

CHOLESTEROL INFORMATION

It is important to note that :

- The body needs cholesterol for many metabolic processes including the production of Vitamin D, hormones and enzymes for digestion. It is also important for brain health particularly as we get older.
- Cholesterol levels are different when measured at different times of the year, so higher in winter and lower in summer, as the creation of vitamin D has an effect on our blood levels. So it may be 'high' in winter when really it's 'normal'!
- Research now suggests that higher cholesterol levels are not associated with a greater risk of heart disease.

Please look at the work of UK Cardiologist Aseem Molhatra

<http://doctoraseem.com/>

<https://www.youtube.com/watch?v=fzZVJDzCAeg&t=15s>

<https://www.diabetes.co.uk/in-depth/aseem-malhotra-great-statin-con/>

and some further links to interesting articles :

<https://articles.mercola.com/sites/articles/archive/2017/05/03/cholesterol-myth-busted.aspx>

<https://www.youtube.com/watch?v=fzZVJDzCAeg&t=5s>

<https://www.greenmedinfo.health/search/google-cse#gsc.q=cholesterol>

And for quick summaries of evidence based medicine in terms of patient benefits

<https://www.thennt.com/>

ALTERNATIVES TO STATINS

For those with existing heart complaints or with a higher risk of developing them :

Crataegus herbal tincture is a valuable tonic : 5mls in water daily , 3 weeks on and 3 weeks off.

Apple cider vinegar daily

Hemp or flax seed oils are good fatty acids for the heart

Omega 3 , 3000 mg daily for 3 months may reduce cholesterol levels.

Red rice yeast but get one that has Crataegus and coQ10 in it if possible.

Or combine BioMedica SynQ10 https://naturaldispensary.co.uk/products/SynQ10_60_s-20978-725.html with Source of Life Garden Red Rice Yeast
<https://naturesplus.com/products/productdetail.php?productNumber=30738>

Milk thistle herbal tincture supports the liver where cholesterol synthesis and processing occurs.

Walnuts - lowers cholesterol LDL and increases good HDL (25g daily consumption provides 90% of daily requirement of EFA's that lower risks of high BP and heart disease)

Raw food diet helps lower cholesterol

Ivy's Mukta Vati : an Ayurvedic herb

Plant sterols eg <https://www.biocare.co.uk/bioplantarum-plus-sterols-90-capsules>

Diatomaceous Earth (Food grade) A small amount of DE gets absorbed into the blood stream as silica. One of the benefits of silica is that it helps destroy bad fats" 1-3 tsp a day in cold drinks/food (not hot because it changes the structure.) Do not breathe it in.

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