



CHOLESTEROL REGULATORS

CONTROLLING LDL—THE “BAD” CHOLESTEROL THAT CAN CLOG ARTERIES—IS A KEY COMPONENT OF A HEART-HEALTHY LIFESTYLE. THESE SUPPLEMENTS CAN HELP.

Cholesterol. Along with blood pressure and glucose (blood sugar), it’s a factor that you have to keep under control for the sake of your cardiovascular system. What’s more, this waxy material seems to have other ominous connections: A recent study found a link between even moderately elevated cholesterol levels at mid-life and dementia risk in old age.

According to the American Heart Association, total cholesterol levels below 200 mg/dL are desirable. Levels of 240 and above are high risk; anything between 200 and 240 represents a borderline risk area. For LDL (“bad”) cholesterol, less than 100 is good, 190 and above is very high risk, and anything in between falls into a pattern of increasing risk (100-129, near optimal; 130-159, borderline high; 160-189, high). Conversely, you want higher levels of HDL (“good”) cholesterol—less than 40 for men and 50 for women increases heart disease risk.

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GREEN TEA



FENUGREEK



GARLIC

Supplement

What it is

Fenugreek

A spice common to many Asian cuisines

Garlic

An herb used by cooks worldwide

Green Tea

With black tea, the planet's most popular hot beverage

Guggul

The resin of the mukul myrrh tree in northern India

Milk Thistle

European herbalism's premiere liver herb

Niacin (Vitamin B3)

A member of the water-soluble B-complex

Oyster Mushroom

A fungus traditionally used for food and medicine

Resveratrol

A substance found in several red fruits, including grapes

Sterols

Plant compounds similar to cholesterol in animals

Tocotrienol

A class of nutrients in the vitamin E family

Vitamin C

The best-known water-based antioxidant

THESE SUPPLEMENTS CAN HELP SUPPORT HEALTHY CHOLESTEROL LEVELS. IF YOU HAVE HIGH CHOLESTEROL, HEART DISEASE OR ANY OTHER PRE-EXISTING CONDITION, SEE YOUR HEALTHCARE PRACTITIONER BEFORE STARTING A SUPPLEMENTATION PROGRAM.

What it does

Has been shown to lower total and LDL cholesterol in people with type 2 diabetes

Helps lower blood pressure along with cholesterol and triglycerides, blood fats linked to heart disease

Has been shown to lower total cholesterol and raise HDL; may block cholesterol absorption in intestines

Has lowered total and LDL cholesterol, along with triglycerides, in studies

Supports the liver, which controls overall cholesterol levels in the body

Helps lower LDL and raise HDL; also helps improve poor circulation

Helps reduce fat and sugar levels in the blood; has also shown immune-stimulating properties

Has shown an ability to lower LDL; may also mimic the anti-aging effects of a very-low-calorie diet

Helps slow the absorption of dietary cholesterol, which can lower LDL levels

Appears to suppress production of cholesterol within the liver; has also shown anti-cancer properties

Helps the blood vessels dilate, which increases blood flow; has also helped reduce blood pressure



MILK THISTLE



OYSTER MUSHROOM



RESVERATROL

**ETWEB
EXTRA**

For more ways to control cholesterol, see the link to this story at www.energytimes.com.