

Triglyceride Lowering Herbal Program

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Seventeen percent of men (1.1 million) and seven percent of women (nearly half a million) aged 20 or over have high blood triglycerides levels. The proportion of men and women with high blood triglycerides levels increases with age, reaching about 25% in men aged between 45 and 49 and women aged between 65 and 69. Excess triglycerides in plasma are called hypertriglyceridemia. It's linked to the occurrence of coronary artery disease in some people. Elevated triglycerides may be a consequence of other disease, such as untreated diabetes mellitus. Like cholesterol, increases in triglyceride levels can be detected by blood tests. These measurements should be made after an overnight food and alcohol fast. According to the American Heart Association, The Second Expert Panel on the Detection, Evaluation and Treatment of High Blood Cholesterol in Adults defined hyper triglycerides as:

- **Normal triglycerides = Less than 200 mg/dL**
- **Borderline-high triglycerides = 200 to 400 mg/dL**
- **High triglycerides = 400 to 1000 mg/dL**
- **Very high triglycerides = Greater than 1000 mg/dL**

What can you do to help?

1. Decreasing or avoiding alcohol
2. Getting daily physical activity
3. Reducing weight or maintaining a desirable body weight
4. Decreasing sugar and sugar-containing foods
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. Lower your cholesterol with herbal supplements, dietary and moderate exercise
7. Quit smoking

SUPPLEMENTATION PROGRAM :

1. [Chol Clr Formula](#), 2 capsules, three times daily.
2. [Power Mushrooms Formula](#), 2 capsules, three times daily.
3. [B Complex](#), 1 capsule twice daily.

[Chol Clr Formula](#): Garlic bulb, fo-ti root, hawthorn berry, guggulipid from the Indian comiphora tree (standardized to 2.5% guggulsterones Z & E), salvia root.

A major ingredient, Garlic, has the ability to lower cholesterol and blood pressure. Via supplements and/or used in your diet, suggested amount is up to 4,000 mg. - or the equivalent of 1-4 cloves per day. More than thirty-two human studies, mostly double blind, have demonstrated garlic's ability to lower serum triglycerides levels. Reports that have analyzed the results of all studies performed to date on the TG-lowering effect indicate that over a one-to-four-month period, garlic supplements reduce triglyceride levels by 8–27%.^{1,2} 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 myrhh tree native to India (25 milligrams guggulsterone per 500 mg capsule), lowers cholesterol by increasing the ability of the liver to metabolize LDL cholesterol. It also has a mild effect in inhibiting platelet aggregation. An extract of the Indian mukul myrhh tree known as gugulipid may reduce total cholesterol to a similar extent as garlic.^{1,2} Gugulipid, the standardized extract of the mukul myrhh tree, native to India, lowers cholesterol by increasing the ability of the liver to metabolize LDL cholesterol.³ Clinical studies indicate that guggul is effective in the treatment of high triglycerides; one study found total serum triglycerides to drop by 30.3%.⁴

Power Mushrooms Formula, Organic Maitake, Organic Reishi, and Organic Shiitake.

Key Ingredients: Shiitake Mushrooms contains 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.^{5,6,7} 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.

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. B3-Niacin, like B1 and B2, niacin is necessary for the body's production of energy. It is also useful in treating high cholesterol. Doctors of natural medicine increasingly use inositol hexaniacinate in the amount of 500 mg. three times per day. Side effects can include flushing. Because deficiencies usually 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 their synergistic effects.

DIETARY GUIDELINES:

The best way to achieve the goal of lowering your triglycerides is to eat fewer animal products and more plant foods. Low-fat, high-carbohydrate diets have lowered TGs in some, but not all, studies. Suddenly switching to a high-carbohydrate, low-fat diet will generally increase TGs temporarily, but making the switch gradually protects against this short-term problem. Cardiologists and most nutritionally oriented doctors recommend a diet low in saturated fat (meaning avoidance of red meat and all dairy except non-fat dairy) to reduce TGs and the risk of heart disease.

Lower Cholesterol. Follow a cardio vascular protection diet to protect your blood vessels and therefore protect your brain's regeneration of its cells. Reduce the amount of saturated fat, cholesterol and total fat from your diet. 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 that 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. 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. 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.) The best way to achieve these goals 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 linoleic acid, an omega-3 oil that the body can convert to eicosapentaenoic acid (EPA).
- 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).
- 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. Choose whole fruit, skin included, instead of the juice.
 - Eat green leafy vegetables, yellow-orange colored fruits and vegetables, such as carrots, apricots, mangoes, yams and squash.
 - Eat red and purple vegetables and fruits such as tomatoes, red cabbage, berries, and plums.
 - Eat beans at least three times a week. Try bean soup, cold bean salad, hummus sandwich, black bean dip. 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.
- Eat plenty of foods that contain the natural antioxidants vitamins E and C. Vitamin C rich foods include: sweet red peppers, cantaloupe, sweet green peppers, papaya, oranges, grapefruit juice, broccoli, brussels sprouts, and strawberries. Vitamin E rich foods include: sunflower seeds, walnuts, almonds, peanuts, wheat germ, soybeans, wheat germ oil, soybean oil.
- Eat a fiber rich breakfast such as oatmeal. Increase the intake of fiber and complex carbohydrates by eating 6 or more servings per day of whole grain breads, cereals, and legumes.
- Eat lots of garlic. Cooked or raw garlic both contain compounds that help lower cholesterol.
- 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.

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

Heavy drinking is believed to be the second most prevalent cause (after diabetes) of hyper triglyceridemia. Therefore, reduce or stop drinking.

Maintain you correct body weight as this helps keep your triglyceride levels.



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**The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

