

# Lowering Cholesterol Naturally E-Report



Your Guide To Lowering  
Your Body's Cholesterol  
Levels Without Drugs

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# Section 1: Your Introduction to Cholesterol

Welcome to **Lowering Cholesterol Naturally**, a guide designed especially for you to help you lower your body's cholesterol level without having to rely heavily on medication.

Together we will walk through simple yet specific steps you can begin taking today to bring the level of cholesterol in your blood down to your target level.

One thing you will notice very quickly about this report is that it is written in a way that gets right down to the heart of what is important to you.

While it is necessary to understand how cholesterol is made in your body and what this means to your overall health picture; what you really want to know is what you can do to lower it.

If you are just getting started or you are unsure of what your cholesterol count is then you will find the first two sections of this report helpful. They outline the basics such as how cholesterol rises in your body as well as symptoms, risks, and terms associated with elevated blood cholesterol.

If you have already been to the doctor and told you have to lower your cholesterol then you may want to skim the first two sections and get to the meat of this report beginning in Section 3, which is filled with useful ways you can lower your cholesterol starting today.

The goal of this report is to leave you with a complete understanding of the steps you can take to restore your healthy blood chemistry. You are encouraged to follow the steps within this report and discuss them with your doctor and more importantly follow up and follow through.

### **Cholesterol Facts Important to You**

Because you are reading this report it shows that you understand how important maintaining a normal cholesterol level is to your health.

Signs and symptoms of high cholesterol are usually not visible and most people do not learn that they have a problem with their cholesterol level until they have a blood test from their doctor. By reading this report you are taking a proactive approach to better health.

You may know there are both “good” and “bad” forms of cholesterol. Cholesterol is a waxy, fat-like substance that can be found in every cell of your body. Cholesterol is used to make hormones, Vitamin D, and other substances that aid digestion.

Your body naturally makes all the cholesterol you need, but you can get additional cholesterol from the foods you eat.

### **Understanding the Terminology**

The terms you typically hear used in association with cholesterol are LDL and HDL. These are kinds of lipoproteins and they are what carry cholesterol through your blood. Without the lipoproteins, cholesterol (a wax) would not mix with your blood (a liquid) and could not be transported and used by your body.

LDL stands for low density lipoprotein. This is the one referred to as “bad” cholesterol. When you have too many LDL’s, cholesterol builds up in your arteries.

HDL stands for high density lipoprotein and is considered the “good” cholesterol. HDL carries cholesterol from your body to your liver where it is removed. *A simple way to remember that HDL is the good cholesterol is to think of “H” as standing for “Healthy”.*

### **How Your Cholesterol Level is Affected**

There are a number of factors that combine to give you your cholesterol profile. Some factors are under your control and others are not.

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The factors you cannot control include:

- Genetics. High cholesterol may be in your genes. Some families have a predisposition to high blood cholesterol levels.
- Age. As you age your LDL (bad) cholesterol levels go up.
- Gender. Young women have lower LDL (bad) cholesterol levels than young men; however, this trend reverses after menopause giving older women higher levels of LDL.

The factors you can control include:

- Your diet
- Your weight
- Your physical activity level
- Your stress level
- Your natural supplement use
- And other behavior factors including smoking and alcohol consumption

As you can see there are many factors under your control which can significantly lower your cholesterol level. It is these factors that will be discussed in detail in Section 3 where you will learn immediate action steps you can take to manage cholesterol.

# Section 2: Understanding Your Cholesterol Numbers

The blood test ordered by your doctor will likely be a test called a lipoprotein profile. This measures your total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides.

If the results of your blood test show that you have higher than normal levels of cholesterol you will be told you have high blood cholesterol or hypercholesterolemia.

