

Cholesterol Secrets

How to
Live Longer And Healthier

by Lowering Your Cholesterol
Naturally!



Cholesterol Secrets: How to Live Longer & Healthier by Lowering Your Cholesterol Naturally – 1st Edition

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While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, this report, makes no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning and body type, and the specifics of the actual cholesterol presentation, successes will vary.

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Did you know...?

- The average adult in America daily consumes fat quantities equivalent to an entire stick of margarine?
- More than 50% of adults in America are above the recommended cholesterol levels—with one in five having dangerously high levels.
- Cholesterol is called the “silent killer” because it typically doesn’t display any outwardly specific symptoms to warn you of its dangers.
- And, finally, what would you do if you realized you or somebody you love is—right now—suffering from the effects of high cholesterol?

We trust that you want to learn all you can about cholesterol—what it is, how to distinguish the good from the bad, how it plays a part in your health, and, most importantly, the steps you can take to regain control of your body, your well being, and your life.

For these reasons, we have created this vital report, *Cholesterol Secrets: How to Live Longer & Healthier by Lowering Your Cholesterol Naturally*. This report is meant to help educate and empower you, to put your destiny within reach, and to allow you to regain command of your life.

In this report, you will learn

- What cholesterol really is
- The difference between “good” and “bad” cholesterol
- How cholesterol levels are diagnosed
- What cholesterol level is right for you

- If you are in a high risk category for elevated cholesterol
- Signs and symptoms that may indicate your level of risk
- Ways to prevent high levels of cholesterol
- Diet and exercise regimes that can greatly affect your cholesterol health
- Ways to treat already high levels of cholesterol, including [**17 ground-breaking ways you can begin to naturally lower your cholesterol starting today!**](#)

According to The National Heart, Lung, and Blood Institute's National Cholesterol Education Program, high cholesterol levels are a leading factor in heart disease. Not surprisingly, heart disease is now rated as the number one killer of men and women in the United States alone.

We urge you to avoid becoming another tragic statistic. Invest the time it takes to understand this report and take the steps necessary to implement the methods, ideas, and strategies we lay out to win the war against cholesterol, naturally. Do you have what it takes to be a winner? It's time to prove it to yourself and to your heart.

As you read, please keep in mind that—because each person and his or her situation is unique and different—what may be successful for one person may not be as successful for another. To the best of our ability, we have included a variety of options for you—that address the body and its health on a number of levels. It is our contention that a healthy body is best approached holistically and with self-responsibility. In other words, when you arm yourself with an understanding of your body and how it works as a whole, as well as seek the consult of your primary care physician, you can best begin to determine what courses of action are best suited for your particular cholesterol situation.

We wish you the best of luck on your journey and hope for much health and wellness in your future.

Overview of Cholesterol

What Is Cholesterol?

Cholesterol is a soft, waxy, fat-like substance that is part of the steroid class of molecules. Although you are not likely to get your hands on any cholesterol, if you did, it would feel something like a melted candle—semi-gelatinous, semi-gooney.

What Does It Do?

Did you know that your body actually needs cholesterol?

It's true. Cholesterol helps your body perform a number of important functions, including the:

- development and repairs of cell membranes,
- creation of sex hormones, including progesterone, testosterone, estradiol, and cortisol,
- manufacturing of bile salts—which are important in the digestive process, and
- transformation of sunlight on the skin into Vitamin D.

That's right. Cholesterol isn't inherently bad. Your body needs it to stay healthy and keep you in tip-top shape. However, when your cholesterol levels rise too high, you put yourself at serious risk for severe health issues, including heart attacks and strokes.

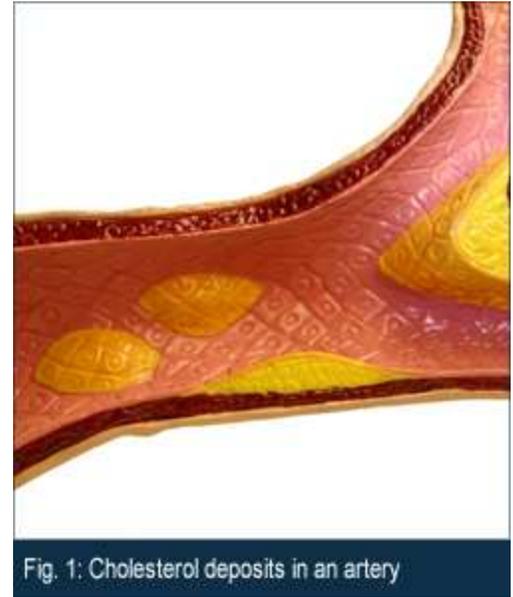
Where Does It Come From?

Cholesterol comes from two main places: your body and the food you eat.

Your Body

Cholesterol is found naturally in the body. Many people are surprised when they learn that cholesterol is not only found in a great number of foods and in your bloodstream, but also in every single cell in your body. That's right; every cell in your entire body contains cholesterol! About 85% of the cholesterol found in your body, called your blood cholesterol, is made by your body.

Cholesterol is mostly made in your liver, but it is also made by cells in your small intestine and other cells throughout your body. The cholesterol that your body produces tends to regulate itself. In other words, a healthy body will produce just the right amount of cholesterol needed.



The Foods You Eat

In addition to the cholesterol your body produces, it is also found in the foods you eat. More specifically, cholesterol can be found in animal products, including meats, poultry, fish, and dairy products. Animal cells contain cholesterol in the same ways the human body contain cholesterol. This type of cholesterol, known as dietary cholesterol (because it comes from your diet or the foods you eat), accounts for about 15% of your total cholesterol level.

If you're wondering if food from plants—such as fruits and vegetables—contain cholesterol, the answer is no. However, there are certain foods that—although they might not contain animal products—do contain a substance called “trans fats.” Trans fats actually cause your body to increase its production of cholesterol.

At its most basic level, trans fats are made when food manufacturers combine hydrogen with vegetable oil (hydrogenation). This process is done to lengthen the shelf life of certain foods and to make them more solid. Trans fats are found in many vegetable shortenings, margarines, crackers, cookies, and snack foods. In addition, there is a small amount of trans fats that occur naturally in dairy products and some other animal products.

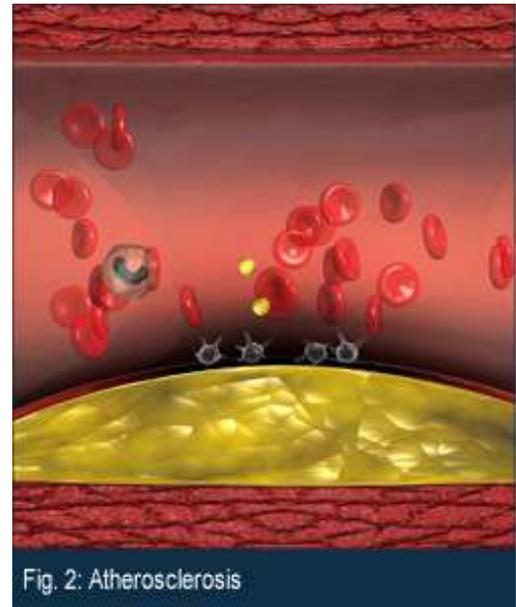
As opposed to the cholesterol which your body makes, the cholesterol you consume tends not to be self-regulated. In other words, it is typically the cholesterol you consume through eating that causes your cholesterol levels to rise to unhealthy extremes. The body works its hardest to regulate the additional cholesterol you introduce through your diet, but—as you will see—it's up to you to give it a hand so that you can avoid the devastating effects of high cholesterol.

Hypercholesterolemia

If you consume foods that contain large amounts of cholesterol, you put yourself at risk of high cholesterol, or *Hypercholesterolemia*. When you increase your body's naturally-occurring cholesterol level—by eating foods high in cholesterol and saturated fats—you are playing a deadly game. High cholesterol is linked to atherosclerosis and strokes.

Atherosclerosis

High cholesterol levels tend to increase the production and buildup of plaque on the walls of your arteries. This kind of plaque, similar in concept to that which forms on your teeth, is made up of cholesterol, calcium, fibrous tissues, and other fatty substances. When plaque accumulates in your arteries, the result can be atherosclerosis, or coronary heart disease (CHD). If the coronary arteries or heart get blocked by the plaque the result can be a heart attack.



