

Natural Ways to Lower Cholesterol

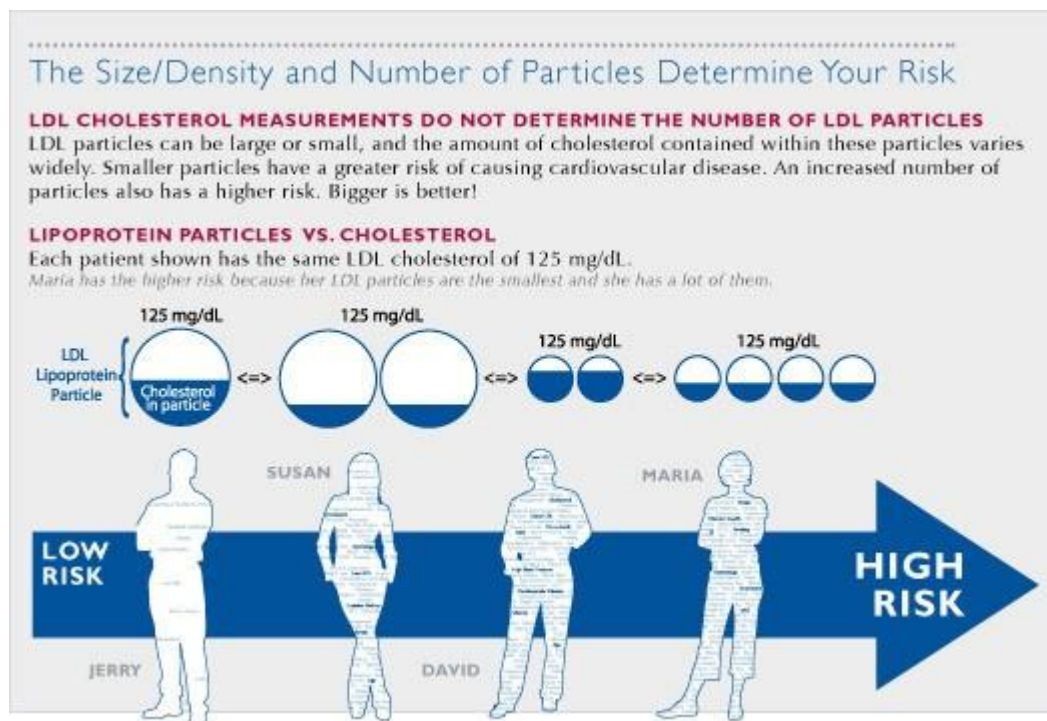
Did you just get your cholesterol tested? Were any of your numbers out of the normal range? Where do you go from here? Low cholesterol diet? Low carb? Low fat? More exercise? Take medication? Chances are you were given very little education and absolutely zero personalized advice on exactly what you should do to improve your cardiovascular health.

Q: If I Have Elevated Cholesterol Numbers, Does That Mean My Risk For Cardiovascular Issues Goes Up Too?

A: Not always. It depends on what “numbers” you had tested. The standard cholesterol profile (Total Cholesterol, LDL, HDL, and triglycerides) does not paint the whole picture. In fact, 50% of people who have suffered a heart attack have a “normal” cholesterol. So the actual cholesterol number tells you little about your cardiovascular health. Unfortunately, this outdated and narrow focused lab test is still being used today to identify your risk for heart disease. It simply is an ineffective way to determine the true functioning of your cardiovascular system.

Q: What Numbers Should I Know?

A: You should know your lipoprotein size. Size matters. The bigger the better. The infographic below illustrates this perfectly.



Q: What Causes Heart Disease?

A: Inflammation triggers an injury to your arterial walls. Then lipoproteins containing cholesterol penetrate the arterial lining and build plaque. Despite the amount of cholesterol inside of the lipoprotein, the smaller the lipoprotein the easier it is to penetrate the lining.

Q: How Do I Decrease My Risk Of Heart Disease?

A: Decrease Inflammation + Increase Your Lipoprotein Size

Natural Ways To Improve Your Numbers

Decrease Inflammation

- ❖ Stop consuming processed foods, white flour, sugar, artificial colors, flavors and preservatives.
- ❖ Determine appropriate amounts of caffeine and alcohol to consume. This will vary from person to person depending on many factors.
- ❖ Increase intake of nutrient dense vegetables.
- ❖ Determine adrenal function and how your body physiologically responds to stress.
- ❖ Correct body imbalances (hormone, microbial, lymphatic, endocrine, etc.)
- ❖ Ensure good quality sleep.
- ❖ Stay hydrated.
- ❖ Detoxify either through physical activity, infrared sauna therapy or a combination of both.

Increase Lipoprotein Size

- ❖ Lipoprotein size is increased the fastest through high dose (3 to 5 grams) omega-3 fatty acids.
- ❖ Omega-3 fatty acids are one of the most thoroughly studied nutrients.
- ❖ Scientific evidence proves omega-3 fatty acids can reduce the production of molecules and substances linked to inflammation. Reducing inflammation is key, as long-term inflammation is the cornerstone for almost every chronic Western illness, including heart disease and cancer.
- ❖ Omega-3 fatty acids are found in food sources such as salmon and walnuts, however supplementation is needed to reach the required amounts to achieve the desired outcome.



Q: Can Conventional Medical Treatment Lower My Cholesterol?

A: First of all, a statin, the most common medication used to lower cholesterol, will not decrease inflammation or increase the size of the lipoprotein so it isn't really treating the root issue. Furthermore, statins are ineffective. Statins benefit only about 1% of the population. This means that only one out of 100 people treated with a statin will have one less heart attack. The effectiveness of this drug has been exaggerated. And the nasty side effects have been minimized. Side effects such as increased rates of cancer, cataracts, diabetes, cognitive impairments and musculoskeletal disorders more than offset the very tiny 1% cardiovascular benefits of statin treatment.

Q: How Long Does It Take To Improve My Cardiovascular Health And My Numbers?

A: Any dietary changes typically require 3 months to reflect on lab testing. This timeframe will also depend on what specific dietary interventions were recommended and adopted.

Q: How Do I Test My Lipoproteins And Get A Plan Individualized For Me?

A: You can go to my website www.findtrubalance.com and order your own test through my Self-Starter Plan and get personalized results emailed to you. Or if you would like more one-on-one help, you can sign up for my Comprehensive Plan. Schedule a FREE initial consultation by using my scheduler on my website or call, text or email.