenzyme Q10 ➔⇑ circulation (60mg/day)

L-Carnitine ➔↓ cholesterol & death rates in heart attack patients in 1 yr @ 4 gms/day

**Vitamin B complex**
Cayenne, goldenseal, hawthorne berries & spirulina

Foods: apples, bananas, carrots, cold-water fish, dried beans, garlic, grapefruit & olive oil, apple pectin, Chinese red yeast rice extract, garlic, raw nuts: almonds & walnuts.

Fiber: fruits, vegetables & whole grains, (oat bran).

Fresh juice: carrot, celery & beet.

Use only unrefined cold (< 110 degrees) or expeller pressed oils. Olive, soybean, flaxseed, primrose & black currant seed oils.

Reduce saturated fats & cholesterol in diet: all fats of animal origin, coconut & palm kernel oil, margarine, lard, butter, pork, fried foods, fatty foods, processed or refined foods.

Get regular moderate exercise.

Avoid stress & tension.

*Always consult with your doctor/chiropractor before starting any health related program.*