### A lipoprotein profile lets you know the following information:

- **Total Cholesterol Level**

Desirable	less than 200 mg/dL	(less than 5.2 mmol/L)
Borderline	200-239 mg/dL	(5.2-6.2 mmol/L)
High	240 mg/dL or above	(6.2 mmol/L or above)

- **LDL (bad) Cholesterol Level**

Optimal	less than 100 mg/dL	(less than 2.6 mmol/L)
Near Optimal	100-129 mg/dL	(2.6-3.3 mmol/L)
Borderline	130-159 mg/dL	(3.4-4.1 mmol/L)
High	160-189 mg/dL	(4.1-4.9 mmol/L)
Very High	190 mg/dL or above	(4.9mmol/L or above)

- **HDL (good) Cholesterol Level**

High Risk	less than 40 mg/dL	(less than 1 mmol/L)
Lower Risk	40-59 mg/dL	(1-1.5 mmol/L)
Protective	60 mg/dL or above	(1.5 mmol/L or above)

- **Triglyceride Levels (another form of blood fat)**

Normal	less than 150 mg/dL	(less than 1.7 mmol/L)
Borderline High	150-199 mg/dL	(1.7-2.2 mmol/L)
High	200-499 mg/dL	(2.3-5.6 mmol/L)
Very High	500 mg/dL or above	(5.6 mmol/L or above)

### **The Importance of the HDL to LDL Ratio**

An important ratio for you to understand and that will be important to your doctor is the HDL to LDL ratio. It is not enough to just have high levels of good HDL cholesterol; the ratio of good to bad cholesterol is important as well.

The reason this ratio is important is because you could have a heart attack if you have a high HDL level along with high LDL level.

Your doctor would like to see your total LDL cholesterol level be a little less than four times that of your HDL level. The ratio is determined by dividing the LDL cholesterol into the HDL cholesterol.

For example, if a person has an HDL cholesterol of 50 mg/dL and an LDL cholesterol of 150 mg/dL, the HDL/LDL ratio would be 0.33. The goal is to keep the ratio above 0.3, with the ideal HDL/LDL ratio being above 0.4.

This ratio can be as important or more so in predicting your likelihood of suffering a heart attack or stroke due to your cholesterol level.

### **Consequences of high blood cholesterol levels**

If the cholesterol in your blood is too high it begins to stick to the walls of your arteries and accumulate. This build up is called plaque. If this plaque is not addressed it grows and causes a narrowing of your arteries which is called atherosclerosis or "hardening of the arteries."

Problems result when atherosclerosis affects the arteries that carry blood to your heart. When these arteries, known as the coronary arteries, are narrowed the amount of oxygen being transported to your heart decreases. This can lead to chest pains called angina.

Another concern is the release of fat and cholesterol from the plaque build up. At times fat or cholesterol can break free from the walls of the arteries and result in a blood clot that can block blood flow and lead to a heart attack.

By taking the steps outlined in Section 3 of this report you may be able to naturally lower your cholesterol level, which can slow or even stop the build up of plaque in your arteries.

### **Section 3: Reducing Your High Cholesterol Levels**

You now have an understanding of what cholesterol is, how it accumulates in your blood and what your specific cholesterol profile numbers mean. Now it is time to take action.

Below you will find specific steps you can take to lower your bad cholesterol and raise your good cholesterol. However, before you start your cholesterol lowering program there is something you need to consider and that is your mindset.

There are two common responses when you receive a diagnosis of high cholesterol. One response is to give up and hand your fate over to the drug manufacturers in hopes that the latest drugs will be your cure.

The problem with this response is that your future is out of your control. There are many benefits that can come from a proper regimen of cholesterol lowering drugs but these drugs also come with side effects that you do not want.

The most common side effects of cholesterol lowering drugs tend to involve the digestive system, such as constipation, abdominal pain, and cramps. These symptoms are usually mild to severe and generally subside as therapy continues.

Yet side effects can be more serious and can include liver damage, brain or central nervous system damage, or rhabdomyolysis (a serious breakdown of muscle tissue),

Pay attention to how your body reacts to medications and alert your doctor immediately if you experience any unusually feeling or notice yellowing of the skin, abdominal pain, fever; muscular pain, tenderness or weakness; a rash, difficulty breathing, wheezing; swelling of the mouth, tongue or throat, or any ache, pain or symptom that cannot be explained.

