

Cholesterol Lowering Herbal Program

By Geoff D'Arcy, Lic. Ac., D.O.M.

Lowering your cholesterol levels will reduce your risk of heart disease.

Overall Cholesterol Level:

- High 240 above
- Borderline 200-240
- Optimal 200 and below

LDL (Bad):

- Very High 190 above
- High 160-190
- Borderline High 130-160
- Near Optimal 100-130
- Optimal 100 below

HDL (Good):

- Optimal 60 above
- Acceptable 40-60
- Low 40 below

Here are some recommendations to lower your cholesterol.



1. Reduce the amount of saturated fat, cholesterol and total fat from your diet. The best way to achieve this goal is to eat fewer animal products and more plant foods. Substitute red meats with fish and white meat; use soy based alternatives, decrease the number of eggs per week, use egg beaters or tofu, use low fat dairy products, substitute vegetable oils for butter, lard and other saturated fats, eat fruits and vegetables daily and cut down on all refined sugar and flour products, use no or low salt, and drink herbal teas, green tea, or vegetable juices instead of soft drinks and coffee.

2. Stay away from margarine, and foods containing trans fatty acids and partially hydrogenated oils. These foods actually raise your LDL levels and lower your HDL levels of cholesterol and interfere with essential fatty acid metabolism. Instead, use natural polyunsaturated oils like safflower, soy and flaxseed oils to meet your essential fatty acids requirements. Just 1 tablespoon per day is enough.
3. Eat more cold water fish and take 1 tablespoon of flaxseed oil daily. Salmon, mackerel, herring, halibut are good sources of omega-3 fatty acids. Flaxseed oil is a good source of alpha linolenic acid, an omega-3 oil that the body can convert to eicosapentaenoic acid (EPA).
4. Eat 5 or more servings of a combination of vegetables and fruits. Numerous studies show that a diet high in carotene rich and flavonoid rich fruits and vegetables reduces the risk of heart disease and strokes. Green leafy vegetables, yellow-orange colored fruits and vegetables, such as carrots, apricots, mangoes, yams and squash. Red and purple vegetables and fruits such as tomatoes, red cabbage,



berries, and plums. Legumes, grains and seeds are rich sources of carotenoids. Good sources of flavonoids include: citrus fruits, berries, onions, parsley, legumes, green tea and red wine.

5. Increase the intake of fiber and complex carbohydrates by eating 6 or more servings per day of whole grain breads, cereals, and legumes.
6. Eat less animal protein.
7. Cook with olive or canola oil.
8. Limit your intake of refined carbohydrates (sugar).
9. Eat breakfast.
10. Quit smoking.

RECOMMENDED SUPPLEMENT PROGRAM

- **CHOL-CLR FORMULA:** 2 capsules, three times daily.
- **POWER MUSHROOMS FORMULA:** 2 capsules, three times daily.
- **OPTI-EPA** (Fish Oil) 1 x 2 x day
- **CARDIO-EDGE** 2 capsules 2 x day
- **Vitamin C:** 1 capsule, twice daily.
- **Vitamin B Complex:** 1 capsule, twice daily.

SUPPLEMENTS:

CHOL-CLR: A major ingredient, **Garlic**, has the ability to lower cholesterol and blood pressure. Via supplement and/or use in your diet, suggested amount is up to 4,000 mg. - or the equivalent of 1-4 cloves per day. A double-blind, placebo-controlled study that followed 152 individuals for 4 years, taking 900 mg per day of standardized garlic powder, found significantly slower development of atherosclerosis as measured by ultrasound.¹ In another study, 432 individuals who had suffered a heart attack, were given either garlic oil extract or no treatment over a period of 3 years. The results showed a significant reduction of second heart attacks and about a 50% reduction in death rate among those taking garlic. It also promotes the immune system to fight off infections. **Gugulipid**, the standardized extract of the mukul myrrh tree, native to India, lowers cholesterol by increasing the ability of the liver to metabolize LDL cholesterol. It also has a mild effect in inhibiting platelet aggregation. (25 milligrams guggulsterone per 500 mg cap.) an extract of the Indian mukul myrrh tree known as gugulipid may reduce total cholesterol to a similar extent as garlic.

