

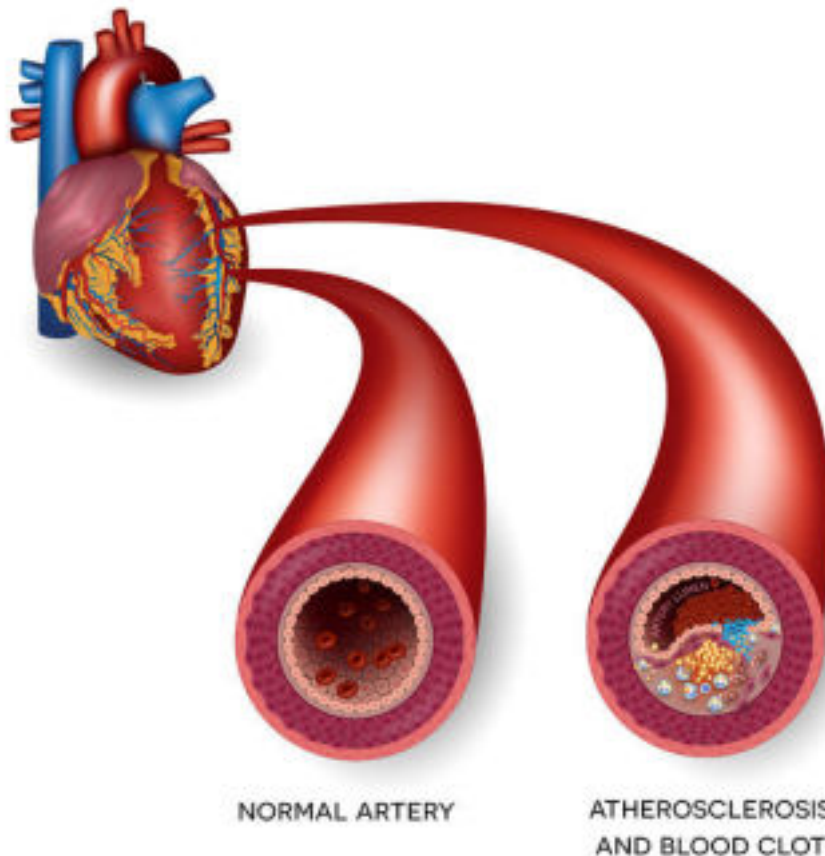
# Your Comprehensive Guide for Lowering Cholesterol & the Overall Risk of a Heart Attack & Stroke

As discussed in the article the plan has to take care of three issues in order to give an **Overall Solution for Lowering Cholesterol Levels and Reducing your Overall Risk of a Heart Attack and Stroke** by Reducing the Risk of Blocked Arteries (**Atherosclerosis**). While at the same time it will give you many other additional health benefits.

**Here are the three issues we must address:**

- Reduced the Body's production of LDL Cholesterol
- Reduce the free radicals in your body (Increase antioxidants)
- Reduce the inflammation in your arteries

## NORMAL ARTERY AND ARTERY WITH ATHEROSCLEROSIS, BLOOD CLOT



# THIS IS HOW YOU DO IT!!

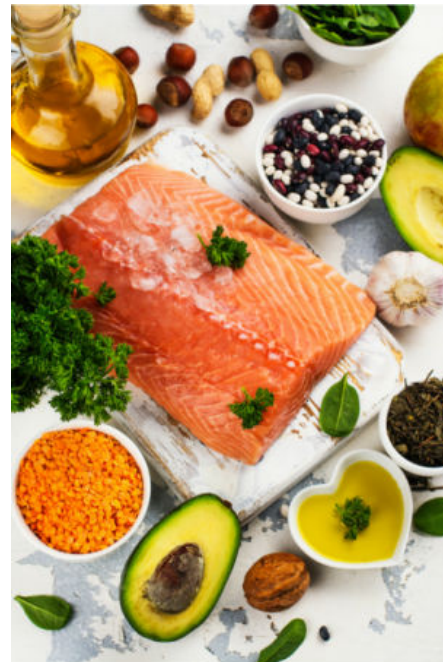
## Increase your Phytosterols

Phytosterols are a kind of Cholesterol (Plant Sterol) which is derived from plant food (found mostly in vegetable oil, nuts and legumes). When the body gets Phytosterols it competes with the LDL Cholesterol thus it **Naturally Reduces the LDL Cholesterol your Body Produces.**

### So how do you Increase the Amount of Phytosterols in your Diet?

**Eat food which is rich with Phytosterols such as:**

- Rice Bran
- Wheat Germs
- Sesame Seed
- Flax Seed
- Soybean
- Olives
- Coconut
- Pistachio seeds
- Sunflower seeds
- Avocado
- Cauliflower
- Brussels sprouts
- Dill
- Broccoli



If you want to take any of these in the form of oil, make sure the oil is cold pressed. When you heat the oil you significantly reduce its benefits.