The second response is to take your diagnosis and turn it into motivation. Let your high cholesterol diagnosis be the catalyst you have been looking for to begin a healthy living program.

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The fact of the matter is that you have much control over your cholesterol readings. Yes there are some things you cannot control such as your genes, age, and gender but these factors are only part of big picture that determines your blood cholesterol level.

You do have influence over your diet, your weight, your physical activity level, your stress level and whether you smoke, drink alcohol or take beneficial and natural supplements. These steps lead to better overall health and the side effects you can expect include positive factors such as a healthier heart and more energy.

You can make a difference. Adopt a mindset that says you will stick with the healthy living program laid out for you in the next few pages and don't look back.

### Goal of Treatment

The goal you are seeking is simple, lower your LDL level and raise your HDL level. By doing this you will minimize your risk of serious health consequences including atherosclerosis and heart attack.

You probably know what a healthy lifestyle looks like; the question you may be asking is "*how do I make these healthy changes fit into my life.*"

This report is designed to remove the guesswork and uncertainty that comes with making a healthy living shift so you have an immediate plan of action at your finger tips.

Below you will find a *Weekly Plan to Lower Cholesterol Naturally*. By following this plan for the next 12 weeks you should notice an increase in your energy level and start to feel a sense of general well being and control over your health. Of course you will also be looking for the big prize, which is a significant drop in your cholesterol level.

There are 6 areas addressed in the *Weekly Plan to Lower Cholesterol Naturally*: Diet, Exercise, Weight, Stress, Lifestyle Habits and Natural Supplements.

If you only work on one of these areas and neglect the others you will not get the positive results you seek. But, if you set your mind to making a change and follow the recommendations below you can lower your cholesterol level naturally, and avoid the need to rely solely on medication.

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This or any lifestyle change you make should first be discussed with your doctor. He or she will help you custom fit this plan to your specific health needs.

### Weekly Plan to Lower Cholesterol Naturally

#### Step 1: Diet

Your body produces its own cholesterol by manufacturing it in the liver, but cholesterol can also come from the foods you eat.

It is recommended that you limit your average daily cholesterol intake to less than 300 milligrams and lower this to less than 200 milligrams if you have heart disease.

You can achieve this daily cap by limiting foods that contain cholesterol and saturated fats such as:

- Fatty meats
- Whole milk
- Whole dairy products (cheeses, ice cream, butter)
- Trans fats – man-made fats found in foods like stick margarine, many baked goods and fried foods.

But don't fall into a common fallacy that all fat is bad for your cholesterol level. In fact, there are a number of healthy, unsaturated fats that can be beneficial. These foods include:

- Fatty fish such as tuna and salmon
- Walnuts
- Almonds
- Avocados

Foods that you will want to include regularly in your diet contain soluble fiber, plant sterols/stanols and other health benefits. These foods include:

- Beans
- Legumes
- Fruits

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Vegetables  
Grains  
Nuts  
Seeds

For a more complete and in-depth look at foods that will help you lower your cholesterol refer to <http://www.all-about-lowering-cholesterol.com/cholesterol-foods-report.html>

Following a diet is a lifestyle issue that can seem intimidating. You may be concerned that you will have to give up all your favorite foods or that you will end up feeling deprived. This does not have to be the case.

The Therapeutic Lifestyle Changes Diet, commonly abbreviated as the TLC Diet is a recommended diet plan for people who want to control their cholesterol level.

This diet outlines how you can balance fats, carbohydrates, and proteins in your diet so you enjoy eating while lowering your cholesterol.

### How to Change Your Diet

Below you will see a sample diet plan that you can follow to lower your cholesterol. The first diet plan adds up to 2,500 calories and is intended for a man. The second diet plan adds up to 1,800 calories and is intended for a woman.

