

The Cure for “HIGH” Cholesterol

“You can’t afford to get sick, and you can’t depend on the present health care system to keep you well. It’s up to you to protect and maintain your body’s innate capacity for health and healing by making the right choices in how you live.” Andrew Weil, MD

Who is the best person you know to keep you well? Your body as doctor means you have the native intelligence and wisdom to make good decisions about what to eat, how to exercise, how to pattern your life for health and wellness. We only need to learn to tune in and get the answers.

Before we jump into the idea of Lowering Cholesterol, I want to share an insight that might come as a shock...

Cholesterol is NOT the Enemy... in Fact Cholesterol is your friend! It literally helps to keep you alive!

If you have any doubts about this I encourage you to watch this video:

<https://optimalhealthbridge.com/the-cholesterol-myth/>

Myth Busting Cholesterol Theory

I know it has been a common association for almost 50 years because cholesterol is high you have a 50/50 chance of having a heart attack. But if your cholesterol is not high, you still have a 50/50 chance. Why? Because generally speaking, it's cholesterol PLUS systemic inflammation that causes heart attacks and stroke, not to mention STRESS as being a major contributor.

So please watch the video above and understand what is really at play. No one complains of high cholesterol, because there are no symptoms except you are probably feeling pretty happy. It's only when you do the blood test and the doctor sees the results, he or she decrees, you must go on statin drugs.

The other test to ask for is the C Reactive Protein test. What is C-reactive protein? ... A high level of CRP in the blood is a marker of inflammation. It can be caused by a wide variety of conditions, from infection to cancer. High CRP levels can also indicate that there's inflammation in the arteries of the heart, which can mean a higher risk of heart attack.

So in all cases, most holistic minded folks are going to consume a diet that results in a lower inflammation profile. What does that mean? It means you are not consuming very many processed foods (junk food, crap food). Okay great what does that mean?

1. Eat heart-healthy foods

A few changes in your diet can reduce cholesterol and improve your heart health:

- Reduce saturated fats. Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol. Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol.
- Eliminate trans fats. Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes. Trans fats raise overall cholesterol levels. The Food and Drug Administration has banned the use of partially hydrogenated vegetable oils by Jan. 1, 2021.
- Eat foods rich in omega-3 fatty acids. Omega-3 fatty acids don't affect LDL cholesterol. But they have other heart-healthy benefits, including reducing blood pressure. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts and flaxseeds. This is key!
- Increase soluble fiber. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Soluble fiber is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears. Tip: No eating after 8pm and only apples for dessert. Your body will love you back.
- Add whey protein. Whey protein, which is found in dairy products, may account for many of the health benefits attributed to dairy. Studies have shown that whey protein given as a supplement lowers both LDL cholesterol and total cholesterol as well as blood pressure.

2. Exercise daily or on most days of the week and increase your physical activity.

Your smart phone comes with a step counter. The ideal as a base minimum is 10,000 steps a day. That is about 5 miles for most people. If you haven't been walking much, then take it easy for first few days. If you have a forest nearby, you get a twofer. You not only get to exercise but you get to breathe clean fresh air. It's maddening to see people jogging along side a busy road filled with car fumes.

Exercise can improve cholesterol. Moderate physical activity can help raise high-density lipoprotein (HDL) cholesterol, the "good" cholesterol. With your doctor's OK, work up to at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week.

Adding physical activity, even in short intervals several times a day, can help you begin to lose weight. Consider:

- Taking a brisk daily walk during your lunch hour
- Riding your bike to work
- Playing a favorite sport

To stay motivated, consider finding an exercise buddy or joining an exercise group.

3. Quit smoking

You are not still smoking are you? Okay, stop it right now. Seriously, you need to get with a hypnosis program and reprogram your brain and body into not needing a smoke. Quitting smoking improves your HDL cholesterol level. The benefits occur quickly:

- Within 20 minutes of quitting, your blood pressure and heart rate recover from the cigarette-induced spike
- Within three months of quitting, your blood circulation and lung function begin to improve
- Within a year of quitting, your risk of heart disease is half that of a smoker

4. Lose weight

Carrying even a few extra pounds contributes to high cholesterol. Small changes add up. If you drink sugary beverages, switch to tap water. Add a lime or squeeze a lemon into your water. I've been doing this for a year now and it so easy to do. Snack on raw almonds or nutrient dense trail mix. The absolute best way that I have found to weigh less is to use a technique that you are already practicing. Intermittent fasting. Unless you are getting up to eat in the middle of the night, then you shouldn't be eating for at least 8 hours.