Strokes

In addition to heart disease, built-up plaque can break free from the artery walls and travel through the bloodstream to other parts of the body. As the plaque travels through the bloodstream, it may become stuck in other blood vessels. Most dangerous, of course, is when plaque lodges itself in the brain. When this happens, a stroke occurs.

Bad vs. Good Cholesterol

Most people have heard that there “good” types of cholesterol and “bad” types. But, do you really understand the distinction between the two? Let’s take a few moments to discuss what these two types of cholesterol are and what they *mean* to you and your health.

Just like all fats, cholesterol doesn’t dissolve in the blood. Therefore, if it wants to travel around the body to get where it needs to go, cholesterol needs to be taxied. To get to and from your cells, cholesterol is transported by “carriers” called *lipoproteins*. Lipoproteins are where the discussion of “good” versus “bad” begins.

There are two main types of lipoproteins that carry cholesterol, low-density and high-density. The “density” of lipoproteins is measured by the amount of protein in the molecule.

Low-Density Lipoprotein (LDL)

LDL is considered the “bad” cholesterol because it is largely responsible for the negative effects cholesterol has on your health. High levels of LDL tend to clog up the inner walls of important arteries, including those that send blood to the brain and heart. LDL cholesterol is responsible for the buildup of plaque we mentioned earlier that can lead to heart attacks and stroke.

High-Density Lipoprotein (HDL)

HDL is considered the “good” cholesterol because it actually helps protect your body by transporting cholesterol *away* from your arteries, rather than to them (like LDLs). HDL is produced by the body and accounts for one-third to one-fourth of your total blood cholesterol. When you have healthy levels of HDL, many researchers believe you are at a much lower risk of heart attack. The HDL acts as a “cleaner” of sorts and helps to keep your arteries free from plaque accumulation.

How Is My Cholesterol Measured?

If you are worried that getting your cholesterol checked involves scary medical procedures, let us put your mind at ease. Getting your cholesterol tested is likely one of the easiest visits you will make to your doctor.

When making an appointment to see your primary care physician, simply request a cholesterol test or profile. When you arrive for your appointment, blood will be drawn from your arm or finger. This blood sample will be sent to the laboratory and analyzed for the following:

- Total Cholesterol Levels*
- Low Density Lipoprotein (LDL)
- High Density Lipoprotein (HDL)
- Triglyceride Levels (Triglycerides are a type of plasma made from fats. A high level of triglycerides, called *hypertriglyceridemia*, can be associated with coronary artery disease)

** In some cases, your cholesterol test will only measure your total cholesterol level. If there is any indication of high levels here, your physician may choose to follow up with the more comprehensive test described here that measures these additional cholesterol types.*

In most cases, your primary care physician should be able to give you the results within a few days.

Depending on your age and family history, your primary care physician may already be checking your cholesterol during your routine check-ups. If there is a history of heart disease or high cholesterol in your family it is recommended that you check your cholesterol every year, or as advised by your primary care physician. If you do not have a history or any indications of high cholesterol (as

detailed in the [Am I at Risk of High Cholesterol](#) section), most health care professionals recommend a cholesterol test every three to five years.

What Does My Cholesterol Level Mean?

When you receive your cholesterol profile results, you will see that your cholesterol levels will fall within one of three categories, Desirable, Borderline High Risk, and High Risk. Although the specifics of your profile are something you will want to discuss in depth with your physician, following is an example of what each of these categories might look like when reviewing total blood cholesterol.

CHOLESTEROL TYPE	DESIRABLE	BORDERLINE	HIGH RISK
Total Cholesterol	Below 200	200-240	Above 240
HDL Cholesterol	Above 45	35-45	Below 35
LDL Cholesterol	Below 130	130-160	Above 160
Total Cholesterol/HDL	Below 4.5	4.5-5.5	Above 5.5
LDL/HDL	Below 3	3-5	Above 5

Desirable

One-half of adults in America have a cholesterol level of 200 and below. If your total cholesterol numbers read less than 200, chances are good that your risk of a heart attack is relatively low (This risk level could be increased if you have other risk factors). However, even if your numbers suggest a low risk, you should still begin thinking about the food choices you make and assess your level of exercise.

A lifestyle of low cholesterol foods and a high level of physical activity will help assure you of a healthier, happier future.

Borderline

If your total cholesterol levels are between 200 to 239, you are considered borderline or borderline-high risk. It may surprise you to know that nearly one-third of adults in America are in this group. If you are in this group, you are not necessarily at high risk for heart disease. However, if you fall in this group, it is recommended to discuss a diet and exercise plan with your physician, especially if you are in a high risk group based on other factors. In addition, your physician may want to run further tests.

High Risk

If your total cholesterol level is 240 or higher, you are definitely at risk of stroke, heart attack, and other complications of heart disease. Researchers estimate that people who have a total cholesterol level in this range are more than two times more likely to suffer a heart attack than people with a cholesterol level in the desirable range. Your doctor will most likely have a plan of action to help you lower your cholesterol, including diet, exercise, and possibly medication. If you are in this group, you join approximately 20% of American adults who share your high risk.

Am I at Risk of High Cholesterol?

Now that you know what cholesterol is, what it does, and how it's measured, you probably want to know if you are at risk of high cholesterol.

There are numerous factors that play a role in your cholesterol level. While we can generalize about certain factors, the way these interact in your own personal story should be something you discuss with your primary care physician. Only your physician can best determine which factors, if any, are most important for you to focus on.

Generally, the factors that increase risk of high cholesterol fall into the following categories: age, diet, disease, gender, genetics, lifestyle, and weight.

Age

As a fact of nature, the average human's blood levels tend to naturally elevate as he or she gets older. With increased blood cholesterol levels, the categories of Desirable, Borderline, and High Risk become less cut-and-dry. Your primary care physician will likely take your age into consideration when assessing your cholesterol levels and developing a plan of action for your situation.

Diet

Your diet is one of the most important factors leading to your cholesterol level. A diet that contains foods high in saturated fats (trans fats) and that is high in cholesterol can lead to Hypercholesterolemia and may result in severe damage, including atherosclerosis, coronary heart disease, and stroke. Eating foods that contain high levels of cholesterol, especially when combined with foods high in saturated fats and trans fats can lead to potentially dangerous cholesterol rates.

Disease

A number of diseases can heighten your risk of high cholesterol. Diseases such as Diabetes and hypertension play a role in speeding up the progression of atherosclerosis. Ironically, some of the medications (notably beta-blockers) that are used to treat hypertension can actually increase your levels of LDL and triglycerides as they decrease your HDL levels.

Gender

As a fact of nature, men seem to have higher LDL levels and lower HDL levels than women. This is especially true in both men and women under the age of 50. However, post-menopausal women tend to have increased levels of LDL—this is,

researchers think, a result of the decreased levels of estrogen being produced by a woman's body during this period of her life.

Genetics

Although it is not completely understood in all its forms, genetic defects passed between parents and children can lead to either a higher production of LDL or a lessened ability for the body to remove the LDL. That said, when your parents have displayed signs of high cholesterol, it is best to get checked out as soon as possible to assess your current level of risk.

Lifestyle

High stress, inactivity, and smoking can all raise your total cholesterol level. However, exercise has been found to not only lower LDL levels, but also increase your body's HDL levels. The positive benefits of exercise cannot be overlooked when faced with lowering your cholesterol.

Weight

Overweight people are much more likely to have high levels of cholesterol than people at healthy body weights. In addition, overweight and obese individuals typically have lower HDL levels.

It is, of course, important to remember that these factors all exist together. In other words, if you are an overweight smoker with hypertension and a history of high cholesterol in your family, your risk could be dramatically increased. On the other hand, if you are an athletic individual who eats well, but have a family history of high cholesterol, your diet and exercise might just keep you safe. This should tell you that—if you want to take control of your cholesterol levels—it is imperative that you take responsibility for all areas of your life.

Reducing your level of risk of high cholesterol, heart disease, and stroke through diet, exercise, and our [**17 ground-breaking ways to naturally reduce**](#)

[cholesterol](#) may be the most important thing you do for yourself. If you are ready to begin taking back this control and starting a new day in your life, it's time to move to the Prevention and Treatment section of this report.