#### **2,500 Calorie Cholesterol Lowering Diet Plan**

*The diet described below provides approximately 158 mg of cholesterol and 52 grams of fiber with 10 grams of soluble fiber. An estimated 5% of the total fat calories are from saturated fat.*

#### **Breakfast**

Bran cereal – ¾ cup	150 calories
Skim milk – 1 cup	100 calories
Banana – 1 medium-sized	100 calories
English muffin – 1 medium-sized	200 calories
Soft margarine – 2 tsp.	40 calories

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Jelly – 1 Tbsp.	60 calories
Cantaloupe melon – 1 cup	80 calories
Orange juice – 1 cup	90 calories
Coffee with 2 Tbsp skim milk – 1 cup	20 calories

### Lunch

Chicken breast sautéed in 2 tsp. canola oil – 4 ounces	210 calories
Collard greens – ½ cup	30 calories
Chicken broth, low sodium – 1 Tbsp.	10 calories
Black-eyed peas – ½ cup	65 calories
Corn on the cob – 1 medium-sized	100 calories
Soft margarine – 1 tsp.	20 calories
Mixed fruit, canned in water – 1 cup	120 calories
Unsweetened iced tea – 1 cup	0 calories

### Dinner

Catfish coated with flour and baked with ½ Tbsp. canola oil – 4 ounces	180 calories
Sweet potato – 1 medium-sized	175 calories
Soft margarine – 2 tsp.	40 calories
Spinach cooked in 2 Tbsp. low-sodium vegetable broth – ½ cup	30 calories
Corn muffin – 1 medium-sized	175 calories
Soft margarine – 1 tsp.	20 calories
Watermelon – 1 cup	80 calories
Unsweetened iced tea – 1 cup	0 calories

### Snacks

Bagel with 1 Tbsp. reduced fat peanut butter– 1 medium-sized	250 calories
Skim milk - 1 cup	100 calories
Drink 8 – 8ounce glasses of water throughout the day	

*Based on research, by decreasing your saturated fats to less than 7% of your total calorie intake you can reduce your LDL level by 8-10% and by adding 5-10 grams of soluble fiber to your daily diet you may be able to reduce your LDL level by 3-5%.*

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### **1,800 Calorie Cholesterol Lowering Diet Plan**

*The diet described below provides approximately 115 mg of cholesterol and 28 grams of fiber. An estimated 6% of the total fat calories are from saturated fat.*

#### **Breakfast**

Oatmeal – 1 cup	150 calories
Skim milk – 1 cup	100 calories
Dried fruit – ¼ cup	60 calories
Honeydew melon – 1 cup	80 calories
Orange juice – 1 cup	90 calories
Coffee with 2 Tbsp skim milk – 1 cup	20 calories

#### **Lunch**

Roast beef and cheese sandwich	
Lean roast beef – 3 ounces	150 calories
Whole-wheat bun – 1 medium-sized	100 calories
Low-fat Swiss cheese – 1 ounce slice	80 calories
Lettuce – 2 large leaves	5 calories
Tomato slices – 2 medium	10 calories
Mustard – 2 tsp.	10 calories
Pasta salad with mixed vegetables and olive oil – ½ cup	75 calories
Apple – 1 medium-size	80 calories
Unsweetened iced tea – 1 cup	

#### **Dinner**

Tuna steak cooked in 2 tsp. olive oil – 3 ounces	135 calories
Brown rice – 1 ½ cup	110 calories
Mixed vegetables – 1 cup	35 calories
Blueberries – 1 cup	80 calories
Low-fat frozen yogurt – ½ cup	120 calories
Skim milk – 1 cup	100 calories

#### **Snacks**

Popcorn cooked in 1 Tbsp. canola oil – 2 cups	100 calories
Pears, canned in water – 1 cup	80 calories
Drink 8 – 8ounce glasses of water throughout the day	

*Based on research, by decreasing your saturated fats to less than 7% of your total calorie intake you can reduce your LDL level by 8-10%*

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*and by adding 5-10 grams of soluble fiber to your daily diet you may be able to reduce your LDL level by 3-5%.*

In Step 3: Weight Management, you will find a daily diet plan that you can follow that will not only allow you to lower your cholesterol but also reduce your calorie intake so you can lose weight.

