
Treatment Suggestions for Elevated Cholesterol

Cholesterol is considered elevated if:

Total cholesterol is above 200 mg/dL

LDL (“bad”) is above 130 mg/dL

HDL (“good”) is below 35 mg/dL

Elevated cholesterol is considered a risk factor for heart attack, cardiovascular disease, and stroke. Research is mixed when it comes to determining the cause of elevations in cholesterol. It is commonly accepted that dietary factors (specifically eating high-fat foods) directly contribute to dyslipidemia (or high cholesterol and triglycerides) and that this in turn is directly correlated with cardiovascular disease. Research does not always support this assumption, however. More sophisticated research has helped to reveal that the amount of fat in the diet is not as telling a risk factor as the type of fat consumed. In fact, consuming “good fats” (such as fish oils, olive oil, and other unsaturated oils) can help to improve blood lipids. Saturated fat (found in most commercially-raised meats, eggs, and dairy products) should be consumed in moderation. Elevated cholesterol can also be a result of genetics or low thyroid function.

Treatment of dyslipidemia is best accomplished through the adoption of a healthy diet and lifestyle. Nutritional and/or herbal supplementation may also be helpful. One particular study, The Coronary Drug Project, found that the only cholesterol lowering agent to reduce the death rate was niacin. The best form of niacin to avoid side effects is inositol hexaniacinate (avoid “sustained release” niacin as it may be harmful to the liver).

Dietary recommendations:

Eat less

Commercially-raised, grain-fed red meat, bacon, sausage

Commercially-raised eggs

High fat dairy foods

Saturated fats, margarine

Ice cream, pastries

Refined cereals, white bread

Fried food, fatty snack food

Coffee and sodas

Eat Instead

Cold water fish, poultry, organic grass-fed beef or buffalo

Free-range, organic eggs, egg whites, tofu

Lowfat/nonfat dairy, organic dairy

olive oil, sunflower oil, butter in moderation

Fresh fruit

whole grains, oatmeal, whole grain breads/cereals

veggies, fresh salads, nuts and seeds

herbal teas, fresh fruit and veggie juices, pure water

Foods to help lower cholesterol:

Apples	Pears	Nectarines/Peaches
Bananas	Citrus	Artichokes
Eggplant	Lentils	Barley
Oats	Ginger	Onions/Garlic

Supplements:

Fish Oil (high quality, pure): 1 tablespoon liquid per day -or- 3 to 6 capsules per day with meals

Garlic: 1 medium clove fresh, raw garlic per day -or- supplement with minimum 4000 mcg allicin content per day

Inositol Hexaniacinate (IHN): 500 mg 3x/day with meals for 2 weeks, then increase to 1000 mg 3x/day with meals

For levels below 250 mg/dL, should see reduction to normal within a couple of months; for levels above 300 mg/dL, may take 4-6 mos before normal levels are reached.

Once below 200 mg/dL, decrease IHN to 500 mg 3 times a day with meals x 2 mos and recheck.

If still below 200, discontinue IHN and recheck in 2 mos; if levels rise above 200, begin IHN protocol again

If cholesterol above 200, increase dose to 1000 mg 3 times a day with meals.

Resources:

1. Murray, M & J Pizzorno. *Encyclopedia or Natural Medicine, 2nd Ed.* Prima Publishing. 1998.
2. Van Straten, M. *Healing Foods: Nutrition for the Mind, Body, and Spirit.* Lewes, East Sussex: The Ivy Press Ltd. 1997.
3. Werbach, M R. *Textbook of Nutritional Medicine.* Tarzana, CA: Third Line Press, Inc. 1999.