Prevention and Treatment

If you have been diagnosed with high, or even moderate, cholesterol levels, it's time to take responsibility for your health and well being. According to the American Heart Association, lowering your cholesterol level can be accomplished through a sensible diet and exercise program. For some people, however, drug therapy is prescribed—in conjunction with a diet and exercise program—to reduce dangerously high levels of cholesterol.

In this report, we will demonstrate a number of key ways you can regain control of your cholesterol through diet and exercise. In addition, we offer [17 innovative ways that you can naturally lower your cholesterol](#) without resorting to drug therapies. We detail these leading edge methods in our [Treatment](#) section, but first let's take a look at the ways in which you can use diet and exercise to help prevent high cholesterol from taking over your health.

Prevention

You Are What You Eat

Luckily, reducing your cholesterol can sometimes be as easy as changing what you eat. Since most instances of high cholesterol are a result of your dietary cholesterol (the stuff you eat) rather than your blood cholesterol (the cholesterol your body produces), a change in diet can often have a profound affect on your cholesterol levels.

As a general rule of thumb, the most expedient way to reduce your cholesterol levels is by cutting out, or reducing, the foods you eat that contain high levels of saturated fat and/or cholesterol. However, you'll need to be more specific than

this in your diet to begin lowering your cholesterol. To lower your cholesterol, you will need to know both the foods you should avoid and the foods you should seek out. Of course, to create the best plan for your needs, you should consult your primary care physician before starting any new diet plan.

Foods to AVOID if You Want to Lower Your Cholesterol

If you are serious about lowering your cholesterol, there is a list of foods and food types that you should avoid at all costs. For recipes that will help you plan your new-and-improved diet, be sure to visit our [Recipes for Lowering Cholesterol](#) section in the [Bonus Resources](#) segment of this report.

Foods to avoid:

- **Any foods that contain high amounts of saturated fat, such as marbled, poultry with skin, and full-fat dairy products**

As you now know, saturated fat plays a main role in increasing your cholesterol levels. Researchers have proven that lowering your intake of saturated fats will lower LDL (bad) cholesterol levels.

- **Any foods that contain high levels of cholesterol, such as dairy products (e.g., eggs, cheese and sour cream), meats with high saturated fat, and poultry**

Health experts advise that your daily diet should contain no more than 300 milligrams of cholesterol. This number, of course, will vary based on the specific individual. You should always consult your primary care physician to determine the appropriate level for yourself.

- **Any foods that contain high levels of trans fat, such as cakes, cookies, crackers, and fried foods**

Health experts advise that your daily diet should contain no more than 1% trans fat.

- **Any meats that contain high levels of fat, such as corned beef, pastrami, ribs, steak, ground meat, frankfurters, sausage, bacon, liver, kidneys, and processed meats like bologna.**

Foods that are prepared in any of the following ways are often high in fat: fried, basted, braised, au gratin, crispy, escalloped, pan-fried, sautéed stewed or stuffed foods. These are generally all high sources of fat.

- **Any foods that are high in sodium, such as foods that are pickled, smoked, or salted**

While discussion is still ongoing as to the effects of sodium as it relates to hypertension, there is no harm in being proactive and moderating your sodium just to be safe. Remember, hypertension can speed up the progression of atherosclerosis.

- **As hard as it may be, avoid fast foods, including hamburgers, fries, fried chicken, and tacos.**

Most fast foods are high in total fat, saturated fats, trans fats, and hydrogenated fats. And, remember, the cheese and mayonnaise-based dressings of many fast food products make their fat and cholesterol levels that much higher.

- **Foods that are high in refined sugars and carbohydrates**

Sugars tend to limit the ability of your body to effectively process a number of cholesterol fighting helpers, such as vitamin C and Rice Bran Extract IP6. A low carbohydrate diet high in fiber and low in sugar and fats, especially trans fats, is a superb way to increase your dietary fiber intake while avoiding the negatives of refined sugars.

Foods You Can Eat to Lower Your Cholesterol

Just as you begin wondering what in the world you will be able to eat, take heart. Just as there are certain foods that you should definitely avoid, there are others that you should make a part of your daily diet. For recipes that will help you plan your new-and-improved diet, be sure to visit our [Recipes for Lowering Cholesterol](#) section in the [Bonus Resources](#) segment of this report.

These foods include:

- **Fiber-rich foods, including fruits, vegetables, beans, and oats**
Fiber-rich foods have actually been shown to help lower your cholesterol. In addition, because fiber gives you the sensation of being full, it is also been found to help in weight control. Health experts suggest your daily diet contain 25 to 38 grams of fiber.
- **Fish, including flounder, trout, tuna, halibut, and salmon**
Many types of fish are low in saturated fat and high in healthy omega-3 fatty acids. Health experts suggest a diet that contains no less than two servings of grilled or baked fish a week.
- **Soy foods, including soy milk and soy burgers**
Health experts suggest a daily diet that includes 25 grams of soy protein each day.
- **Foods that contain monounsaturated fats, such as avocados and olive oil**
When eating out, be sure to look for dishes that have been baked, broiled, grilled, poached, roasted, or steamed. These dishes will likely be lower in total cholesterol because they were not cooked in fatty oils. Be sure to ask your server for details.
- **If you choose to eat meat, choose lower fat options, such as skinless chicken, lean beef, veal, pork, and lamb.**

As you can see, there are numerous delicious foods and ways in which to cook your foods that will leave you smiling and sated after every meal. Reducing your cholesterol through a change in diet does not mean that you are left eating nothing fun. In fact, finding foods and recipes that help contribute to your overall health and well-being will likely mean that you are eating more exciting foods than ever before!

Once you are done eating and your food has had a chance to digest, it's time to think about exercise.

Get in Shape

We all have our excuses, don't we?

- Not enough time
- Can't afford a membership to the gym
- The kids need my attention
- Too busy at work

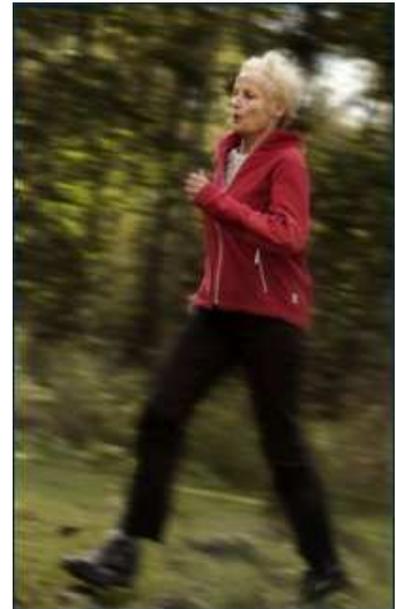
The list goes on and on, but the truth of the matter is, there is no excuse worth risking your life over.

If you want to prevent high cholesterol, or if you already have high levels of cholesterol, exercise is an important tool you can use to take control of your own destiny.

What You Do Is Up to You!

Many health experts are in agreement about exercise:

It doesn't matter how you do it, but regular cardiovascular exercise for between 20 and 60 minutes a day will put you on a dedicated path to health and well



being. Of course, you'll want to consult your primary care physician to create a personalized plan of exercise.

That's right—if you commit to a plan of regular exercise that stimulates your muscles, especially your heart and lungs, you will be doing one of the best things you could for your body. In fact, vigorous exercise has been shown to contribute to the production of good (HDL) cholesterol which helps combat the negative affects of bad (LDL) cholesterol. Knowing that, if you are serious about lowering your cholesterol, there is no reason why you should avoid exercise.

Do you like to jog? Or, do you prefer to cycle? Maybe swimming is more your thing? Perhaps you like sports that use balls, like tennis, soccer, racquetball, baseball, or basketball? The truth of the matter is it doesn't matter what form of exercise you do, just as long as you are doing it and doing it regularly. So get out there and start sweating—your heart and your health will thank you!

Getting Started

Ready to get started with your new exercise plan, but aren't sure how to get started?

Here are few tips to help you on your way.