But first, let's take a look at another important lifestyle change that you can make to bring your cholesterol down and that is your physical activity level.

### **Step 2: Physical Activity**

Becoming more physically active is an important part of your healthy plan for controlling cholesterol. Exercise can lower your triglycerides and raise your HDL cholesterol. It will also help you lose weight, lower your blood pressure, and reduce your risk of related heart conditions.

You want to be smart when you plan to add exercise to your daily routine. If you have not been participating in a regular exercise routine within the past year you will want to spend the first few weeks of your 12 week *Plan to Lower Cholesterol Naturally* building up your strength and endurance.

Be sure to check with your doctor before beginning this or any physical activity program.

Your goal for physical activity is to get at least 30 minutes of moderate-intensity activity on 6 days a week. This activity does not have to be strenuous or something that you do not enjoy. There are many activities that you can include in your exercise which not only help you but are enjoyable as well. Just pick up any or more activities that you enjoy from the list below.

Brisk walking  
Golf (walking the course)  
Dancing  
Bicycling  
Gardening  
House cleaning  
Jogging  
Swimming

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Aerobics class  
Basketball  
Racquetball  
Tennis

If there's any other activities you enjoy, do them. What's important is that you start moving. How you move is not important – important is that *You Must Move*.

If you are currently active, then you can begin focusing on getting 30 minutes of physical activity on 6 days a week. Keeping a simple exercise log in which you write down your daily activity is a great way to motivate yourself to stay on track and reveal your progress.

If you are not currently active, then follow this plan for working up to 30 minutes of daily activity.

### **Beginners Plan for adding physical activity.**

Week 1 – Perform any physical activities listed above for 10 minutes 3 times this week.

Week 2 – Perform a physical activity for 20 minutes 3 times this week.

Week 3 – Perform a physical activity for 30 minutes 3 times this week.

Week 4 – Perform a physical activity for 30 minutes 4 times this week.

Week 5 – Perform a physical activity for 30 minutes 5 times this week.

Week 6 and beyond – Perform a physical activity for 30 minutes 6 times a week

The key is to get moving. You will be surprised by how quickly your body responds to your increase in activity if you stay consistent by following this plan.

### **Step 3: Weight Management**

Weight will not be an issue for everyone but if you are overweight, then losing just 10 pounds can reduce your LDL level by 5-8%.

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There are many aspects to consider with weight loss. You are human, which means you are a creature of habit and you may find it difficult to break poor eating habits.

Because of this you will want to keep track of your calorie intake and record the foods you eat over the next 12 weeks so you can become more aware of your overall food intake and avoid mindlessly eating out of habit.

You may also find it helpful to focus on how hungry you are before a meal or snack. If you find that you are turning to food at times when you are not physically hungry, then ask yourself if you are using food to avoid boredom or an uncomfortable feeling. This added awareness may be all you need to avoid unnecessary calories.

Below is a reduced calorie sample diet you can follow to help lower your cholesterol level and lose weight. Discuss this diet with your doctor before following to determine which plan is right for you.

