

High Cholesterol

⌘ Hero or Villain? ⌘

ATTENTION: Before making any change please contact your health care professional.

What is Cholesterol?

Cholesterol is a fat-like, wax-like substance found in the blood. It is found in all cellular structure.

Cholesterol is considered to be both a hero and a villain because, while we cannot live without it; in excessive amounts, it can kill us. The blood cholesterol level is the single most important factor in determining a person's risk for heart disease, the nation's number one killer. p.118, Health Power
The American Heart Association says that, an ideal cholesterol level is less than 200mg%; however, according to the Framingham Heart Study, individuals with a cholesterol level of 150mg% or below are yet to have a heart attack.

Symptoms of High Cholesterol

Some major symptoms of Cholesterol include:

- coronary artery disease
- arteriosclerosis (hardening of the arteries)
- high blood pressure
- change in vision
- chest pain
- xanthelasma
- poor circulation
- low extremity pain in hands and feet
- slow wound healing
- neuropathy
- erectile dysfunction
- diabetes - *as insulin production is reduced because of cholesterol buildup in the beta cells of the pancreas*

Functions of Cholesterol

In our body, Cholesterol is responsible for producing all of our hormones including our sexual hormones, such as Estrogen, Progesterone and Testosterone.

Cholesterol is also responsible for our production of Vitamin D, for making bile in the liver, Adrenaline - the "fight or flight" hormone, reducing stress, plus over two hundred other functions in the human body

Causes of High Cholesterol

Cholesterol and diet

Cholesterol is manufactured in the liver and provides all the cholesterol the body needs. When we ingest additional cholesterol in our diet it causes our blood cholesterol to go up.

Anything that has a liver, comes from that of a liver, related to that of a liver, has a face or a mother, or if it is a mushroom, will have Cholesterol.

Animal products are the largest source of fat in the diet and the only source of cholesterol. Cholesterol is found **ONLY** in animal foods.

Plant based foods do not contain cholesterol.

It's as simple as that. *Health Power p. 119,*

TO SUMMARIZE:

- Cholesterol is **ONLY** found in animal and flesh foods (chicken, fish, pork, beef, lamb, shrimp, turkey, lobster, crab, milk, butter, eggs, ice cream, cakes, chocolate, etc).
- Plant-based foods: grains, fruits, nuts and vegetables contain no cholesterol.
- However, if you excessively use plant-based that is high in fats and oils, the liver will need to produce more cholesterol to produce bile salts in order to breakdown the high fat meal. Avocado, coconut or nuts do not contain cholesterol. These can be used in moderation but do not overdo with them.

Non-dietary causes of Cholesterol

- Drug induced cholesterol, which comes as a side effect from a drug medication
- Hereditary tendencies, genes that increase the production of cholesterol
- Spiritual issues, which can bring on varied sickness and disease
- Stressful life, as more cholesterol is produced to make stress hormones

Cholesterol Values

High-density lipoprotein (HDL) is a lipoprotein that transports cholesterol in the blood; composed of a high proportion of protein and relatively little cholesterol; high levels are thought to be associated with decreased risk of coronary heart disease and atherosclerosis. (*American Heart Association & Framingham Study*) **HDL for males** should be 40mg/dL and above (75mg/dL and above it protects the heart). **HDL for females** should be 50mg/dL and above.

Low-density lipoprotein (LDL) transports cholesterol in the blood; composed of moderate amount of protein and a large amount of cholesterol; it also decides the rate at which cholesterol is deposited on the arterial walls. **LDL for both male and female** is usually less than 130mg%, however for optimal health it should be less than 90mg% (**once the LDL levels gets above 180mg% it begins to attach itself to the arterial wall**).

Triglycerides are a type of lipid found in your blood. It is stored in your fat cells when unused calories are not required right away and later provides your body with energy in between meals. You should aim to get your triglycerides below 150mg%.

Total cholesterol. High cholesterol level is a major predictor to heart disease. You should aim for less than 150mg/dL for optimal health.

Diet for Preventing and Reversing High Cholesterol

High fat and high protein foods from animal sources will elevate blood cholesterol whereas a diet low in fat, high in fiber and plant-based protein

is essential in lowering blood cholesterol levels. The following cautions should be implemented if you are serious about lowering your blood cholesterol level. Cheating on the dietary and lifestyle changes once in a while will delay the full reversal of calcium plaque buildup in your arteries.

- **Animal protein:** Cut out all flesh foods (including fish, chicken, turkey, beef, meat, pork, and all crustaceans: shrimp, lobster, crab, conch, etc.) as well as their by-products including **Dairy** (eggs, cheese, milk, butter, ice-cream, shakes, sausages, etc.). If you so desire to use milk, non-harmful milks can be made from a variety of nuts, grains, and legumes (i.e. almonds, cashews, organic soy etc.) and these will be free from saturated fats and cholesterol. *See us for recipes for nuts and grains drinks and bean loaves, which can be found in the following cookbooks: It's All Good, Ten Talents, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.*
 - **Fats:** Fried foods, butter, lard, margarines, hydrogenated oils, as well as highly processed foods should be eliminated from the diet.
 - **Stop use of all oils in the diet.** Even the good ones like olive or coconut oil should be avoided while cooking or on salads.
 - **Caffeine** – eliminate coffee, tea, black, white, chai tea, lipton iced-tea.
 - **Sugar** – eliminate all refined and artificial sugar and sweeteners or beverages and food containing sugar.
 - **Refined items:** ALL refined, processed foods should be eliminated from the diet, including, white breads, flour, sugar, or rice. The body needs the fiber from the whole grain items. In addition, if you do use processed foods read the labels and avoid any food with cholesterol in its ingredients.
 - **Whole-wheat flour** should be eliminated from your diet as studies show that wheat increases the small LDL particles in the blood, thereby increasing your cholesterol level.
- GO ON A TOTAL PLANT-BASED DIET**
- **Plants:** Use freely and increase your intake of fresh plant-based foods as they contain no cholesterol and in many ways help reduce the amount of cholesterol made by the body. Legumes, carrots, roots, tubers, especially broccoli, avocado, walnuts, pecans, almonds and

pistachios contain phytosterols and are helpful to reduce cholesterol levels.