- Consult your primary care physician to determine what type of exercise is right for you.
- Purchase athletic gear (shoes, socks, and clothing) that is appropriate for your intended exercise. Shoes especially have become very specialized for your choice of exercise. The shoe you might wear for walking is most likely different than the one you'd chose to wear on the basketball court or even running. Alternatively, there are many excellent cross-training shoes



available today. Cross-trainers are constructed so that you can gain support and comfort in a variety of exercise activities. When and where possible, consult with a trained professional to get the perfect fit for your athletic gear.

- Don't rush into it. Every smart exercise program begins slowly. Incorporating a program that includes stretching, a warm-up, and a cool-down is always recommended. Good health isn't a race, it's a journey. Take your time to strengthen your muscles gradually and to allow your cardiovascular system to build stamina. Consult with your physician to create the perfect graduated program to fit your needs and present capabilities.
- Mix it up! Find out from your physician what activities are available to you. Then, alternate between them. In doing so, you'll not only give your body a fuller workout, you are also less likely to become as bored as you might with just one activity over and over again.
- If you commit to a specific time of the day and specific days of the week to exercise, you will create a routine that is easy to follow and one to which you are more likely to adhere.
- Be sure to stay well-hydrated during your exercise sessions. Water is the most excellent choice to keep your fluid levels topped off. Sport drinks, such as Em-Pact from MannaTech, replenish the fluids and essential vitamins and minerals that you lose during a workout. Don't deprive your body of the fuel it needs to get the best rewards from the steps you are taking it through.
- Join a health club. A health club membership is motivation in itself—if you're paying for it, you may be more likely to use it! Remember churches, community exercise programs, and the YMCA all offer health programs. It's not only a



great way to keep in shape, but also to meet other like-minded people in your community.

- Find an exercise partner. Exercise partners, whether friends or family, can be highly motivating. On those days that you just don't feel like you can do it on your own, your exercise partner will be there to pick you up and inspire you to better health.
- Remember not to get discouraged. It's natural to become tired, especially when you are first starting an exercise program. Go at your own pace and do what you can. It's better to build up than to injure yourself. So, listen to your body!
- If you are feeling pain in your chest, a shortness of breath, dizziness or lightheadedness, contact your physician immediately. These are not symptoms that should accompany normal exercise.

As you can see, there are fundamental steps that you can take to prevent your cholesterol from rising to unhealthy levels. Through a plan of exercise and diet, you can largely reduce and often eliminate the factors that put you at risk for heart disease and stroke due to high cholesterol.

If, however, you already have high cholesterol, you have left the realm of prevention and are now squarely in need of treatment. Of course, many of the same techniques that you would use to prevent high cholesterol, particularly as it relates to diet and exercise, hold true in the treatment phase. In addition, there are a number of methods that we would like to share with you that can help you with your already high cholesterol.

In this section, we will be discussing the ways you can treat high cholesterol. As you learned in the [Prevention](#) section, your diet and exercise plan are critically important to your health and keeping your cholesterol levels low. In the treatment phase, this is true. However, there are some individuals who—no matter what they do with traditional means of diet and exercise—might still have dangerously high cholesterol levels. For these individuals, the options for treatment become a little more specific. Initially, we will talk about the use of cholesterol-lowering drugs. Then, we will share with you our [17 groundbreaking ways to naturally reduce cholesterol](#)—innovative and pioneering ways you can begin to win the war against high cholesterol.

When Are Cholesterol-lowering Drugs Prescribed?

As we have discussed, many people can positively affect their cholesterol levels through a lifestyle change, including a diet, exercise, and weight loss program. However, there are individuals whose cholesterol levels remain high—despite this change in lifestyle. For these individuals, doctors have traditionally prescribed cholesterol-lowering drugs.

As with all drug therapies, there are inherent benefits as well as risks to cholesterol-lowering drugs. If your physician has recommended cholesterol-lowering drugs as a course of action for you, be sure to ask your physician to explain all the possible side effects of the drugs. Before taking any medication, it is always good to have a thorough understanding of the intended outcome of the treatment, duration of the therapy, and any possible ill-effects the treatment could have.

For side effects of commonly prescribed cholesterol-lowering drugs, see the [side effects of Lipitor® as described by the manufacturer](#) and by [The PDR® Family Guide To Prescription Drugs®](#) and the [side effects of Zocor® as described in the](#)

[Warnings section of their patient product information](#) and by [The PDR® Family Guide To Prescription Drugs®](#).

If you do decide upon a course of cholesterol-lowering drugs, it is vital that you follow your physician's directions to the letter. Medications taken improperly can have a negative effect on your body. In addition, be sure to let your physician know if you are taking any other medications. This is important because, without even knowing it, you could be counteracting one medication with another.

If you have any reservations about taking cholesterol-lowering medication, particularly as they relate to damage they can do to your liver if taken for extended periods of time, there may be an alternative for you to explore. We have gathered together [17 all-natural ways that you can lower your cholesterol](#) without resorting to drug therapy. Many individuals find the perfect balance is found with a combined effort including a diet and exercise plan, cholesterol-lowering drugs, and natural methods, such as those we would like to share with you.

Please note: As the symptoms and conditions for each person are unique to individual histories, physical conditioning and body type, and the specifics of the actual cholesterol presentation, successes will vary.

17 Secrets to Lowering Your Cholesterol Naturally

We have brought together 17 innovative, all-natural ways for you to lower your cholesterol and keep it down. While a program of diet and exercise designed by your physician is critical to your overall health and reducing your cholesterol levels, there are key actions you can take to naturally help your body establish the proper levels of cholesterol. We would like to share these with you in the hope that they will help you take control of your cholesterol battle. We encourage you to discuss these practices with your physician before implementing into your daily regime.

1. If You Must Drink Milk, Make It Unhomogenized

Milk...does a body good, right? Well, sort of. As we've seen above, milk—because it is an animal product and thus contains fats and cholesterol—is not the healthiest of choices for a person with high cholesterol. Or is it?

What would you say if we told you it's not the milk itself that is the real culprit? Researchers are beginning to evaluate claims that milk in itself might not present the cholesterol-raising properties it was once thought to have. Evidence suggests that the process of homogenization actually may be milk's main offender.

To explain, if you were to take milk straight from a cow, put it in a container, then stick it in the refrigerator, you'd end up with two layers—skim milk would be at the bottom of the container and a layer of cream would sit at the top. By its definition, skim milk has no fat. By its definition, cream is basically all fat. Without homogenization, all milk would either be skim or cream or a mixture of both that would always separate when it settled. The process of homogenization takes the cream and breaks it down, so that it can stay mixed



with the milk. This is how we have whole milk and milks with a variety of fat percents (e.g., 1%, 2%).

There are those that argue, because the homogenization process is breaking down the fat (cream) into much smaller molecules, it is actually increasing the milk fat's surface area. With the surface area of the fats increased, it can do more damage to the arterial walls. Increased damage, such as plaque buildup and scraping of existing plaque, can lead to a clogging of the arteries and/or a break-free of plaque that could causes strokes.

What does this mean to you? Can you drink milk or not?

When your cholesterol levels are dangerously high, choosing fat of any kind is not recommended. And, as we have seen above, the recommendation was if you had to drink milk, drink fat-free and/or unhomogenized milk. This still holds true.

We are not recommending that you go out and buy gallons upon gallons of milk. However, if you must have your milk and if you can't find a place to get milk "straight from the cow," you can drink unhomogenized milks. These are often higher quality milks that are just as, or healthier, for you. Unhomogenized milks can be found at your local health food stores. In addition, more and more mainstream stores are carrying unhomogenized milks.

Note: If you do buy unhomogenized milk, be sure to discard the cream layer as this is very high in fat.

2. Supplement with Vitamin C

It seems that vitamin C, an antioxidant, is good for just about all that ails, doesn't it? Wouldn't you know it; this is true for cholesterol, too. Research is showing that vitamin C, taken regularly, can actually help to heal damaged arteries.



In fact, a number of the most commonly prescribed cholesterol-lowering drugs, including Lipitor® and Zocor® lower cholesterol by blocking the coenzyme HMG-CoA reductase. Vitamin C is your body's natural HMG-CoA reductase inhibitor. When levels of vitamin C are low, your body compensates by manufacturing more cholesterol. However, when vitamin C levels are high, the vitamin actually inhibits HMG-CoA reductase, and thus helps to lower cholesterol.