### 1,200 Calorie Cholesterol Lowering Diet Plan

#### Breakfast

Oatmeal prepared with low fat milk – ¾ cup	115 calories
Skim milk – ½ cup	50 calories
Orange juice – ½ cup	45 calories
Coffee with 1 oz. low fat milk – 1 cup	20 calories

#### Lunch

Baked chicken, white meat without skin – 3 oz.	140 calories
Vegetable oil – ½ tsp.	10 calories
Salad:	
Lettuce – ½ cup	10 calories
Tomato slices – ½ cup	20 calories
Cucumber – ½ cup	20 calories
Oil and vinegar dressing – 1 tsp.	25 calories
White rice – ¼ cup	50 calories
Soft margarine – ½ tsp.	10 calories
Biscuit prepared with vegetable oil – ½ small	75 calories
Soft margarine – 1 tsp.	20 calories
Diet soda – 1 cup	0 calories

#### Dinner

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Lean roast beef – 3 ounces	150 calories
Onion – ¼ cup	10 calories
Beef gravy, water-based – 1 Tbsp.	25 calories
Turnip greens – ½ cup	35 calories
Soft margarine – ½ tsp.	10 calories
Sweet potato – 1 small	85 calories
Soft margarine – ¼ tsp.	5 calories
Ground cinnamon – 1 tsp.	0 calories
Brown sugar – 1 tsp.	10 calories
Corn bread prepared with margarine – ½ medium slice	75 calories
Honeydew melon – 1/8 medium melon	30 calories
Water – 2 cups	

### Snacks

Saltine crackers, unsalted tops – 4 crackers	50 calories
Mozzarella cheese, part skim, low sodium – 1 oz.	80 calories
Drink 8 – 8ounce glasses of water throughout the day	

### **1,600 Calorie Cholesterol Lowering Diet Plan**

### Breakfast

Rye toast – 1 medium slice	100 calories
Jelly – 1 Tbsp.	30 calories
Whole grain cereal – 1 cup	160 calories
Skim milk – 1 cup	100 calories
Orange juice – ¾ cup	95 calories
Coffee with 1 ounce skim milk – 1 cup	20 calories

### Lunch

Roast beef sandwich	
Lean roast beef – 3 ounces	150 calories
Whole-wheat bun – 1 medium-sized	100 calories
Low-fat Swiss cheese – 1 small slice	80 calories
Lettuce – 2 large leaves	5 calories
Tomato slices – 2 medium	10 calories
Mayonnaise, low-calorie – 2 tsp.	20 calories
Apple – 1 medium-size	80 calories
Unsweetened iced tea – 1 cup	0 calories

### Dinner

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Salmon cooked in 1 ½ tsp. olive oil – 3 ounces	180 calories
Baked potato – 1 small	85 calories
Soft margarine – 1 tsp.	20 calories
Mixed vegetables – 1 cup	35 calories
Dinner roll – 1 medium	100 calories
Ice milk – ½ cup	125 calories
Water – 2 cups	

### Snacks

Popcorn cooked in 1 Tbsp. canola oil – 2 cups	100 calories
Drink 8 – 8ounce glasses of water throughout the day	

Losing weight will help your overall health profile as well as your cholesterol management. Couple one of the above diet plans with 30 to 60 minutes of physical activity outlined in Step 2: Physical Activity and you will be well on your way to lowering your cholesterol level.

For a more comprehensive approach to losing weight you can view a Weight Loss Video Presentation And Discover Tips For Getting A Flat Belly. You can click below or copy and paste the link in your web browser <http://www.all-about-lowering-cholesterol.com/weight-loss>

### Step 4: Reducing Stress

Stress has already been linked to high blood pressure and related cardiovascular stress conditions but recent research shows prolonged exposure to stress can also raise your blood cholesterol and lipid levels.

If you want to lower your cholesterol level and you are under a high amount of stress, then bringing your stress level under control is important.

### How to lower your stress level

Managing stress begins with identifying your stress triggers. This sounds simple, yet you may have become so accustomed to your stress that the sources may no longer be obvious to you.

You cannot fix your stress until you have a better understanding of what it is that causes you stress so part of your responsibility for your

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*Weekly Plan to Lower Cholesterol Naturally* will be to keep a Stress Journal.

A Stress Journal is a simple notebook that is easy to carry and have handy during your day. The purpose of the journal is to help you identify the regular stress producers in your daily life.

