

Cholesterol is a type of fat soluble steroid found in many foods that come from animals. It is also produced by the human body. Cholesterol is needed for the production of some hormones, vitamin D, and for healthy nerves, cells, and for the production of bile acids. Excessive intake of cholesterol has been linked with several diseases, including cardiovascular disease and atherosclerosis. One way the body removes excess cholesterol is by hooking it to Omega-3 and shipping it via the bloodstream to our liver to be changed into bile acids. Bile salts are then excreted into the intestines to help digest fats and then removed from the body as solid wastes, provided adequate fiber is present to prevent reabsorption.

Cholesterol is unique in that our body can make it but, once made, cannot break it down. If fiber is absent, up to 90% of the cholesterol and bile acids are reabsorbed and recycled.

The following program helps to lower cholesterol:

Follow Nutritionally Improved Dietary Program

Follow a program of regular exercise

Flaxseed is an excellent source of fiber (Grind, immediately freeze and take one to two tablespoons daily)

Use only Virgin Olive oil (Eliminate all other vegetable oils, margarine, Trans Fatty Acids. Use butter in moderation)

Fishol E.C. Omega-3 capsules up to two three times daily

Garlic E.C. Enteric coated 3X up to two three times daily

Guggulipid capsules up to two three times daily

Lecithin capsules up to two three times daily

Niacin start with 100 mg three times daily and increase up to 500 mg three times daily

Beta Glucans, 2 capsules, 3 time daily