According to a recent study published in the *American Journal of Clinical Nutrition*, studies have shown that individuals who take more than 700 mg of vitamin C daily can reduce their risk of heart disease over those who didn't. As it relates specifically to lowering cholesterol, individual dosages will vary. Although the Recommended Daily Allowance is only under 100mg for most people, according to the American Academy of Family Physicians (AAFP), a dosage of 500 mg of vitamin C twice a day is considered "reasonable." In addition, there are those in the medical field who suggest much higher daily doses of 1000mg and more. It is best to consult with your physician to establish the ideal recommended daily dosage for you.

As an additional note, studies are beginning to confirm the theories of Nobel prize-winning scientist [Linus Pauling](#) that vitamin C taken in concert with lysine and proline have a potentially profound impact on lowering cholesterol by helping to remove plaque from your arteries. More specifically, Pauling's *The Natural Cure for Heart Disease* states that 6g to 18g of Vitamin C taken as

Ascorbic Acid with/or before meals (e.g., 2 to 3 times daily) with 3g to 6g Lysine, .5g-2g Proline, and 150mg–300mg CoQ10 can have an intensely positive effect on cholesterol and plaque levels.

Pauling's work with vitamins and supplement therapy to reduce and even eliminate heart disease has been gaining support within the medical community. However, even though his work provided pioneering and ground-breaking, readily-accessible treatments available to the common person, much of Pauling's work has never been dispersed to the general population.

Despite Pauling's claim that "Heart Disease can be successfully treated, without surgery or prescription medications, leading to its quick reversal" using a high vitamin C and lysine therapy, widespread adoption of his proven regimen has been slow coming. His quick and easy treatments put the power of healing right in your hands. See the [Pauling Therapy](#) Web site for more details.

Note: (1 g = 1000 mg)

3. Limit Your Intake of Sugar and Refined Carbohydrates

Did you know that the average American takes in between 2-3 pounds of sugar each week? Regretfully, this sugar could be keeping your cholesterol levels higher than they need to be.

As you just read, vitamin C can have a positive effect on lowering your risk of heart disease and actively lowering your cholesterol. However, sugar and refined carbohydrates, particularly glucose, compete with vitamin C for uptake into your body's cells. In other words, when your body really needs the beneficial effects that vitamin C provides, it is often filling its desperate cells with glucose, rather than vitamin C.



Because we typically have such high levels of glucose in our bodies—due to the excessive amounts of processed sugars we consume—these sugars take the place of the vitamin C that normally would have been taken in by your cells to help heal and protect them from the dangerous effects of cholesterol. These refined sugars actually slow down the response and effectiveness of your immune system, not only to the effects of cholesterol damage, but also to everything from the common cold to much more severe viruses.

As an additional incentive to limit your intake of refined sugars, recent studies in sucrose-treated animals (animals fed sugar), [Rice Bran Extract IP6](#), known to significantly reduce cholesterol, did not produce significant changes in hepatic cholesterol or serum total lipid levels. In other words, the amount of sugar you consume will directly compete with the beneficial properties of cholesterol-fighting IP6. Cutting back on refined sugars will increase your body's ability to best use IP6 and help you begin lowering your cholesterol immediately.

So, the next time you're considering eating highly refined sugars in the forms of sucrose (table sugar), dextrose (corn sugar), and high-fructose corn syrup that you find in many of your every day items like bread, breakfast cereal, mayonnaise, peanut butter, ketchup, and so on, think of the fact that you are robbing your body's immune system of the true fuel it needs, like vitamin C.

4. An Apple a Day...

Who would have ever thought that the old adage, “An apple a day keeps the doctor away,” was worth its weight in gold? Numerous controlled studies have shown that eating high fiber foods, such as apples, will reduce LDL cholesterol. Other high fiber foods that are particularly beneficial include oat products and legumes (dry beans, peas, and lentils). Drinking fiber solutions that contain psyllium have also been found advantageous.



A low carbohydrate diet high in fiber and low in sugar and fats, especially trans fats—that reduces the chances of eating the refined sugars found in many high carb, processed items—is a superb way to increase your dietary fiber intake while avoiding the negatives of refined sugars. If you want to do it up right, a low carb diet that includes ample servings of fruits and vegetables on a daily basis is an excellent way to improve overall health and help reduce the negative affects of LDL cholesterol.

5. Do a Liver Cleanse

For individuals who are suffering from gallstones, one of the more popular gallstone treatments consists of a liver “cleanse.” With a liver cleanse, you are rewarding your liver for its daily work and in the process you are helping to alleviate the possibility of additional strain being placed on the gallbladder with the excess cholesterol and bile salts that can accumulate with an under-functioning liver.

When the liver secretes bile that is heavily saturated in fat and cholesterol, gallstones are often the result. The extra cholesterol forms stones or crystals which become stuck in the gallbladder duct or within the bile ducts themselves as bile is sent to the intestine.

Your liver works hard to remove the incredible number of toxins that build up in your body. These toxins include a wide array of pollutants, including excess fats, alcohol, and, in fact, anything we ingest that needs to be filtered through the body. Whether or not you have gallstones, a liver cleanse helps eliminate buildup of excess toxins and allows the liver to keep performing at its maximum capacity. With a high-performing liver, unhealthy cholesterol accumulation that could lead to gallstones can be diminished.

To properly conduct a liver cleanse and receive the greatest health benefits, it is important that you follow trusted guidelines. Among its many advantages, the well-received [Gallstone Removal Report](#) includes a step-by-step 24-hour liver

cleanse—detailed instructions and advice on how to reward your liver for its daily work. In addition, the [Report](#) offers a comprehensive collection of proven alternative methods for preventing and eliminating gallstones.

6. Taurine

Most people suffering with high cholesterol have never heard of the amino acid named Taurine. It's a shame because research and numerous studies have shown that taurine can have an especially beneficial effect on cholesterol levels. Taurine works by increasing gallbladder function and reducing LDL and increasing HDL cholesterol. In fact, taurine has been shown to raise your good cholesterol level by as much as 25% by taking 1500 to 3000 milligrams daily. Dosage allotments will vary and it is recommended that you consult with your physician to establish the appropriate dosage for your situation.

Taurine's positive effect on lowering cholesterol is just one of its benefits. Research is showing taurine plays a role in memory, aging, eye, heart, and skin health, as well as hypertension and Cystic Fibrosis.

7. Rice Bran Extract IP6

IP6 is a phytic acid and is found in every cell of the human body. Luckily for us, it is also found in whole grains, seeds, and nuts. Why are we lucky? IP6 is a mineral chelator. In other words, IP6 is known to act as a cleansing agent in the body, removing harmful build up of heavy metals and other accumulations, including those found in our arteries.

IP6 derived from rice bran has been documented to reduce and inhibit calcifications throughout the body, including within the arteries. According to the *International Journal Cardiology*, IP6 can “potentially remove calcium deposits from arteries.” [*International Journal Cardiology* 33: 191-9, 1991] and the Anticancer Research writes “IP6 has been shown to significantly lower cholesterol in animals fed a cholesterol-enriched diet.” [*Anticancer Research*

19:3699-702, 1999]. This promising research shows the positive effects IP6 can have on individuals with high cholesterol.

While the proper dosages will vary from person to person, taking 2000 mg of oral IP6 rice bran extract on an empty stomach with water once a day for 30 days once a year seems to have shown beneficial results. In addition, because of its chelating effects, this procedure is thought to clean out the liver of excess iron as well. A quality product for your use is produced by [Jarrow Formulas](#) called [IP6 Powder](#).

Note: Pregnant women, children who have high iron needs, and anemic individuals should avoid using this product. As with any new health regimen, consult your primary care physician before beginning.

8. Rice Bran Oil

While we're on the topic of rice, we should mention an exciting "new" revolution in cooking oils. Rice bran oil is nothing new to the Japanese. They've been using it for years and years. However, recent research shows that rice bran oil actually reduces LDL cholesterol without reducing HDL cholesterol. Interestingly, rice bran oil contains the antioxidants tocopherol, oryzanol, and tocotrienol from the vitamin E family.

