

HOW TO LOWER YOUR LDL AND CHOLESTEROL

LOWER YOUR LDL AND CHOLESTEROL

After reviewing many journals and articles I observe the following ways to lower cholesterol

OBJECTIVES

Important

a) Reduction of LDL to 60 mg/dl (Bad Fats)

An LDL level of less than 100 mg/dL is optimal for CAD prevention,

and a level of 70 mg/dL or less is now recommended for persons with existing heart disease

- b) Reduction of triglycerides to 60 mg/dl.
- c) Raising HDL to 60 mg/dl. (Good Fats)

> 50 mg/dL (? 1.3 mmol/L) man or >60 mg/dL (? 1.6 mmol/L) in a woman a reduced risk of atherosclerosis.

>75 mg/dL (? 2 mmol/L) man or woman is associated with a very low risk of atherosclerosis.

Less than 40 mg/dL (? 0.8 mmol/L) in a man <50 mg/dL (? 1 mmol/L) in a woman increases the risk.

- d) Achieving normal blood pressure (<130/80)

Even a small elevation of blood pressure in diseased arteries can cause increased mortality.

Diseased arteries are fragile and plaque rupture can occur easily.

- f) Achieving normal blood sugar if Diabetic (=100 mg/dl). Diabetes is a high risk factor for heart disease.
- g) Reduction of C-reactive protein to <1 mg/l also called (CRP on blood test)

THINGS TO DO

Smoking Cessation

Is associated with a 200% increase in the rate of atherosclerosis

- exercise 45 min cardio daily

Treat underlying conditions:

Hypertension ? Olmesartan medoxomil (angiotensin II receptor antagonist these are preferred)

Diabetes

High Cholesterol or LDL ie Take a Statin ? medication to lower LDL and cholesterol preferred is Crestor (Rosuvastatin) take at night time (as cholesterol is synthesized by the body at night-time)

- Aspirin 100mg / d
- Plant Sterols, margarine, 2 g/d The mean one-year reduction in serum cholesterol was 10.2 percent

Dietary Modification:

- Mediterranean Diet
- Cook with olive oil and use Polyunsaturated fats

- Avoid milk fats
- Decrease red meat increase fish
- Avoidance of fried foods and fast food

- Omega 3 (salmon oil) (specifically focusing on high concentration of high in DHA, EPA where possible >2000 mg per day)
- Garlic 1g / d
- Vit B3 500-1500mg. per day (cheap flush version not anything labelled non-flush which contains inositol)
- Wine? Red wines contain resveratrol, (don't exceed two glasses/ day else has a inverse effect). Bioflavonoids and anti-oxidants have a strong anti-inflammatory effect.
- Lechathin
- Magnesium
- L-carnitine
- Vit B6

COMMON FOOD SOURCES FOR EACH TYPE OF FAT

Type of fat	Food sources
Saturated fat	Butter, cheese, meat fat, meat products (sausages, hamburgers), full-fat milk and yoghurt, pies, pastries, biscuits, cakes, lard, dripping, hard margarines and baking fats, coconut and palm oil.
Trans fats	Certain margarines, shortenings, biscuits, baked goods.
Monosaturated fat	Olive oil, canola oil, nuts (pistachio, almonds, hazelnuts, macadamia, cashew, pecan, peanut) and the oils from these nuts, avocados, avocado oil, lean meat.
Polyunsaturated fat	Long chain Omega-3 polyunsaturated: Oily fish (salmon, mackerel, herring, trout), Alpha linolenic acid from walnuts, lean red meat, canola oil, soybean, flax seed, and their oils Omega-6 polyunsaturated: sunflower seeds, wheat germ, sesame, walnuts, soybean, corn and their oils. Certain margarines.