- **Fiber:** Use more fiber-rich foods such as whole grains: brown rice, oats, beans, leafy vegetables and fresh fruit. **Organic Oats** are excellent for lowering cholesterol. Use fresh fruit preferably to drinking fruit juice. **Carrots, apples** and white the inner layer of **citrus** rind is high in fiber pectin, which is excellent in lowering cholesterol. Eating the fresh fruit provides individuals with the essential fiber needed for regularity in bowel movement while juice is robbed of that essential fiber.
- All forms of **Beans** and **Whole Grains**. This is essential in providing proteins, a high fiber diet as well as causing the muscles to relax.
- **Water:** At least 8 glasses (64oz) of water should be drunk each day. 16oz – 32oz of warm water should be taken before breakfast. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.
- **Use in moderation, Pink Himalayan Sea Salt** with potassium, its iodine and trace minerals will support your adrenals and normalize your blood pressure.
- **Artichokes** helps to lower cholesterol therefore include in your diet regularly
- **String beans** helps to lower cholesterol use 3/4 to 1 cup daily
- **Lecithin granules and Sesame seeds** 1-2 tablespoons daily. This is useful for dissolving cholesterol in the blood. (cholesterol/diabetes/high blood pressure)
- **Olives** – wash and eat 7 olives daily.
- **Flax seed or Chia seed** take 2 tablespoons freshly grounded daily
- **Pumpkin Seeds or Sunflower Seeds** (1/4 cup or handful with each meal)
- **Bromelain** as found in Pineapple reduces inflammation in the arteries
- **Walnuts, Almonds** are good for maintaining a healthy heart. Use one closed handful at the end of each meal.

Lifestyle for Preventing and Reversing High Cholesterol

Making the following lifestyle changes will lower cholesterol and decrease cardiovascular risk.

- **Avoid smoking and drinking alcohol.** Smoking and alcohol consumption increases the risk of heart disease. If you currently smoke or drink, you need to stop immediately.
- **Reduce excess weight.** Studies show that reducing weight even by 5 – 10 percent can significantly reduce cholesterol levels. Avoid snacking and lower excess calories.
- **Exercise.** Moderate walking every day for one continual hour is essential for lowering cholesterol and reducing obesity. In fact, studies show that the benefit of walking is greater than running when reversing heart disease, including high cholesterol.
- Check the **medications** you may be using, as high cholesterol is a common side effect in some medications.
- All **meals** should be eaten on a regular schedule, 7 days a week with no more than a 30 minutes time difference in the schedule. Meals should be eaten at least 5-6 hours apart.
- **Bedtime** should be before 10:00p.m. Research shows that going to bed after 10:00p.m. continually for two weeks increases blood glucose, hypertension, and cholesterol levels.
- **Vitamin D** – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest. **Vitamin D also reduces the thickening of the arterial walls, thereby reducing cholesterol build-up in the arteries.**
In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 40 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June** – **September** use the Natural Sunlight, **May** and

October take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

Supplements and Herbs for Reversing High Cholesterol

- **Garlinase** 2 tablets daily with each meal (cholesterol/diabetes/high blood pressure) or **4 cloves of fresh garlic** daily.
 - **Hawthorn Berries** and **Turmeric powder or root** 2 tablespoons each to 4 cups of water, boil for 15 minutes and steep for at least 40 minutes.
 - **Gymnema Sylvestre** 2 tablets twice a day with each meal (cholesterol/diabetes)
 - **GTF Chromium** (1 tablet twice a day with each meal or use brown rice daily)
 - **Linden tea** steep/draw 2 tablespoons in 32oz of hot water and drink daily (unsweetened)
 - **Red Yeast Rice and add CoQ10**
 - **Hibiscus Tea** steep/draw 7 flowers in 32oz hot water and drink daily (lowers blood pressure, cholesterol, diabetes)
 - **Liverclean** - use as directed on bottle (cleans the liver and helpful for diabetes, cholesterol and maintaining liver health if on any other drug medication)
 - **Kelp or Dulse, Kombu or Seaweed Cure**, 1 tablespoon, two times daily in water daily or use as directed on bottle
- High cholesterol levels** occur in low thyroid conditions, **hypothyroidism** and unusually **low cholesterol levels** may be a sign of **hyperthyroidism**. A slow thyroid may lead to slow liver function and decreased metabolism of cholesterol.
- **Guggul** elevates HDL and lowers LDL cholesterol - use 2 teaspoons 2 times daily in 1 glass of water, 30 minutes before meals

- **Ashwagandha Tea** 2 tablespoons steeped for 3 hours in 32 oz of hot water daily or just sprinkle over your food daily
- **Lemon water** – 2 glasses of water to 1 lemon. However for cleaning up the plaque in the artery use 1 glass of water to 1 lemon. When ingesting lemon, use a straw to prevent your teeth enamel from erosion.

General instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 40 minutes to 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 40 minutes to 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 40 minutes to 4 hours.
- Drink as water through the day.

PLEASE COMBINE THIS SHEET WITH THE FACT SHEET TO GET THE BEST RESULT.

For further information,
please visit our website call us.

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