

## NATUROPATHIC CHOLESTEROL RECOMMENDATIONS ♥

### What you can do:

### And why:

♥ 2 tbsp fresh ground sesame or flax seeds	These seeds contain fiber and essential fatty acids which can help lower cholesterol.
♥ Low glycemic index diet (cut back significantly on simple carbs), less than ½ to ⅓ of your portion size should be carbohydrate, the rest: healthy fats/protein and leafy veggies.	Higher blood sugar from carbs and sweets will force your liver to convert sugars into more cholesterol!
♥ Cut back on alcohol and caffeine.	Things that are hard on the liver can raise your cholesterol.
♥ No juice/soda.	These will raise your blood sugar and cholesterol—unsweetened sparkling water or herbal tea are good alternatives to juice/soda.
♥ More dark leafy greens—ideally with each meal: kale, swiss chard, mustard greens, arugula, collards etc...	Greens have fiber, antioxidants, and omega-3's which are all beneficial for your cholesterol.
♥ More <i>healthy</i> fats such as nuts and seeds—walnuts, almonds, pumpkin seeds (no peanuts), avocados, wild caught salmon, sardines, mackerel. Make sure the nuts are not deep fried in oil as a lot of nut mixes tend to be.	Good quality sources of omega-3's are great for improving the quality of your cholesterol by making them less sticky and plaque forming.
♥ Use higher smoke point oils for cooking such as coconut or sesame—don't cook with extra virgin olive oil (it oxidizes too quickly when exposed to heat) but feel free to use it in salad dressing or to drizzle it onto your food. Avoid vegetable oils/canola/corn oil/soybean oil and trans fats like margarine/Crisco etc...	Overheated/oxidized oils can increase inflammation and as well as the sticky/plaque forming type of cholesterol in the body.
♥ Eggs—use omega/organic eggs and do not scramble them but rather poach or soft boil so you do not overheat the yolk and turn it into an oxidized fat.	Eggs can be good or bad for your cholesterol—depends on your genetics and how you prepare them.
♥ If butter, do organic grassfed or even better would be ghee/clarified butter which has a very high smoke point.	Depending on your genetics, if saturated fats like butter don't raise your cholesterol, it could be helpful with balancing your blood sugar. But for most, butter can cause cholesterol problems.
♥ Grass fed beef is ok but no charred/blackened/smoked meats/bacon.	Smoked/blackened meats create a lot of inflammation/oxidative stress which will raise cholesterol and your cardiovascular risk.

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