What you will notice quickly is that patterns and common themes begin to emerge that give you valuable clues to identifying stressors in your life. This knowledge will help you find strategies for dealing with those stressors.

### **How to make your Stress Journal a helpful tool**

1. Begin by noticing when you are feeling stress. Do you feel tightness in your chest or experience a heavy feeling in your stomach?
2. Record in your Stress Journal what you believe is causing your stress. Take a guess if you are not sure.
3. Record how you feel both physically and emotionally.
4. Record how you responded to the stressful situation.
5. Record what made you feel better.

Sometimes the simplest solutions are the most powerful. Do not “over think” this step or push it off thinking that your stress level is unimportant to your health. You may just find that your daily Stress Journal is the most valuable tool you create as you move through your *Weekly Plan to Lower Cholesterol Naturally*.

### **Step 5: Lifestyle Habits**

During the next 12 weeks your goal is to create enough change so you see a significant decrease in your blood cholesterol level. This may mean that you need to make some tough decisions about some of your current lifestyle habits.

#### **Smoking**

Smoking tobacco products is one of the major risk factors that lead to cardiovascular disease and it lowers your HDL cholesterol level. This is

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why it is important for you to make the decision to quit smoking if you are currently a smoker.

There is an addictive side to smoking that makes the habit challenging to break, yet this 12 week period is an optimal time for you to take back control of your health.

According to the American Cancer Association, there is no one right way to quit smoking, but they have identified some key elements that help people quit successfully.

1. Make the decision to quit.
2. Set a quit date, and select a quit plan.
3. Manage physical and the psychological withdrawal.
4. Stay quit by maintaining your success.

Only you can make the decision to quit smoking. Pull out a pen and mark a day on your calendar when you will quit smoking and take the steps needed to quit this life-threatening habit.

You can help yourself manage the physical withdrawal symptoms associated with quitting smoking by using nicotine patches or other methods that help reduce addiction to nicotine/smoking. You can either check your local pharmacy or simply search online for “buy nicotine patches”.

### **Alcohol**

Alcohol may have some benefits as it has been shown in research studies to increase HDL cholesterol levels. However, it carries with it other potential health risks, and the benefits are not great enough to recommend drinking alcoholic beverages for cholesterol lowering.

If you do not currently drink alcohol do not start. If you do drink, do so in moderation. Moderation is defined as an average of one to two drinks per day for men and one drink per day for women.

### **Step 6: Natural Supplements**

Because you are reading this report on how to lower your cholesterol naturally, you are probably curious about natural supplements that may be able to lower your cholesterol level.

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Any time you can turn to nature for a cure you can find the greatest health benefits and the fewest side effects.

Natural supplements contain powerful nutrients to promote health and vitality, and can support healthy cholesterol function in your body.

As you move through your *Weekly Plan to Lower Cholesterol Naturally* you will have days when you do not have the ability to follow your diet as well as you had planned. It is at these times when a nutritional supplement can bridge the gap and give you the reassurance that you are getting the nutrition you need without negative side effect.

A good supplement for lowering cholesterol will contain some key ingredients including Niacin (Vitamin B3), Policosanol, Plant Sterol Complex, Garlic, Guggal, and Cayenne.

These ingredients have been shown to help increase HDL cholesterol levels and decrease LDL cholesterol levels as well as decrease total cholesterol and triglyceride levels – all important components of your healthy cholesterol profile.

For more information on a recommended natural supplement visit <http://www.all-about-lowering-cholesterol.com/Cholestasys-supplement.html>

### **Section 4: Conclusion**

#### **Putting your *Weekly Plan for Lowering Cholesterol Naturally* into action.**

Making a significant change in your cholesterol level can be done but you must take action. You now understand the 6 steps to drug-free management of your high blood cholesterol. Your next step is to act!

If you have not been to your doctor, you will want to start with a visit. Be sure to have your blood cholesterol level checked so you know your starting point.

