

Controlling Your Cholesterol – 10 Painless Strategies

and You Don't Have to Eat Steamed Chicken Everyday

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Most people know that they should watch their cholesterol levels, but the boring and tasteless low fat diet that has been recommended since the 1970s has done little to improve the health of most Americans. In fact, heart disease has been on the increase. Here are some painless ways you can take control of your health without medications:

- ❖ British research shows that people that have 5-6 smaller meals a day instead of 3 large ones have lower cholesterol levels, even when eating more food.
 - Make sure that you eat breakfast; skipping breakfast sets off imbalances in your blood sugar and appetite that can raise your cholesterol.
- ❖ Increase calcium-rich foods; they boost metabolism and fat burning leading to lower LDL (the "bad" kind) levels.
- ❖ Eat more fruits, vegetables and nuts.



- Israeli researchers found that eating one Ruby Red grapefruit a day lowered LDL levels by 20%. (Check with your doctor before trying this since grapefruit interacts with some medications.)
- Research done by the USDA found that eating one cup of Barley a day lowered LDL levels as much as 17%. (Try rolled barley flakes instead of rolled oats.)
- Dr. David Katz of the Yale University Prevention Research Center reports that one cup of oatmeal a day leads to a five point drop in cholesterol. (Besides eating hot cereal, both oats and barley flakes can be used as filler in meatballs and meatloaf.)
- Have some cranberry juice with your meals. Scranton University researchers found that two glasses a day can boost your HDLs as much as 10%. The antioxidants in the berries help your liver to produce more heart-friendly

- HDLs. (Make sure that it is real juice, not a 'cocktail' beverage that may contain added High Fructose Corn Syrup [HFCS].) New research has shown that raising HDL cholesterol is even more important for heart health and can lower your risk of heart disease by *as much as 60%*.
- An apple a day has been shown to decrease cholesterol.
 - Eating two ounces of nuts a day was shown to cut total cholesterol 25%, lower LDL 33%, and increase HDL (the "good" kind) 11%. Penn State researchers had these results with participants eating two handfuls of pistachios daily.
 - Acai berries contain essential fatty acids that lower cholesterol and also antioxidants that are anti-inflammatory. (You can find the juice and dried berries in health food stores and some grocery stores.)
 - British research found that eating 4 Grams of soy protein a day can raise HDLs 14%. Soy improves the liver's ability to produce good cholesterol. (You have try soy milk, protein bars [like Genisoy], or soy nuts, as well as tofu, tempeh and edamame.)
- ❖ Take time to relax with a loved one. Ongoing stress and tension has been shown to increase cholesterol, but research done at the University of North Carolina at Chapel Hill found that hugging a loved one can stop stress hormones from going up.
 - ❖ Avoid High Fructose Corn Syrup (HFCS)! According to Dr. Mark Hyman, author of *UltraMetabolism*, HFCS goes into your cells and changes into a toxic compound that damages your liver and causes it to increase production of cholesterol and triglycerides.
 - ❖ Have some mineral water. Spanish research shows that 2 eight ounce glasses a day cut LDL levels by 15%. Dr. Carolyn Dean, author of *The Magnesium Miracle*, explains that the minerals in the water decrease your body's production of cholesterol.
 - ❖ Get a move on. Aerobic activity – dancing, biking, walking, roller skating, rebounding – helps raise HDLs up to 13%. Aim for 30 minutes per day or 45 minutes at least three times per week.



- ❖ Eating two grams of plant sterols (like those found in Minute Maid Premium Heart Wise Orange juice or spreads like Benecol and Smart Balance) have been shown to block absorption of cholesterol and lower LDL by 10%.
 - According to Dutch research, you can increase the benefits of sterols by eating them in the middle of the meal.
- ❖ Love red meat? Switch to grass-fed beef. Beef raised on grass has less saturated fat and is high in conjugated linoleic acid (CLA). Grass-fed beef is also generally grown without chemicals, pesticides, hormones, and antibiotics that put more stress on your liver and increase cholesterol production. (Make sure your grass-fed beef is really grass-fed by selecting a reputable company. American Grass Fed is one [\[www.AmericanGrassFedBeef.com\]](http://www.AmericanGrassFedBeef.com); others can be found at <http://www.eatwild.com/products/farmsthatship.html>
- ❖ Increase your intake of good fats. UCLA research suggests that women can boost their good cholesterol 11% by eating more foods high in Omega3 and Omega9 fatty acids, the amount found in 4 ounces of fish, 2 ounces of nuts or 2 tablespoons of flaxseed each day.



PS: Don't worry about the eggs; unless you already have very high cholesterol, it's safe to eat up to two eggs per day. One study even suggests that eggs are even better for you since they increase your HDLs, which lowers LDLs.

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Davette M. Brown, LPN has worked in the nursing field for almost 25 years and retired in 2007. She has also studied nutrition and diet independently for the past 10 years. Miss Brown also serves as a guest expert on the site [www.HealthyFoodForHealthyLiving.com](http://www.HealthyFoodForHealthyLiving.com). She is currently working on two books, one on feeding your family healthy food without breaking the bank. When she isn't writing or reading, Davette educates her ten year old son and enjoys exploring her new hometown of Fairbanks, Alaska.



You can find more information, including recommended books and resources, on her blog at:

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