



healthcare for the whole family

Natural Options for High Cholesterol

Have you had your cholesterol checked lately? While not the only risk factor involved in heart disease, cholesterol is one of the most important to manage for long term prevention. Although most marketing towards cholesterol control focuses on reduction, elevating HDL (the “good” cholesterol) may be just as important for heart disease prevention. The most overlooked factor in cholesterol control is the damaging effect of the typical western diet. A diet high in saturated fat, sugar, and processed foods and low in anti-oxidants, minerals, and fiber is the root cause for most cases of high cholesterol. For those individuals with genetic or medical conditions causing high cholesterol, it is especially important to eat with cholesterol control in mind. If dietary changes alone do not bring “bad” cholesterol levels down, consider medication and/or supplementation of natural remedies. Supplements such as guggulipid, garlic, niacin, and green tea extract are appropriate for mild to moderate cholesterol elevations. In severe cases, it is sometimes possible to combine natural remedies, optimal diet, and medication to allow for cholesterol reduction while minimizing potential side effects of medication. At A New Leaf, we can assess your cholesterol needs, test your cholesterol levels, provide a comprehensive profile of your cardiovascular health, and design a heart care protocol that is right for your lifestyle.