POWER MUSHROOMS FORMULA: Key ingredients: **Shiitake** Mushrooms contain proteins, fats, carbohydrates, soluble fiber, vitamins, and minerals. In addition, shiitake's key ingredient—found in the fruiting body—is a polysaccharide called **lentinan**. This mushroom is used for hepatitis, cancer and building the immune response. Its effect upon cholesterol may come from its fiber. Fiber is divided into two general categories—water soluble and water insoluble. Soluble fiber lowers cholesterol. **Maitake** is a very large mushroom which grows deep in the mountains of Northeastern Japan. **Reishi** is officially listed as a substance for treating cancer by the Japanese Government. It is well established that reishi and other similar mushrooms such as shiitake and maitake can significantly lower serum cholesterol and thin the blood by reducing platelet stickiness, as aspirin does.

OPTI-EPA (FISH OIL) The Mayo Clinic says “There is evidence from multiple studies supporting intake of recommended amounts of DHA and EPA in the form of dietary fish or fish oil supplements lowers triglycerides, reduces the risk of death, heart attack, dangerous abnormal heart rhythms, and strokes in people with known cardiovascular disease, slows the buildup of atherosclerotic plaques (“hardening of the arteries”), and lowers blood pressure slightly”



Omega-3s tend to lower levels of all *non-HDL* types of cholesterol. This effect of omega-3s is very significant, for three reasons (Bays H 2008; Bays HE et al. 2008):

1. Non-HDL cholesterol includes all of the cholesterol carried by oxidation-susceptible — hence, plaque-promoting — lipoproteins, not just LDL;
2. Having high blood levels of all non-HDL cholesterol predicts risk of arteriosclerosis better than high LDL levels alone do;
3. After LDL-lowering treatment goals have been reached, reduction of total non-HDL cholesterol is a recommended secondary treatment target in patients with high blood triglyceride levels (200 mg/dl or more).

CARDIO-EDGE

Sytrinol . A unique and powerful ingredient for maintaining cholesterol health. The healthful effects of both bioflavonoids as well as tocotrienols have been recognized for years. Sytrinol provides a patented and well researched combination of flavonoids derived from the peel of tangerines and tocotrienols derived palm. Within the peel of certain fruits, compounds belonging to a class of flavonoids called polymethoxylated flavones can be found. These compounds are similar in structure to flavones, but contain additional methyl groups on their ring structure, giving them the name polymethoxylated flavones, also known as PMFs. The primary PMFs present in Sytrinol are nobiletin and tangeretin. The combined action of the PMFs and tocotrienols contained in Sytrinol results in a powerful synergistic action to support cardiovascular health. This effect has been confirmed in both animal as well as human studies. In human clinical studies, Sytrinol given at a dose of 150 mg twice daily (daily dose of 300 mg) to hypercholesterolemic subjects for 4 weeks resulted in average reductions of total cholesterol by 20-24%, LDL-cholesterol by 19-22 %, and triglycerides by 24-28%.

Plant Sterols. Plant sterols are naturally occurring plant compounds that have structures similar to, yet slightly different from cholesterol. Typical plant sterols are compounds such as campesterol, and stigmasterol and can be found in vegetables, fruits, legumes, nuts, grains and certain oils. Research has shown that these compounds compete with the absorption of dietary cholesterol as well as inhibit the re-absorption of endogenous cholesterol in the gastrointestinal tract. Supplementation with plant sterols can significantly lower cholesterol levels and have been shown to work synergistically with other therapies for lowering cholesterol. Numerous foods including orange juice, rice drink, and margarine now incorporate plant sterols, or sterol esters. Increasingly, dietary supplements are now incorporating plant sterols and using the health claim that has been allowed for products containing at least 800 mg of plant sterols daily. The addition of plant sterols to Cardio-Edge provides yet another mechanism by which healthy cholesterol levels can be maintained.

Pomegranate. The combination of Sytrinol, plant sterols, and pomegranate extract present in Cardio-Edge results in a formula that embodies the most recent science to help maintain cardiovascular health and support healthy cholesterol levels.

Vitamin C: Studies show that the higher the vitamin C levels in the blood, the lower the total cholesterol and triglycerides, and the higher the HDL.

B-Complex: B vitamins are easily flushed out of the body, and people on weight-loss diets, alcoholics or those who take antibiotics or seizure drugs are even more inclined to have low levels of these important nutrients. Deficiencies typically include more than one B-vitamin, and because the B-vitamins work best as



a team, we should take a B-complex supplement along with any single B-vitamin in order to achieve the best synergistic effects. B3-Niacin: Like B1 and B2, niacin is necessary for the body's production of energy. It is also useful in treating high cholesterol. **Folic Acid**, 400 micrograms, **Vitamin B-6**, 100 milligrams and **Vitamin-B12**, 100 micrograms daily help reduce homocysteine levels. Research in the last decade has linked homocysteine to increased risk of heart disease, stroke, and other diseases involving blood vessels. Unconverted homocysteine can build up, irritating the blood vessels and possibly causing blockages.

