

# **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

| <b><u>HDL Cholesterol</u></b> | <b><u>Men</u></b> | <b><u>Women</u></b> |
|-------------------------------|-------------------|---------------------|
| Normal                        | 45-50             | 50-60               |
| Protective                    | 70-80             | 70-80               |
| High Risk                     | < 35              | < 35                |

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.