

JOEL FUHRMAN, MD

# Reducing cholesterol naturally

Nearly 50 percent of American adults have total cholesterol levels above 200 mg/dl, placing them at risk for cardiovascular disease — elevated cholesterol is one of the most important risk factors for heart disease. Elevated cholesterol is also associated with increased risk of several cancers.

A high-nutrient diet is by far the most effective method of reducing cholesterol while avoiding side effects. A dietary intervention study using my recommended eating style found that LDL cholesterol was reduced by 33 percent in just six weeks. Similar six-week interventions using low-fat vegetarian, Mediterranean, or other diets have not been nearly as effective.

Statin drugs are also not as effective for reducing chole-

sterol as an excellent diet coupled with exercise.

After six weeks of taking cholesterol-lowering statin medications, cholesterol levels decreased by 26 percent — almost as much as a high nutrient diet, but statins have harmful side effects compared to the healthful benefits of a high nutrient diet.

Statins are associated with liver dysfunction, acute renal failure, cataracts, diabetes, and impaired muscle function. In contrast, not only will a high nutrient diet lower cholesterol, it will also decrease heart disease risk by improving other factors such as glucose levels, blood pressure, inflammation, and body weight.

The safest and healthiest strategy for reducing cholesterol and preventing future heart

attacks and strokes starts with eating a high nutrient, vegetable-based diet with plenty of raw and cooked vegetables.

In particular, follow these eight simple rules to maintain healthy cholesterol levels and to protect against heart disease:

1. Eat at least one cup of beans every day. Beans are packed with resistant starch, soluble fiber, and phytochemicals, which help to lower cholesterol. A pooled analysis of 10 trials found that consuming beans regularly significantly reduced total and LDL cholesterol.

Plus, a 19-year study found that people who eat beans at least four times a week have a 22 percent lower risk of heart disease than those who eat beans less than once a week.

2. Eat at least one ounce of raw nuts and seeds daily. When

eaten regularly, nuts not only reduce total and LDL cholesterol, but also aid in weight control, reduce the glycemic load of the diet, and reduce heart disease risk by 35 percent. Nuts and seeds have a variety of heart healthy nutrients, including plant sterols, antioxidants, minerals, and arginine. Include walnuts in your diet for their omega-3 and other heart protective benefits.

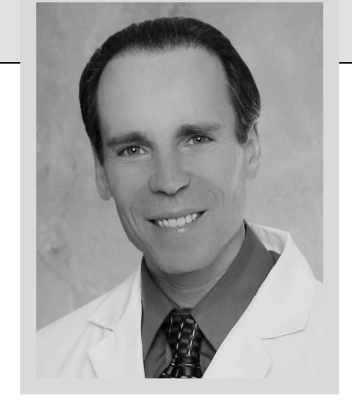
3. Eat one large green salad each day, and include raw onion. Higher leafy green and cruciferous vegetable intake is linked to lower risk of heart disease.

4. Eat steamed green vegetables with every lunch and dinner. Recent research suggests that phytochemicals from green vegetables can turn on the body's natural antioxidant and anti-inflammatory protection mechanisms.

5. Include tomatoes/tomato sauce, berries and/or pomegranate in your diet daily. The antioxidants in berries and pomegranates, such as anthocyanins and punicalagin, are especially effective in improving both LDL and HDL cholesterol.

Many observational studies have made a connection between higher blood lycopene (the signature carotenoid of the tomato) and lower risk of heart attack.

6. Have 1 tablespoon of



ground flax or chia seeds plus a DHA supplement each day.

Flax seeds contain the beneficial omega-3 ALA, lignans, flavonoids, sterols, and fiber. Clinical trials show that daily flaxseed consumption reduces total cholesterol by 6-11 percent.

Chia seeds are also rich in ALA and fiber, and taking a DHA supplement ensures adequacy of long-chain omega-3 fatty acids, because conversion of ALA to DHA and EPA varies greatly among individuals.

7. Avoid refined carbohydrates and added oils. Processed foods are full of these calorie-dense, nutrient-poor ingredients that promote weight gain and increase heart disease risk.

8. Minimize animal products to less than 5 percent of total calories per week. If you have heart disease or significantly high cholesterol, avoid animal products altogether. Higher animal product consumption is linked to increased heart disease risk.

*Dr. Fuhrman is a board certified family physician specializing in lifestyle and nutritional medicine.*



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Date	Time	Area	Type
11/16/15	0128	Green Gate Road	Medical
11/16/15	0524	Ninth Street	Medical
11/16/15	0652	Woodland Lane	Medical
11/16/15	0929	Ninth Street	Medical
11/16/15	1253	Airport Way	Medical
11/16/15	1345	First Avenue	Medical
11/16/15	2049	Rhododendron Drive	Medical
11/16/15	2323	Munsel Creek Loop	Medical
11/17/15	0633	Redwood Street	Medical
11/17/15	0839	Laurel Street	Medical
11/17/15	0845	Transfer to Eugene	Medical
11/17/15	1151	Highway 126	Trauma
11/17/15	1745	Shoreline Drive	Medical
11/17/15	1757	Munsel Creek Loop	Medical
11/17/15	1836	Highway 126	Medical
11/18/15	0117	17th Street	Medical
11/18/15	1205	Transfer to Eugene	Medical
11/18/15	1252	Kingwood Street	Medical
11/18/15	1444	Spruce Street	Medical
11/18/15	1640	Highway 126	Trauma
11/18/15	1949	Transfer to Eugene	Medical
11/18/15	2021	Spruce Street	Medical
11/18/15	2240	Collard Lake Road	Trauma
11/19/15	0055	Buckskin Bob	Medical
11/19/15	0214	Highway 101	Medical
11/19/15	0445	Shoreline Drive	Medical
11/19/15	0600	Spruce Street	Medical
11/19/15	1432	Highway 101	Medical
11/19/15	1458	Laguna Avenue	Medical
11/19/15	1700	Transfer to Eugene	Medical
11/19/15	1745	Transfer to Eugene	Medical
11/19/15	2039	21st Street	Medical
11/20/15	1602	Ivy Street	Medical
11/20/15	1624	Highway 126	Trauma
11/20/15	1854	Sweet Creek Road	Trauma
11/20/15	1910	Rosemary Court	Trauma
11/21/15	0553	Oak Street	Medical
11/21/15	0830	Rhododendron Drive	Medical
11/21/15	1156	Ocean View Drive	Trauma
11/21/15	1252	Ninth Street	Trauma
11/21/15	1504	Munsel Lake Road	Medical
11/21/15	1613	Highway 101	Standby
11/22/15	0135	Transfer to Eugene	Medical
11/22/15	0247	Transfer to Eugene	Medical
11/22/15	0311	35th Street	Trauma
11/22/15	0835	First Street	Medical
11/22/15	0945	Transfer to Eugene	Medical
11/22/15	1100	Highway 126	Medical
11/22/15	1114	Highway 101	Trauma
11/22/15	1233	Ninth Street	Medical
11/22/15	1313	Phey Lane	Medical
11/22/15	1518	Ocean View Drive	Medical
11/22/15	1616	16th Street	Trauma

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