Dietary Guidelines Reduce the amount of saturated fat, cholesterol and total fat from your diet. The best way to achieve this goal is to eat fewer animal products and more plant foods.

- Substitute red meats with fish and white meat; use soy based alternatives, decrease the number of eggs per week, use egg beaters or tofu, use low fat dairy products, substitute vegetable oils for butter, lard and other saturated fats, eat fruits and vegetables daily and cut down on all refined sugar and flour products, use no or low salt, and drink herbal teas, green tea, or vegetable juices instead of soft drinks and coffee.
- Eat more cold water fish and take 1 tablespoon of flaxseed oil daily. Salmon, mackerel, herring, halibut are good sources of omega-3 fatty acids. Flaxseed oil is a good source of alpha linolenic acid, an omega-3 oil that the body can convert to eicosapentaenoic acid (EPA).
- Eat 5 or more servings of a combination of vegetables and fruits. Numerous studies show that a diet high in carotene rich and flavonoid rich fruits and vegetables reduces the risk of heart disease and strokes. Green leafy vegetables, yellow-orange colored fruits and vegetables, such as carrots, apricots, mangoes, yams and squash. Red and purple vegetables and fruits such as tomatoes, red cabbage, berries, and plums. Legumes, grains and seeds are rich sources of carotenoids.
- Good sources of flavonoids include: citrus fruits, berries, onions, parsley, legumes, green tea and red wine.
- Increase the intake of fiber and complex carbohydrates by eating 6 or more servings per day of whole grain breads, cereals, and legumes.

Foods to Avoid: Avoid all dairy products, animal foods, fried, processed foods, and sugars. Avoid all red meat.

Dietary cholesterol is only found in food of animal origin, such as meat, dairy and eggs. And though saturated fat and cholesterol often appear together, it is the amount of fat you eat, especially saturated fat, which has a bigger impact on blood cholesterol levels. Avoiding foods high in saturated fat and cholesterol will help to lower your blood levels of cholesterol and you can do this by cutting back on whole milk, cheese, butter, meat fat, and poultry skin. A diet rich in fiber may actually help to lower your blood cholesterol level as well. In particular, soluble fiber appears to help bile acids, which are made up of cholesterol, pass through your system as waste, so your body absorbs less cholesterol. (When increasing your fiber intake, remember to go slowly to give your system time to adjust.)

1. Eat a fiber rich breakfast such as oatmeal.
2. Switch to whole grains.
3. Eat beans at least three times a week. Try bean soup, cold bean salad, hummus sandwich, black bean dip.
4. Eat five servings of fruits and vegetables every day.
5. Choose whole fruit, skin included, instead of the juice.
6. Eat lots of garlic. Cooked or raw garlic both contain compounds that help lower cholesterol.
7. Eat lots of raw onion, salmon, olive oil, almonds, walnuts, avocados (the latter five are all high in fat but most of it is monounsaturated fat that helps to improve cholesterol).
8. Eat plenty of foods that contain the natural antioxidants, vitamins A and C. Vitamin C rich foods include:

sweet red peppers, cantaloupe sweet green peppers papaya, oranges, grapefruit juice, broccoli, Brussel sprouts, and strawberries. Vitamin E rich foods include: sunflower seeds, walnuts, almonds, peanuts, wheat germ, soybeans, wheat germ oil, and soybean oil.

9. Studies support the claim that a little bit of wine or beer helps cholesterol levels. Binge drinking is not effective, but light to moderate drinking through the week is. Eat foods low in saturated fat and cholesterol; eat plenty of whole grains, fruits, vegetables, and non-fat dairy products. Specific foods known to help lower cholesterol include: soluble fiber, garlic, salmon, vitamin C and E rich foods.

Stress Management: Many studies have associated high cholesterol with stress. One interesting study compared two groups against each other, divorcees versus non-divorcees the divorcees scored higher. Another compared Israeli combatants against Israeli non-combatants in the six-day war. The combatants scored higher. 20 minutes of relaxation helps to switch-off the fight or flight response.

Learn to manage your time more effectively: Learning to manage time ore effectively helps us take control of one of the stressors of the Cardio vascular system, anxiety and stress hinders the processing of cholesterol.

Main Points: If you drink alcohol, drink very moderately; increase dietary fiber; change to low fat diet; lower cholesterol levels; lower elevated iron levels. Address high blood pressure, and quit smoking. Move your bowels daily. Maintain correct body weight

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