



Lower Cholesterol

Herbs vs. Drugs

By Morning: Spirit: Wolf-D.R.M.

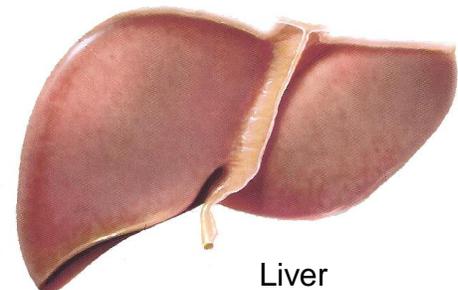


High cholesterol is one of the many conditions accepted as a normal occurrence of life and aging. If not ourselves, then we surely know at least one individual that is experiencing this declining health condition. High cholesterol is directly food and digestion related and can be changed by both a choice for better quality foods and providing your body the herbs it needs eliminate build ups of cholesterol on arteries and organs.

All cholesterol has gotten a bad “rep” as the primary cause of heart disease. This popular but misguided theory has lead many people to eat a low-cholesterol or cholesterol-free diet. But the human body needs specific types and amounts of cholesterol and cannot rely on food sources alone for it. The body manufactures roughly 70-80 percent of the cholesterol it needs from non-animal protein, and relies on 30 percent to come from dietary sources of fats. Extra virgin olive oil and avocados are the two foods that deliver every missing fat that the body cannot make for itself.

Cholesterols are lipoproteins; a slippery, wax-like substance that the body manufactures daily as vital material. It is used extensively throughout the body for electrical transmission in the nerves and brain; is imperative for cell growth and membrane maintenance; conversion into digestive bile; the manufacture of hormones (including sex hormones); making vitamin D from sunlight; and keeping arteries clean to name but a few of its uses.

Cholesterol builds up in arteries if low density fats (trans-fats, or rancid fats) are kept in blood stream circulation, or are packed into used damaged arteries by a prior causative factor (such as vitamin C deficiency). Lipoproteins are under the direct supervision of the liver, which is directed to cellular use, converted into digestive bile, or are eliminated as excess by a liver that is in good working order. The *quality* of cholesterol is of prime importance, and secondarily how the body is able to use it.



Liver

Poor quality fats produce elevated levels of harmful types of cholesterols known as Low Density Lipoproteins (LDL) and are experienced by over 80 million Americans with poor diets. LDL's are light and puffy and extremely difficult for the body to use and get rid of. They are commonly found in trans-fatty foods, hydrogenated and partially hydrogenated oils such as margarine and shortening, high heated and refined oils, processed/packaged foods, refined white flour, rice, and sugar. These are especially dangerous and easily oxidized and damaged by free radical molecules and bond with calcium becoming hardened deposits on artery and colon walls, initiating harmful plaque formation.

High density lipoproteins (HDL) are the beneficial types of cholesterol that your body naturally produces and can be found in extra virgin olive oil, avocado, cold pressed safflower and sunflower oils, whole grains, raw nuts and seeds, duck eggs, and unsalted organic butter, and each will improve cholesterol production, lower serum cholesterol, and your risk of heart disease. HDL facilitates the removal of excess cholesterol and its transport from the liver to the cells needing it, and any excess out of the body through the liver.

Modern life has given us permission to “take a pill” when we have a problem, but in many cases that pill may mask a symptom while causing more critical problems. The two most prescribed cholesterol lowering drugs are fibric acid derivatives and reductase inhibitors or “statin” drugs - both of which are cancer causing (as product information in the 1992 and 1994 editions of PDR [Physicians Desk Reference] indicates), yet the rise in prescription cholesterol lowering drugs increased 15 fold between 1985 and 1995. These same drugs also cause injury to the liver, pancreas, and kidneys. Because modern medicine has failed to relate heart disease with diet, instead opting for pills and surgery, while ignoring the body’s natural power to cure itself.

When there is simple, safe, effective, and natural ways to not only lower bad cholesterol, but create good cholesterol and its use, why choose anything else? If you do nothing else in your lifetime, please respond in your own favor with your health. Here’s how.