### Take a Phytosterol Supplement

Since it is difficult to simply eat enough food with Phytosterols it is recommended (as I have also done) add to your diet a Phytosterol supplement with a total amount of 400mg (or more) of Phytosterols in it.

## Increase your Fibers

There are two types of Fibers: **Soluble Fibers** and **Insoluble Fibers**

- **Soluble Fibers** turn to gel in the stomach slowing the digestion process, which helps to **lower the cholesterol and blood glucose**.
- **Insoluble Fiber** makes the body heavier and softer helping it to go smoothly through the intestines.

Both types of Fiber are needed. However **for the purpose of lowering Cholesterol it is especially important to increase the Soluble Fibers in our diet.**

**So what are the benefits of fibers?**

- Lowering Cholesterol
- Lowering blood glucose
- Gives a feeling of fullness which helps reduce the appetite
- Helps the body get rid of waste, which in turn reduces the risk of Cancer and Kidney Stones

Unfortunately the current American diet only gives around half the recommended fibers and if we want to further improve our health we require even more than the recommended daily allowance.

### **So how do we increase the amount of Fibers in your Diet?**

**Eat food which is rich with Soluble Fibers such as:**

- Oatmeal
- Bran
- Barley
- Beans
- Peas
- Lentils
- Apples
- Pears
- Bananas
- Prunes
- Brussels sprouts
- Broccoli
- Cabbage
- Sweet potatoes
- Avocados
- Asparagus



## Take a Soluble Fiber Supplement

As is the case with Phytosterols it is difficult to consume a large quantity of soluble fiber, therefore you need to add a **soluble fiber supplement** to your diet.

I found that drinking half a cup of water with a spoon of dissolved soluble fiber before your main meal is a very effective and easy way to significantly increase your soluble fiber content in your diet in addition to enriching your diet with high fiber foods.

## Take Flax Oil

### Why is Flax oil so important and what are its benefits?

- It has a large quantity of **phytosterols**
- It has a large quantity of **Omega 3** (ALA - Alpha Linolenic Acid)
  - **Anti Inflammatory**
  - **Lowers Cholesterol**
  - **Lowers free radical**
  - **Boosts your immune system**
  - **Reduces triglycerides**
  - Contributing to a Healthier Heart
  - Contributing to a Healthier Brain
- Natural Laxative – Thus helping your body to get rid of food and waste which is excellent for weight loss, **getting rid of excess LDL Cholesterol** and General Body Health
- Studies have shown its benefits in fighting cancer and when used consistently it will reduce the risk of cancer.
- Flaxseed oil has been proven to be a valuable source of phenolic **antioxidant**
- Flaxseed Lignans
  - **Improves your immune system**
  - **Anti Inflammatory**



### What is the best way to take Flax Oil?

**Flax Oil Should Not Be Taken in Tablets!!** The oil will quickly lose all its benefits once exposed to heat and sunlight, therefore you should purchase it from your supermarket or local health food store, make sure the bottle is black (preventing sunlight to penetrate it) and it must be stored in a fridge.

It is best to take it directly from the shop to your home while maintaining a cold temperature (best if you have a small picnic cooler with ice inside).

Take at least one spoon a day. You can take it with yogurt or any other way that suits you best.

Preferably take it in the morning on an empty stomach around 20min before you eat or drink anything else.

## Added Bonus

Here are some additional suggestions which you can add to your diet, they are not part of the basic plan but will further contribute to your Cholesterol levels and your Health in General.

- **Pomegranates:**
  - Pomegranate seed oil has proven to be effective in improving the triglycerides HDL ration
  - Pomegranate concentrated juice has proven to be effective in lowering cholesterol levels
- **Green Shake** – Make yourself every morning a healthy green shake with:
  - Variety of green leaves vegetables
    - Lettuce
    - Chard Leaves
    - Spinach
    - Kale
    - Parsley
    - Mint
  - Chia seeds
  - Spirulina
  - Blueberries
  - Apple
  - Pear
  - Banana
  - Dates



This shake is full of Fibers, Vitamins, Minerals and Antioxidants which will help Boost your Immune System.

## Remember

You need to be patient this is not a pill that you take and see immediate results, it will take a few months for it to work, but **it will do wonders to your body and your health in general.**

*Good Luck*