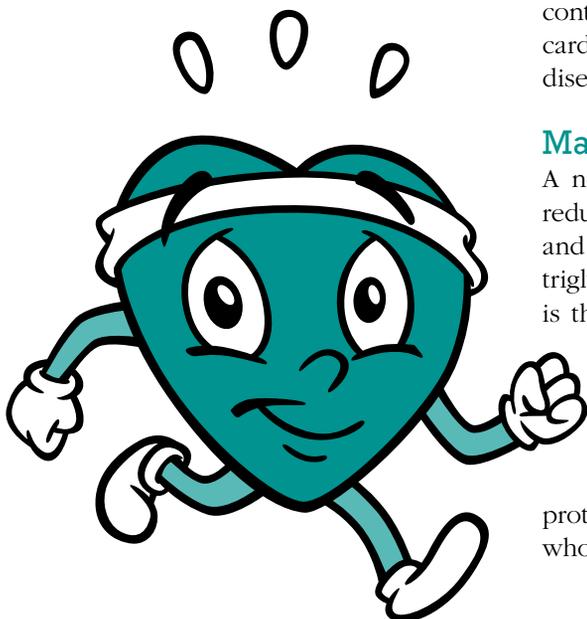


# Manage Cholesterol Naturally



## No prescription required!

Lifestyle changes and nutritional support are accessible to everyone to help manage cholesterol levels. A well-known study found that “low HDL is a better indicator of overall risk than LDL or total cholesterol.”<sup>1</sup> While knowing your protective score is the first step, there are other markers and risk factors for developing problematic cholesterol that leads to heart disease (and stroke). And there are many natural tools to help you get and keep your cholesterol – and your heart – healthy.



## When ‘good’ cholesterol goes ‘bad’

Cholesterol is actually a necessary component to good health. It protects cellular membranes and helps your body produce bile (for digestion), sex hormones and vitamin D. Your liver makes 75% of what you need, and the other 25% comes from the food you eat. ‘Good’ protective high density lipoproteins (HDL) transport low density lipoproteins (LDL) into the liver for disposal or re-use. If too much LDL remains in the arteries, that is ‘bad’ because it can oxidize and lead to plaque build up and blockage.

## Other markers and risk factors

Knowing your numbers is a start but your health care provider will also look at C-reactive protein, homocysteine and Lp(a) levels. C-reactive protein is a biomarker with strong ties to heart health and systemic inflammation. Screening for homocysteine levels in the blood may be useful in patients with a personal or family history of cardiovascular disease but who don’t have the “well-established risk factors (smoking, high blood cholesterol, high blood pressure, physical inactivity, obesity and diabetes). Lp(a), a genetic variation of LDL is a significant risk factor for the premature development of fatty deposits in arteries. Although Lp(a) isn’t fully understood, researchers believe it may contribute to the buildup of fatty deposits.”<sup>2</sup>

Those with diabetes have the triple whammy cholesterol effect. High insulin levels raise LDL, lower HDL and tend to cause high triglycerides. According to the American Heart Association high cholesterol can also be a predictor of diabetes. “Elevated cholesterol levels are often seen in people with insulin resistance, even before they have developed full-blown diabetes. When LDL levels start to climb, experts recommend paying close attention to blood sugar control and starting a diet and exercise regimen to help stave off diabetes and cardiovascular disease especially important if you have a family history of heart disease.”<sup>2</sup>

## Magnesium matters

A non-prescription approach for keeping cholesterol in the normal range or reducing high levels includes individual nutrients. World-renowned author and researcher Mildred Seelig notes magnesium’s (Mg) ability to lower LDL, triglycerides and total cholesterol as well as raise protective HDL levels. Mg is the necessary cofactor for the enzyme responsible for converting LDL into HDL. Those with “high LDL...and low HDL cholesterol values can correct and normalize both their good and bad cholesterol levels by taking Mg supplements,” wrote Seelig.<sup>3</sup> The National Health and Nutrition Examination Survey found American adults who consumed less than the RDA of Mg were up to 1.75 times more likely to have elevated C-reactive protein levels, the marker for systemic inflammation, compared to those who did.

# Manage Cholesterol Naturally

*continued*

## Lifestyle factors

Healthy habits help maintain normal cholesterol levels. Inactivity is a “major risk factor for developing coronary artery disease”<sup>4</sup> which contributes to other risk factors like high triglycerides and low HDL. Antioxidants reduce systemic inflammation and are very important for those who cannot exercise the recommended 30 minutes per day on a regular basis due to chronic conditions or infirmity.