Given the amazing cholesterol-lowering properties of rice bran oil, switching from other vegetable oils like corn, soy, safflower, and canola is highly recommended.

9. Trans-form Your Diet

We know, we know—we talked about trans fats in the [Foods to AVOID if You Want to Lower Your Cholesterol](#) section, but we can't emphasize the point enough. So, we wanted to make sure we added it here, too!

Eliminating saturated fats from your diet is becoming easier and easier. Foods that have saturated fats are easily identifiable, such as marbled meats, poultry with skin on, and full fat dairy products. However, food items that contain trans fats are a little harder to identify. But, believe us, your health and your cholesterol level will thank you if you a) identify the trans fat in your diet, and b) get rid of it!



Trans fats are directly associated with heart disease and with increasing the LDL cholesterol that leads to clogged arteries. Some studies suggest they are even more of a problem than saturated fats. A generation ago, when doctors warned us the dangers of saturated fats, these hydrogenated oils became their alternative. But during the 1990's, researchers began to discover the artery-clogging effects of these oils.

While totally eliminating trans fats from your diet might be very difficult, experts agree that a diet that consists of no more than 1% trans fat within your total daily allowance is more than enough. That said, you should go out of your way to determine which foods contain trans fats and avoid them.

As a rule of thumb, trans fats are found in foods made with or cooked in hydrogenated vegetable oil. Examples of these foods include crackers and fried snack foods, such as potato chips. Baked goods, such as cookies, cakes, and doughnuts also contain trans fats. Even foods labeled "low in cholesterol" or "low in saturated fats" could still contain trans fats. In addition, many margarines and hydrogenated vegetable shortening contains trans fats. Trans fats are also found naturally in some meats and dairy products.



Because food manufacturers are not currently required to list if their products contain trans fats, how do you know if a food has them or not? That's a good question. The easiest way to determine if a packaged food has trans fats or not is to read the label. If you see the words "hydrogenated" or "partially hydrogenated" in the list of ingredients, you're holding a food product that contains trans fats. In 2006, food manufacturers will be required to include trans fat statistics within the Nutritional Information on every food product's label.

10. Eat a Pomegranate

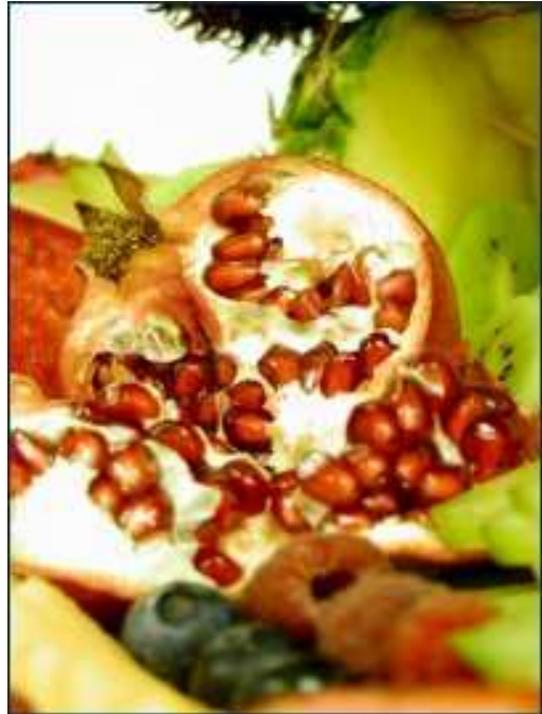
Many people have never seen a pomegranate much less eaten one. But you might be pleasantly surprised to find out that studies are showing the incredible antioxidant properties of pomegranate juice actually can help lower cholesterol.

More specifically, pomegranate juice has been found to reduce the oxidation of LDL. In other words, it makes LDL (our “bad” cholesterol) less harmful to your body. In doing so, the risk of atherosclerosis is lessened.

Pomegranate juice has been shown to be a plentiful source of phytochemical compounds—substances that are beneficial to the heart and blood vessels. Recently concluded studies gave heart patients an ounce of pomegranate juice everyday for a year. The findings were astonishing: the participants blood pressure lowered by over 20% and there was 30% reduction in atherosclerotic plaque.

Such encouraging evidence should be compelling reason to go buy some pomegranate juice and make it a part of your daily routine to lower cholesterol. There are readily available brands of pure pomegranate juice in most supermarkets, notably POM Wonderful. However, you can also make your own juice by opening a whole pomegranate and using a juice press to expel the healthy juices within.

Drink to your health!



11. Selecting your Vitamin E

Many health-conscious people know of the benefits of vitamin E. However, less people know that vitamin E actually lives in a family of 8. The vitamin E family contains tocopherols and tocotrienols and each of these has four forms: alpha, beta, gamma, and delta.



Delta tocotrienol is noted for having the strongest cholesterol-lowering properties.

In a double blind study by the Kenneth Jordan Heart Foundation, palm-based tocotrienols showed evidence of reversing atherosclerosis. Another benefit of Delta tocotrienol is its ability to inhibit platelet aggregation which is a leading cause of heart attack. In addition, although taking a baby aspirin a day helps thin the blood, tocotrienols do the same thing without the risk of bleeding of the stomach.

Interestingly, the effect of delta tocotrienol vitamin E has been shown strongest when used independently of other vitamin E products. In a recent study, participants using tocotrienols without tocopherols recorded an average 25% reduction of LDL cholesterol.

When choosing your supplements specifically to treat high cholesterol, it's recommended to verify that your supplement contains the delta tocotrienol form of vitamin E. When taking tocotrienols you should also take CoQ10 (see below for details) as they both inhibit HMG-CoA Reductase activity and the HMG-CoA enzyme plays a role in CoQ10 synthesis.

Recommended dosages vary, but experts suggest 100 milligrams of tocotrienols and 60 mg of CoQ10. As with any supplement, consult with your physician before taking.

12. CoQ10

Coenzyme Q10 (CoQ10) is found in every cell of the human body. As an antioxidant, it helps prevent cellular damage. However, after age 20, the body's production of CoQ10 declines. Supplementation has been suggested as a way to maintain the benefits this coenzyme provides.

CoQ10 travels along in the blood with LDL cholesterol working as an antioxidant by generating energy from oxygen. When vitamin E is used alone there is actually an increase in oxidation, so CoQ10 utilizes this energy and promotes cellular health, rather than allowing free radical damage. CoQ10 and tocotrienols work synergistically to nourish heart health.

Recommended dosages vary, but experts suggest 100 milligrams of tocotrienols and 60 mg of CoQ10. As with any supplement, consult with your physician before taking.

13. Policosanol

Policosanol is a natural supplement derived from sugar cane wax and beeswax. In a number of studies over the past 10 years, it has proved effective at reducing cholesterol levels. The *American Heart Journal* is quoted as saying policosanol is "a very promising phytochemical alternative to classic lipid-lowering agents such as statins." In its study, policosanol was seen to lower total cholesterol by up to 21%, to lower LDL cholesterol by up to 29%, and to raise HDL cholesterol by up to 15%.

Participants in these most recent studies took policosanol in doses of 10-20 mg a day. The only known side effect of the supplement is weight loss.

Note: Because policosanol can thin the blood as much as aspirin, if you are taking blood thinners, consult your primary care physician before

taking policosanol. As with any supplement, consult with your physician before taking.

14. Folic Acid

Folic acid is a B vitamin. It is used in our bodies to make new cells. However, studies have shown that patients who suffer from high levels of cholesterol can significantly benefit from the antioxidant properties of the vitamin.

Research has shown that the blood vessels in individuals with high cholesterol often are impaired and cannot dilate. This impairment is linked to increased blood pressure and blot clot formation, both of which are exacerbated by high cholesterol. In a study published in the prestigious journal *Circulation*, researchers explained how participants who supplemented their diets with folic acid for just four weeks were able to see an increased flexibility in their blood vessels and the ability of their blood vessels to dilate more easily. Both of these findings are extremely positive in showing the beneficial effects of folic acid in minimizing the damaging effects of high cholesterol.