Use These Herbs:

Hawthorn Leaf

You may repair liver damage and improve its ability to convert cholesterol into bile with Hawthorn Leaf. It supports blood concentration in the liver to normalize and detoxify itself. Hawthorn leaf can be taken in extract (try 30 drops twice daily), tincture, capsules, or tea.



Alfalfa

It's extremely rich root system collects many minerals; calcium, potassium, phosphorus, iron, and provides anti-inflammatory properties of copper and zinc. It has protein, living enzymes, B-complex vitamins, and enough fiber to lower cholesterol. It's great for the liver and general detoxifying.



Use These Vitamins:

Vitamin C

Vitamin C scavenges cholesterol as well as sugar from the blood stream. Use Grass-C or Catie's vitamin C, both in large doses (excess of 40,000 mg daily), to repair artery and blood vessel damage.



B-Complex

B vitamins break down homocysteine into harmless substances and allow it to be eliminated. B vitamin deficiency results in the development of atherosclerotic plaque.



Use These Food Supplements:

1. Psyllium husk, which binds to cholesterol in the colon and works to expel it.
2. Olive leaf extract, which helps metabolize excess cholesterol.
3. Cho-Less capsules, which binds to blood serum cholesterol and removes it to the colon.

Use These Foods:

1. Cold pressed, extra virgin olive oil and avocados – rich in monounsaturated fatty acids, long chain fatty acids (providing all essential fatty acids the body requires), which lower levels of “bad” cholesterol and protect against oxidation and free radicals. Olive leaf extract is also effective if olive oil or avocados cannot be eaten in large enough amounts.
2. Crook neck squash (yellow) – is *the* food that boosts liver function, making it the perfect companion with hawthorn leaf herb to quickly recover liver function. Eaten in its fresh, raw state crook neck squash will provide the peak amount of boosting capacity, but lightly steamed (so it’s still crunchy) and buttered with Real Salt accents is also good.
3. Wild caught salmon, lake trout, and bison/buffalo meat – rich in vitamin A and omega 3 fatty acids which reduce blood stickiness and the tendency for blood clotting, and prevents homocysteine levels (an amino acid derived from methionine found in proteins, which presence, if not removed, will build up and cause heart and vessel disease) from building up.
4. Fresh fruits and vegetables from the Peak Frequency® Foods list; such as papaya, mango, plum, broccoli, fennel, lemon, and red potato – high in organic sodium chloride and rich in potassium and magnesium, the combination of which lowers blood pressure and lowers dangerous cholesterols. These foods also contain high levels of natural anti-oxidant vitamins and minerals.
5. High fiber grains, seeds, and nuts such as organic, non-GMO whole wheat, brown rice, rolled barley, kamut, (avoiding oats and rye), raw almonds and cashews, flax seeds, sunflower seeds, red lentils and red kidney beans, and pine nuts. Dietary fiber will promote bile flow (made from cholesterol), help empty the colon, flush liver toxins, and provide mineral nutrients.
6. Elephant garlic – lowers blood pressure, improves circulation, reduces LDL and increases HDL.

Avoid:

Microwave foods (studies show elevated cholesterol of 25-35 % within hours of eating)
Smoking

Excess alcohol

Hydrogenated/partially hydrogenated, and refined oils (margarine, shortening, refined vegetable oil)

South American coffee

Green tea

Processed foods (especially lunch meats and cheeses)

Refined white flour, rice and sugar,

Black pepper

Bell peppers

Table salt (including most sea salt)

Foods with synthetic colors, flavors, preservatives, enhancers, and enriched flours

All pork products

Other suggestions:

- Drink 8 eight ounce glasses of water daily, and avoid bathing in and drinking chlorinated water. Use lemon in water when you eat out for anti-oxidizing vitamin benefits
- Implement daily exercise, such as walking for 15 minutes, or stretching, dancing, yoga, and don't forget wrestling with the kids or dog.