



HEART HEALTH CHOLESTEROL GAME PLAN



Improving Your Cholesterol Profile

Fortunately, all the basic Dynamic Wellness lifestyle recommendations apply to achieving a healthier cholesterol profile. And none of these have side effects like drugs do!

- **Lose weight.** Even a modest amount of weight loss can improve your cholesterol profile.
- **Avoid trans-fat.** These heart damaging fats can reduce HDL levels and raise LDL levels. If you find “partially hydrogenated oil” listed in the ingredient list on food labels, find a healthier substitute. Trans-fat is found in many margarines and in most heavily processed foods, as well as in snack foods like chips, crackers and cookies, and in the oils used to cook fast-food french fries, doughnuts and movie popcorn. There are many spreads available on the market today that are free of trans-fat.
- **Limit refined carbohydrates.** A diet full of cookies, cakes, crackers, fluffy breads, white rice, chips, bagels, soda, and sweetened fruit drinks can increase triglyceride levels and lower HDL.
- **Reduce saturated fat.** The richest sources of saturated fat (fat that is usually solid at room temperature) in the diet are red meats, dairy foods (except the fat-free versions), especially whole milk, cheese, butter and cream.
- **Exercise.** Daily aerobic exercise is one well-proven method to increase HDL levels.
- **Don't smoke.** Smoking is a risk factor for heart disease all by itself, but can also significantly lower HDL cholesterol.
- **Relax.** Emotional stress may trigger the body to release fat into the bloodstream, raising cholesterol levels. Practice daily breathing exercises and a stress-reduction technique that works for you, such as yoga, meditation, guided imagery or tai chi.

Some supplements that help raise HDL and lower LDL include:

Fish Oil / Omega-3 fatty acids – also reduce Inflammation

Vitamins

- Niacin (Vitamin B3) – consult with your physician before taking niacin because getting the proper dosage is important.
- A good multivitamin with a strong B Vitamin profile.
- Coenzyme Q10 (CoQ10). CoQ10 is a powerful antioxidant that has been shown to be beneficial for heart health by protecting LDL cholesterol from oxidation and by re-energizing the mitochondria in the heart cells.

Foods that lower LDL include:

- Plant sterol-enriched margarines (Benecol, Take Control), soy protein (miso, tofu, soy burgers), and almonds.
 - These foods also tend to be effective in lowering C-reactive protein (CRP) -- an important measure of inflammation.

Foods that increase HDL include:

- Mono-unsaturated fats, such as olive oil, avocados, peanuts and peanut butter
- Soluble fiber found in oats, fruits (such as apples, grapes and citrus fruits), vegetables, and legumes
- Onions
- Omega-3 fatty acids – salmon, walnuts, flaxseed oil – also reduce Inflammation
- Red Wine or other Alcohol (in moderation, of course!)
- Dark Chocolate