To implement your plan you need to follow the 6 steps outlined in detail above. They are recapped below to provide a simple guide for implementing the plan.

Discuss this plan with your doctor and when you are cleared to begin follow this plan for the next 12 weeks and then set an appointment to revisit your doctor for a follow-up blood test.

#### **Weekly Plan to Lower Cholesterol Naturally**

##### **Step 1: Diet**

Following a proper cholesterol lowering diet may be the most significant step you take to bring your cholesterol level under control.

Your cholesterol lowering diet will be low in saturated fats and cholesterol and high in soluble fiber and plant sterols. Take action today by choosing a diet plan from the ones provided above.

##### **Step 2: Physical Activity**

Becoming physically active will lower your triglycerides and raise your HDL level. This can also be a key component in weight loss which will further help you manage your cholesterol.

Your goal is to work up to 30 minutes of physical activity 6 days a week. Begin your plan today by strapping on your walking shoes and heading out the door.

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If you are just beginning your exercise routine begin with 10 minutes of activity 3 days a week and increase the time and frequency until you are comfortable exercising 6 days a week.

### **Step 3: Weight Management**

Even a few pounds of weight loss can lower your LDL level significantly. Follow one of the reduced calorie diet plans outlined above and record your calorie and food intake in a journal.

Getting control of your weight is a challenge but it is vital for your health and will leave you feeling more energetic.

### **Step 4: Reduce Stress**

Find a small notepad right now that you can use as a Stress Journal and begin recording the times you feel stress and what is causing your discomfort.

Stress has a negative effect on your entire health picture and can increase your cholesterol levels. Take the next 12 weeks and gain control over your stress by making daily entries into your Stress Journal.

### **Step 5: Lifestyle Changes**

Are you a smoker? Decide today what day you will quit. By making a strong decision you activate your will and begin your road to success.

Do not start drinking alcohol if you do not already drink. Research shows a moderate beneficial link between drinking alcohol and raising HDL levels, but the possible negative affects outweigh the benefits and therefore drinking is not recommended as a remedy for high cholesterol.

### **Step 6: Natural Supplements**

There will be days when following steps one through five are not possible. Taking a natural supplement that has been shown to lower cholesterol effectively will help you know that you are giving your body the proper nutrients it needs.

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For more information on a beneficial natural supplement for lowering cholesterol visit

<http://www.all-about-lowering-cholesterol.com/Cholestasys-supplement.html>

These 6 steps work together to help you lower your cholesterol naturally. If you skip one of the steps or decide you do not need a step you may still see the drops in your cholesterol levels.

Each of these methods is powerful on its own, but combined they produce a synergistic effect.

The key to changing is not information, *it is action*. Commit to at least 3 of the above methods. Of course committing to all 6 is the best course of action, but again at the least you want to commit to 3 of these methods.

If you have been to the doctor and you have been told that you have high cholesterol take this as a wake up call and turn this news into the motivation that gets you eating healthy foods, exercising regularly, taking control of your weight and stress, breaking bad habits and starting a regimen of healthy natural supplements.

The ball is in your court. What are you willing to do to lower your cholesterol naturally?

Take this 12 week challenge and follow the *Weekly Plan to Lower Cholesterol Naturally*, you will not only improve your cholesterol numbers but you will uncover more energy and a sense of well being that you didn't think possible.

Here is to your happy, healthy and long life!

And please send your feedback, comments and more importantly results to

[feedback@all-about-lowering-cholesterol.com](mailto:feedback@all-about-lowering-cholesterol.com)

## Recommended Resources

For more information on products and information found in this report please refer to the following:

Additional Cholesterol Information:

[www.all-about-lowering-cholesterol.com](http://www.all-about-lowering-cholesterol.com)

Weight Loss

<http://www.all-about-lowering-cholesterol.com/weight-loss>

Natural Supplements for Lowering Cholesterol:

<http://www.all-about-lowering-cholesterol.com/Cholestasys-supplement.html>

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