Folic acid is naturally found in green leafy vegetables. Eating more green leafy vegetables is always a good idea. We recommend eating organically-raised produce, but eating non-organically grown, well-washed leafy vegetables is much better than not eating any at all. And, if you are able to have a garden of any size—even a few square feet—you can have some of the healthiest, best-tasting, chemical-free vegetables on the planet.

15. Check your drinking water

Chlorine has been being added to America's drinking water since the late 1800s. By the early 1900s, chlorination—the process of using chemicals to prevent waterborne disease—was the standard in all water treatment facilities across the country. While the positive effects of chlorinating water seem obvious (as a disinfectant to keep us from getting sick), many experts have demonstrated that chlorine may actually do much more harm than good. For many years, it has been known that chlorine can have harmful side effects. But, only recently have these “effects,” been so thoroughly understood as they relate to heart disease.



At its most basic, chlorine leads to excess free radicals. Free radicals left unchecked lead to cell damage. Once the cells have been damaged, we see atherosclerosis, hardening of the arteries, and plaque formation—each of which can have potentially life-threatening impacts.

Check with local or city water authority to see how your water supply is treated. Invest in a water filtration system that not only removes chlorine, but also Trihalomethanes (THM) which include cancer causing agents such as chloroforms, bromoforms, and carbontectachloride. In addition, choose bottled water, but be selective and be sure to choose either distilled water or water that has been treated by both reverse osmosis and carbon/charcoal treatments.

16. Carnitine (L-Carnitine)

Carnitine is a nutrient that helps the body convert fatty acids into energy. The body naturally produces carnitine in the liver and kidneys. Studies have shown participants who took carnitine saw “significant lowering of their total cholesterol and triglycerides, and an increase in their HDL (‘good’) cholesterol levels.”

Regretfully, one of the highest sources of carnitine is in red meat with high saturated fat, particularly lamb, and dairy products. However, it can also be found in fish, asparagus, avocados, and peanut butter. In addition, carnitine is available as a supplement in a variety of forms, but only the form L-carnitine is recommended. Recommended dosages vary, but experts suggest 600 to 1,200 mg three times daily, or 750 mg twice daily.

As with any supplement, consult with your physician before taking.

17. Pantethine

Pantethine is derived from pantothenic acid (vitamin B5) and has been shown to encourage normal levels of cholesterol and triglycerides. In a number of clinical trials, pantethine has been shown to significantly reduce serum triglyceride by up to 32%, total cholesterol by up to 19%, and LDL cholesterol by up to 21%, while increasing HDL cholesterol up to 23%. There do not appear to be any side effects from pantethine.

Recommended dosages vary, but experts suggest 300 mg three times a day.

As with any supplement, consult with your physician before taking.

Natural Medicines

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program. Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines,

including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more. Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing. In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of

inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name. Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of high cholesterol, the following herbal and homeopathic remedy is often used as part of the treatment plan.

Recognizing the need for a healthier and more effective approach, without the side effects of prescription drugs, Native Remedies has developed Cholesto-Rite, a 100% herbal remedy containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

[Cholesto-Rite](http://www.cholesterolsecrets.com/cholestorite) - <http://www.cholesterolsecrets.com/cholestorite>

Cholesto-Rite is a 100% natural, safe and proven herbal formula especially designed to help the body maintain healthy levels of LDL and HDL cholesterol.

Cholesto-Rite also acts as a cardiovascular tonic and promotes the body's natural ability to fight harmful free radicals.

Cholesto-Rite can help:

- Reduce levels of LDL (the 'bad' form of cholesterol)
- Maintain healthy levels of HDL (the 'good' form of cholesterol)
- Fight against harmful free radicals in your body
- Reduce the risk of coronary heart disease, heart attack and stroke
- Reverse and protect against dangerous plaque build up in the arteries and atherosclerosis
- Relieve arthritis inflammation

Cholesto-Rite contains the following therapeutic herbs in a 100% veggie-capsule:

- Red Yeast Rice (*Monascus purpurea*) is an ancient Chinese remedy which has been used for centuries, both medicinally and in the preservation and coloring of food. The beneficial effects of Red Yeast Rice on balancing blood cholesterol levels have also been clinically demonstrated in a number of double blind, placebo controlling studies involving thousands of people. These studies have demonstrated that Red Yeast Rice can cut levels of LDL ('bad') cholesterol by as much as 15%, which compares favorably with similar cholesterol-lowering effects of prescription drugs.
- Gugulipid is an extract of *Commiphora mukul*, the gum resin of the mukul myrrh tree. It is a highly prized and well known Ayurvedic herb, used for hundreds of years in the treatment of obesity and arthritis. Recent studies have shown that gugulipid can be even more effective than many prescription medications in lowering cholesterol and tryglyceride levels in the blood. (between 14 and 27% reduction in cholesterol levels over a 12 week period) Even more importantly, gugulipid has also been shown to increase levels of protective HDL cholesterol. Other studies have demonstrated that regular use of gugulipid has helped to prevent the build up of plaque in the arteries and even to reverse the build up of existing plaque. It also prevents blood platelets from sticking together, thereby reducing the risk of blood clots, which often cause heart attacks. Gugulipid has powerful anti-oxidant properties, thereby providing protection and benefit to the entire system.

- Aspalathus linearis (Rooibos) is a medicinal herb indigenous to South Africa and is widely used for its restorative and anti-oxidant properties. Rooibos can help to control blood sugar levels, lower blood pressure and enhance immune functioning. It is an extremely nutritious herb, containing Vitamin C, Alphahydroxy Acid, potassium, copper, magnesium, calcium, iron, zinc, manganese and fluoride.
-

Your Cholesterol, Your Choice

When you began reading this report, you did so because you wanted to learn more about cholesterol and the ways you could take control of your health by lowering your cholesterol levels. You wanted to learn what steps were necessary for you to regain control of your body, your well-being, and your life.

Throughout the pages of this report, you have learned these very things—how and why cholesterol is important to the functioning of your body. But, also—and more importantly—what you can do to battle the detrimental effects of high cholesterol.

With a program of diet and exercise combined with our 17 innovative ways to naturally reduce cholesterol, we have given you the tools to educate and empower yourself, to put your destiny within reach, and to regain command of your health.

At the beginning of this report we asked you if you have what it takes to be a winner. Now, the choice is up to you. Do you believe that you are a winner? Everything points to the answer being “yes.” You’ve taken the time to learn about your health and the positive steps required to lower your cholesterol. It’s time to put your learning into action and take back your health.

We wish you the best of luck on your journey and thank you for choosing us to be a part of your most important process toward better health.

BONUS—RESOURCES

In addition to the wealth of information included in the report, we have included a selection of bonus materials to help you begin lowering your cholesterol right now.

In the pages that follow you will find:

[Your Cholesterol Tracker](#): A printable chart for you to keep track of your latest cholesterol levels. Watch your cholesterol levels lower right before your eyes! For a printable version, [click here](#).

[Your Grocery List for Lower Cholesterol](#): This list of food items will help you remember what foods to shop for to keep your cholesterol low. For a printable version, [click here](#).

[Vitamins and Supplements to Lower Your Cholesterol](#): This handy printout contains a list of the items you can pick up at the store to begin lowering your cholesterol today!

[My Cholesterol Contract](#): Sign your contract today and commit to making a change in your life to lower your cholesterol and greatly decrease your risk of heart disease, heart attack, and stroke.

[Resource Links](#): A collection of quality links to assist you in learning more about cholesterol, including recipes to help you lower your cholesterol, exercise tips, and general cholesterol information sites.

My Cholesterol Tracker

Use this chart to track your cholesterol progress. Be sure to update it after each visit to your physician.

Date					
Total Cholesterol					
LDL					
HDL					
Triglycerides					
Notes					

Date					
Total Cholesterol					
LDL					
HDL					
Triglycerides					
Notes					

Your Grocery List

Vegetables

We recommend the following vegetables fill the main portion of your diet.

- alfalfa sprouts
- artichoke
- asparagus
- avocado
- beans (e.g., green, wax, Italian)
- bean sprouts
- beets
- broccoli
- brussels sprouts
- cabbage
- cauliflower
- cucumbers
- eggplant
- garlic
- turnips
- zucchini
- greens (e.g., collard, mustard, turnip)
- green peppers
- kohlrabi
- leeks
- lettuce (all varieties)
- mushrooms
- okra
- onions
- pea pods
- peppers
- rutabaga
- sauerkraut
- spinach
- summer squash
- tomato

Starchy and Sugary Vegetables

The following types of vegetables may be eaten, but should be used sparingly as they are known to raise insulin levels. High insulin levels may present a problem for people who have multiple risk factors for heart disease such as elevated cholesterol, homocysteine, and blood pressure levels.