We all fast every day. Mainly during the time that we sleep. If you eat a snack at 11 pm and then eat breakfast at 8am, you have fasted for about 8 or 9 hours. In the world of health, we need a longer period of time to invoke fasting as a resource. So if we build out a longer fast period, let's imagine finishing our evening meal by 6pm or 7pm and then perhaps an apple for dessert and we're satiated by 8pm and then we break fast at

8 am, then we have done a 12 hour fast. So that is lengthening the fast using evening hours. As you will see in sleep hygiene, we recommend a wind down period without the use of TV and iPads, etc. Read a book with light coming over the shoulder is much better than staring into a light emitting device. As darkness falls, cortisol should begin to diminish and be replaced by melatonin. It's a natural process based on light entering the eyes.

So if we want to add more fasting to our daily schedule, we need a psychology to be happy and satisfied without utilizing an early breakfast. Here's why we want to do that: When we begin to eat, we are provoking an insulin response. If a person is carrying extra weight, there most likely is an insulin resistance response taking place, which means you pack on more weight. What insulin does is open the pathway for the food to be used for immediate energy. If the fast continues, other resources will be provoked, that is glycogen and fat stores. This is called a ketogenic process. Burning stored fat instead of breakfast. So what I learned to do was to awake with black coffee. I use Stevia that we sell on our website and is also available at Trader Joe's. Neither black coffee or Stevia provoke insulin. Your fast remains intact.

Once I begin work, I am not thinking about food. If I do suddenly get a hunger sensation, I simply change the meaning of what that is. Instead of "I am hungry. I am going to starve to death." I simply acknowledge that "I am getting lean, fit and trim." The other psychological trick is to have a set time to break the fast and look forward to something delicious, sumptuous, and nutritionally dense. (Real food instead of junk.) Like a thick smoothie with Keto Protein powder, almond milk, a greens powder, flaxseed, and other healthful ingredients. It's delicious and thick and it truly keeps me full until dinner. Dinner should be amazing too. Something to look forward to. I love Indian Food and generally eat a satisfying meal. I've learned to finish this meal by 6pm and then if I need to eat a snack, it's raw almonds, an apple or as an indulgence a favorite protein bar. A calming tea is great too.

Look for ways to incorporate more activity into your daily routine, such as using the stairs instead of taking the elevator or parking farther from your office. Take walks during breaks at work. Try to increase standing activities, such as cooking or doing yardwork. These are lifestyle choices.

5. Drink alcohol only in moderation

Moderate use of alcohol has been linked with higher levels of HDL cholesterol — but the benefits aren't strong enough to recommend alcohol for anyone who doesn't already drink. (Don't confuse this with hard drinks. We are talking about wine from grapes. It's more likely that the natural resveratrol from the grapes is helping to up the HDL which is often called good cholesterol but really that is a misnomer.) LDL and HDL are vehicles and which way the cargo is traveling determines the name. Fully loaded, LDL, empty vehicles heading back to the liver, HDL.

If you drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.

Too much alcohol can lead to serious health problems, including high blood pressure, heart failure and strokes. It's okay to abstain as alcohol is really just a sugar and highly toxic for brain cells.

If lifestyle changes aren't enough ...

Sometimes healthy lifestyle changes aren't enough to lower cholesterol levels. If your doctor recommends medication to help lower your cholesterol, take it as prescribed while continuing your lifestyle changes. Or try our supplement version without a prescription noted below at the bottom of this report. Lifestyle changes can help you keep your medication dose low or eradicate it entirely.

Reprogramming for health: I am a big proponent for changing physiology and health risks via Meditation and subconscious reprogramming. It's easier than you think.

I'll tease you with one video that gives the gist.

https://www.youtube.com/watch?v=OqLT_CNTNYA

PS If you need a short cut to get your cholesterol lower quickly without the use of statin drugs, I invite you to have a look at our [Miracle Cholesterol Pack](#)

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GAREY SIMMONS

I am a health coach with a bent for nutrition and lifestyle. I am the father of ten children, all of whom are grown and off on their own. Whew! I post regularly. I would appreciate honest feedback. Please comment below. Something to think about: “In a perfect world, no one would need supplements. But given the stress of our modern life, the poor quality of our food supply, and the

high load of toxins on our brains and bodies, most of us need a basic daily supply of the key, raw materials for all our enzymes and biochemistry to run as designed.” – Dr. Mark Hyman, MD