Smoking is strongly implicated in heart disease and stroke, so get help if needed to quit.<sup>4</sup> While an occasional glass of red wine may paradoxically be ‘heart healthy’ excessive alcohol consumption works the liver overtime.

Your liver then neglects its primary job of shuttling LDL out of the body. The collective risk factors of metabolic syndrome are believed to speed the development of chronic heart disease. Those factors include: abnormal blood fats; high triglycerides and/or low HDL; waist circumference (>35” for women, >40” for men); and elevated blood pressure.

*Continued*

## YOUR HEALTHY CHOLESTEROL TOOLBOX

| Lifestyle Factor                      | Raise HDL | Lower LDL | Lower Triglycerides | Lower Total Cholesterol | Reduce Inflammation |
|---------------------------------------|-----------|-----------|---------------------|-------------------------|---------------------|
| Exercise 30 Mins/Day                  | ✓         | ✓         |                     |                         | ✓                   |
| Smoking                               | Lowers    | Increases |                     |                         | Increases           |
| Moderate Alcohol Use                  | ✓         |           | ✓                   |                         |                     |
| Cholesta-Care™                        | ✓         | ✓         | ✓                   | ✓                       | ✓                   |
| Curcumin                              |           | ✓         |                     |                         | ✓                   |
| L-Carnitine                           | ✓         |           | ✓                   | ✓                       |                     |
| Magnesium Fibro-Care™                 | ✓         | ✓         | ✓                   | ✓                       | ✓                   |
| Niacin (B3)                           | ✓         | ✓         | ✓                   | ✓                       |                     |
| Omega-3                               |           |           | ✓                   |                         | ✓                   |
| Red Yeast Rice* +                     | ✓         | ✓         | ✓                   | ✓                       |                     |
| Vitamin C                             | ✓         | ✓         | ✓                   | ✓                       | ✓                   |
| Vitamin E<br>Tocopherols/Tocotrienols | ✓         | ✓         | ✓                   | ✓                       |                     |

\* Take with CoQ10

+ Do not take with prescription statins unless medically advised

CONSIDER these heart helpful nutrients

- ◆ Alpha Lipoic Acid supports liver metabolism of fats & sugars
- ◆ CoQ10 provides energy for the heart muscle; helps lower LDL
- ◆ Flavonoids support blood vessel strength, are antioxidant & anti-inflammatory
- ◆ Garlic helps keep LDLs from oxidizing & forming plaque
- ◆ Olive Leaf Extract helps keep LDLs from oxidizing & forming plaque
- ◆ Phytosterols slow dietary cholesterol absorption

NOTE: A multivitamin (like Multi-Gold™) taken daily helps support all over health and broad-spectrum nutrients

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## Manage Cholesterol Naturally

*continued*



Remember 25% of your cholesterol comes from your food. The AHA recommends that all adults eat fish, particularly oily fish (salmon, trout, herring), at least twice weekly. Monounsaturated and polyunsaturated fats found in avocados, nuts and olive oil convert to HDL which then carry away the excess LDL and help maintain a healthy fat ratio. They are also typically high in vitamin E, an antioxidant that helps reduce inflammation. High fiber fruits and vegetables, beans and whole grains may also help reduce inflammation.<sub>2</sub>

Based on your total cholesterol numbers, lifestyle factors and genetics, you may find the Healthy Cholesterol Toolbox on previous page helpful.<sub>5</sub>

For TyH articles on cholesterol visit our free Health Library on the website at e-tyh.com.

- ◆ *Cholesterol 101* by Margy Squires
- ◆ *Statin Drugs and Coenzyme Q10* by Mike Smith PhD MDSc

### References

1. The National Heart, Lung, and Blood Institute's Framingham Heart Study, Framingham, MA, USA.
2. www.heart.org
3. Seelig, M *The Magnesium Factor* 126-128 Avery 2003 New York.
4. www.cancer.gov
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| Total Cholesterol                         |  |
|---|--|
| <b>Less than 200 mg/dL</b>                | Desirable level that puts you at lower risk for coronary heart disease   |
| <b>Level of 200 mg/dL or higher</b>       | Raises your risk   |
| <b>200 to 239 mg/dL</b>                   | Borderline high  |
| <b>240 mg/dL and above</b>                | High blood cholesterol, double the risk of coronary heart disease compared to total cholesterol below 200 mg/dL. |
| <b>HDL</b>                                | 60 mg/dL and above high HDL cholesterol, considered protective against heart disease.                            |
| <b>LDL</b>                                | Less than 100 mg/dL Optimal  |
| <b>Triglycerides</b>                      | Less than 150 mg/dL Normal   |
| <i>Source: American Heart Association</i> |  |

## Health POINTS

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