- carrots
- corn
- peas
- potatoes
- winter squash
- yams (sweet potatoes)

Protein Foods

Meats

Although interesting new studies have recently been released that place the blame for elevated cholesterol more on trans fats than on “fatty” meats in general, at this time, we are still recommending you eat a diet comprised of low fat meat. Since limiting **all** fats from your diet has been shown to lower cholesterol, reducing your overall intake of meats can’t be anything but a good thing for your heart!

- Fish (all kinds)
- shellfish
- chicken
- turkey
- lamb
- beef
- bison
- wild game (e.g., rabbit, venison, duck, pheasant, elk, goose)

** Avoid processed meats as many contain sugars, trans fats, and harmful chemicals.*

- nuts
- peanut butter (look for non-homogenized peanut butter with oil on top and no added sugar)
- egg whites
- egg yolks (use sparingly as the yolks contain the most fat and cholesterol)

**Avoid egg substitutes as they generally have trans fats or have been homogenized.*

Fruits

The sugars in fruit tend to compete with your body's ability to absorb vitamin C and also have been found to raise insulin levels. High insulin levels may present a problem for people who have multiple risk factors for heart disease such as elevated cholesterol, homocysteine, and blood pressure levels.

- blueberries
- strawberries
- raspberries
- apples
- oranges
- pears
- pineapple
- cherries
- oranges
- grapefruit
- lemons
- limes
- kumquats
- melon
- bananas (sparingly)
- grapes (sparingly)

Grains and Soluble Fiber Foods

- oatmeal
- oat bran
- rice bran
- barley
- beans
- berries
- apples
- citrus fruits

**Avoid commercially-prepared bran products that contain very little bran and an excess quantity of sugar. These commercially-prepared brands can also be found with high levels of trans- and hydrogenated fats.*

Fats and Oils

With all the current controversy regarding trans fats and hydrogenation, at this time, we are recommending using the following:

- rice bran oil
- olive oil (cold-pressed extra virgin)
- butter (sparingly)

Milk and Dairy

- non-homogenized or raw milk (if you want low-fat, skim off the fat)
- butter (sparingly)
- low fat plain yogurt
- low fat cottage cheese
- cheese (sparingly; we don't recommend use of processed cheese foods)

Beverages

- Water (non-chlorinated; at least 8 glasses a day)
- milk (see Milk and Dairy section above)
- vegetable juices
- fruit juices (sparingly)
- diet pop (sparingly; choose sodas made with Splenda®)

Vitamins and Supplements to Lower Your Cholesterol

Bring this list to the store with you to pick up the best in cholesterol-lowering vitamins and supplements. As with any vitamin or supplement, consult with your physician before taking.

NAME	NOTES ABOUT DOSAGE
Vitamin C	According to the American Academy of Family Physicians (AAFP), a dosage of 500 mg of vitamin C twice a day is considered “reasonable.” According to the expert Linus Pauling these dosages can be significantly increased and complimented with a combination of other supplements. His recommendations to lower cholesterol dramatically include a dosage of 6g to 18g of Vitamin C taken as Ascorbic Acid with/or before meals (e.g., 2 to 3 times daily) with 3g to 6g Lysine, .5g-2g Proline, and 150mg–300mg CoQ10. It’s best to consult with your physician to establish the ideal recommended daily dosage for you.
Taurine	Dosage allotments will vary, but experts suggest taking 1500 to 3000 milligrams daily.
Rice Bran Extract IP6	While the proper dosages will vary from person to person, taking 2000 mg of oral IP6 rice bran extract on an empty stomach with water once a day for 30 days once a year seems to have shown with beneficial results. In addition, because of its chelating effects, this procedure is thought to clean out the liver of excess iron as well.

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NAME	NOTES ABOUT DOSAGE
Vitamin E	When choosing your supplements specifically to treat high cholesterol, it's recommended to verify that your supplement contain the delta tocotrienol form of vitamin E. Recommended dosages vary, but experts suggest 400 IU daily. When taking tocotrienols you should also take CoQ10 (see below for details) as they both inhibit HMG-CoA Reductase activity and the HMG-CoA enzyme plays a role in CoQ10 synthesis.
Coenzyme Q10 (CoQ10)	Recommended dosages vary, but experts suggest 100 milligrams of tocotrienols and 60 mg of CoQ10.
Policosanol	Recommended dosages vary, but experts suggest 10-20 mg a day.
Folic Acid	Folic acid is a B vitamin. Folic acid is naturally found in green leafy vegetables. Eating more green leafy vegetables is always a good idea. We recommend eating organically-raised produce, but eating non-organically grown, well-washed leafy vegetables is much better than not eating any at all. Recommended dosages vary, but experts suggest 400 mcg daily.
Pantethine	Recommended dosages vary, but experts suggest 300 mg three times a day.
Carnitine (L-Carnitine)	Recommended dosages vary, but experts suggest 600 to 1,200 mg three times daily, or 750 mg twice daily

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My Cholesterol Contract

After reading the Cholesterol Secrets Report, I understand the value of my health. Yes

I want to live a full and happy life. Yes

I want to reduce my risk of heart disease, heart attack, and stroke. Yes

I want to be able to actively enjoy my family and friends. Yes

To best assure myself of good health, lower cholesterol, and a long life, I commit to:

1. *Learning more about cholesterol and its effects in my life* Yes

2. *Getting a cholesterol screening* Yes

3. *Eating foods low in saturated fat, trans fat, and sugar* Yes

4. *Losing any extra weight that is making me unhealthy* Yes

5. *Exercising for a total of at least 30 minutes on most or all days of the week* Yes

6. *Supplementing my diet with vitamins and minerals and proven methods to lower cholesterol* Yes

7. *Following the advice of my primary care physician* Yes

I commit to taking responsibility for my life and managing my cholesterol levels.

Name

Date

Resource Links

In this section, we have gathered a collection of quality Web resources to help you learn more about cholesterol. These excellent sites will help you take control of your cholesterol levels and assist you in your goal of creating a healthy, happy life.

General Cholesterol

[Cholesterol Health Center](#): Yahoo! Health brings you a complete resource for learning more about cholesterol, how it affects you, and what you can do to take control of your own cholesterol future.

[American Heart Association: Cholesterol](#): This easy-to-understand site explains the basics of what cholesterol is and ways you help keep yours at healthy levels. Be sure to review their excellent section that explores [Common Misconceptions about Cholesterol](#).

[How Cholesterol Works](#): This fabulous site from the folks at How Stuff Works takes you on a guided journey that explains just how cholesterol works in your body and what you can do to keep yours in check.

[Cholesterol Focus](#): This extraordinary site contains an overview of cholesterol as well as ways to reduce your levels. With recipes, exercise suggestions, and breaking news and research, this site is a great resource.

[Linus Pauling](#): The work of Nobel prize-winning chemist has important implications for anybody serious about lowering their cholesterol using vitamins and supplements. For additional information about Pauling's work, [click here](#).

Recipes for Lowering Your Cholesterol

[Meals for You: Low Cholesterol Recipes](#): This collection of low cholesterol recipes is high in taste. Start cooking up good health today!

[Cooks.com—Low Cholesterol Recipes](#): Cooks.com has compiled nearly 300 low cholesterol recipes to tempt and tantalize as they treat your body to the health it deserves.

[Recipezaar's Low Cholesterol Recipes](#): This dynamic recipe site contains hundreds and hundreds of low recipes to help lower your cholesterol while still keeping a tasty and delicious diet.

Exercise Counts!

[Cardio Workouts](#): iVillage presents an assortment of cardio workouts to help you lose weight, increase cardiovascular health, and just feel great. Choose the plan that works best for you!

[American Council on Exercise \(ACE\)](#): This great organization has put together a wealth of resources to help you plan an exercise program that is perfect for your individual needs.