IMPROVING YOUR CHOLESTEROL

APPROPRIATE LEVELS

VLDL (very low density lipoprotein)	Below 200 mg/dl
LDL (low density lipoprotein)	Below 130 mg/dl
HDL (high density lipoprotein)	Above 35 mg/dl
Triglycerides	Below 150 mg/dl
TOTAL Cholesterol (based on a number of calculations)	Below 200 mg/dl

Why are these levels important? The levels listed above are the primary indicators of high blood cholesterol. Too much cholesterol in the blood leads to vascular problems which often result in heart attacks or strokes.

Are there drugs to help reduce blood cholesterol? Yes, however they have not proven themselves to be particularly effective and have in fact been shown to be toxic to the liver and even carcinogenic (cancer-causing) in animal studies. Herbs can be helpful with fewer or no side effects. Red river health has some supplements that can help.

Are there other options? Yes, the best choice is changes in eating habits.

THINGS TO AVOID	WHY	ALTERNATIVES
Red Meat and other animal products, including eggs, cheese, ice cream and butter	High in saturated fats and cholesterol	Fish high in omega-3 fatty acids (salmon, mackerel, anchovies, sardines, halibut), soy based products, eat meat products less frequently 1-2 times per week, include dried beans, garlic, olive oil in the diet instead.
Reduce stress	Stress hardens and weakens the vascular system	lifestyle choices, healthy emotional expression, meditation, and or exercise
Smoking	Vascular degeneration	Exercise
Coffee	Vascular degeneration	Green Tea or herbal teas such as hawthorn berry, puh-er, black, or oolong
Sweets	High in saturated fat and cholesterol	Fruits, whole grain foods chewed well, desserts made with whole sweeteners such as brown rice syrup, stevia, or amasake, apples, bananas, carrots, grapefruit.
Processed or refined grains such as white flour, pastas, breads and cereals	Low in fiber and essential vitamins and minerals	Whole grains chewed well particularly rye, amaranth, quinoa or oats.
Fried and or salty foods	High in saturated fat	Whole foods chewed well

Intoxicants- alcohol,tobacco	cholesterol buildup- hardened arteries	Tea
THINGS TO INCORPORATE	WHY	HOW
Legumes or beans	High in lecithin, vitamins E, C and niacin all of which are essential in reducing cholesterol and saturated fat in the blood	Use soy products when possible as meat alternatives (tofu, tempeh, soy burgers etc.) Combine beans such as mung and or lentils with rice as a main course.
Omega 3 fatty acids	Reduce blood viscosity, lower lipid levels, reduce clotting , lower blood pressure and prevent ischemia	Fatty fish as mentioned above, flax seed, and or flax seed oil
Supplements	Niacin Vitamin B-5 Vitamin C Vitamin E Chromium picolinate Lecithin Coenzyme Q-10 Chinese herbal recommendations of qualified practitioner	Pills- especially niacin
Exercise	Weight loss and cardiovascular benefits	