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A Healthy Servings' Special Report on Lowering Cholesterol Naturally



Healthy Servings Ezine

A RecallingHealth.com Newsletter Publication

Issue #06-0212

--Special Report--

14 Ways to Reduce and Lower Cholesterol Naturally

Using Foods, Herbs, Fiber, Exercise -- and a Little Less Caffeine and Alcohol

The New *Healthy Servings* Ezine is an opt-in only RecallingHealth.com online newsletter publication. Either you or somebody using your contact information chose to subscribe. If you feel you've received this message in error please use the unsubscribe link below. Thank you.

This week's issue contains:

A. Newsflash!

B. Special Report: "14 Ways to Lower Cholesterol Naturally"

Brought to you by:

Loretta Crosby – Editor-n-Chief, RecallingHealth.com

A *Healthy-Servings* Special Report: 14 Ways to Reduce and Lower Cholesterol

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Do not eat any nuts except raw, unsalted walnuts and almonds. Almonds are rich in the amino acid arginine, and were found in one study to cut cholesterol levels by sixteen points over a four-week period.

But be careful not to overdue your raw nut consumption. Many raw foodists advise to use them sparingly.

3. Reduce Consumption of These “Bad Fats” in Your Diet

Reduce the amount of saturated fat and cholesterol in your diet. Saturated fats include all fats of animal origin as well as coconut and palm kernel oils.

You should eliminate from the diet all hydrogenated fats and hardened fats and oils such as margarine, lard and butter. Margarine that contains plant sterols, however, is a healthy option.

Consume no heated fats or processed oils, and avoid animal products--especially pork and pork products--and fried or fatty foods.

You should always read food product labels carefully. Nonfat milk, low-fat cottage cheese, and skinless white poultry meat (preferably turkey) may be consumed, but only in moderation.

Meat and dairy products are primary sources of dietary cholesterol. Vegetables and fruits are free of cholesterol. So it makes sense to reduce consumption of the former and increase your intake of the latter.

Many people use margarine or vegetable shortening as substitutes for butter because they contain no cholesterol. However, these products contain compounds called cis and trans-fatty acids that become oxidized when exposed to heat and can clog the arteries. They have been linked to the formation of damaging free radicals.

4. Fast Food: Heaven When You Eat It, But Hell on Your Cholesterol...

Many fast-food restaurants use beef tallow (fat) to make their hamburgers, fish, chicken, and French-fried potatoes. Not only do these fried foods contain high amounts of

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And just so you know, cream substitutes such as the nondairy coffee creamers are actually poor alternatives to cholesterol-heavy dairy products. Many contain coconut oil, which is a highly saturated fat. Soymilk or almond milk is preferable.

7. Use Cholesterol Lowering Drugs Only as a Last Resort**

There are a number of cholesterol-lowering drugs on the market which are available by prescription only; these tend to be costly, and can have serious side effects to boot. These drugs should be used only as a last resort. The sensible way to keep the serum fats within a safe range is to follow a diet that excludes animal fats (including meat, milk, and all dairy products) and includes ample amounts of fiber and bulk (whole grains, fruits, and vegetables).

(Note: The Health Editor at [Xtend-Life](http://body.recallinghealth.net/Xtend-Life.html) has put together a comprehensive 24-page report on heart attack and stroke prevention, with an extensive section on cholesterol. A must read for those who have problems with keeping theirs in the normal range. Once on the site, click on the menu item labeled "Special Report")

<http://body.recallinghealth.net/Xtend-Life.html>

8. "Gonna Be a Bright, Bright, Sun Shiny Day"

Ahh ... sunlight. We only miss it when it's gone. Not getting enough sunlight has been shown to adversely affect cholesterol levels. So make it a point to get out and take in a healthy serving of sunshine whenever you can.

9. Moving out the Bad Stuff with Fiber

Make sure to take in plenty of fiber in the form of fruits, vegetables, and whole grains. Water-soluble dietary fiber is very important in reducing serum cholesterol.

It is found in barley, beans, brown rice, fruits, glucomannan, guar gum, and oats. Oat bran and brown rice bran are the best foods for lowering cholesterol. Whole-grain cereals--in moderation--and brown rice are also good. Since fiber absorbs the minerals from the food it is in, take extra minerals separately from the fiber.

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10. The Big Picture--Eat More Fruits, Veggies, Grains and Nuts

Studies have shown that diets consisting of grains, fruits, and vegetables result in lower blood cholesterol levels. In the United States and northern Europe, where people consume large amounts of meat and dairy products, extremely high rates of heart and circulatory disease are present. Even children in these nations show signs of progressive vascular disease due to hypercholesterolemia (an excess of cholesterol in the blood.)

11. "When One Drink is Too Many and 15 Are Not Enough"-- Alcohol and Tobacco and Refined Foods Are Insidious Culprits

In the battle against high cholesterol, you would do well not to consume alcohol, cakes, candy, carbonated drinks, coffee, gravies, nondairy creamers, pies, processed or refined foods, refined carbohydrates, tea, tobacco, or white bread.

Of course this is easier said than done due to the addictive nature of some of these substances, but the important thing is to make a start in reducing your overall consumption of these products which are known or linked to increasing cholesterol levels.

12. Special Herbs Help Lower Cholesterol

Cayenne (capsicum), goldenseal, and hawthorn berries help to lower cholesterol.

But be warned: Do not take goldenseal internally on a daily basis for more than one week at a time, do not use it during pregnancy, and use with caution if you are allergic to ragweed.

Spirulina, taken on a daily basis, has been shown to lower cholesterol.

13. Exercise and Cholesterol

Get regular moderate exercise. If you are not already exercising regularly, you are advised to consult with your health care provider before beginning any new program.

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14. "Don't Push Me 'Cause I'm Close to the Edge..."

Try to avoid stress and sustained tension. Learn stress-management techniques if necessary.

High cholesterol can be held at bay with a cholesterol lowering diet, plenty of sunshine, a little exercise, abstinence from things like coffee and alcohol, to name a few.

Taking these steps may put you levels back in the normal cholesterol range.

Remember the goal is not perfection. So take your time and try to implement as many of these suggestions as you can. And everyday, little by little, your cholesterol count should move closer and closer to the normal range.

And, as the little guy says to his dad in the popular Cheerios TV commercial, "I gotta take some cholesterol offa you." (Of course his sweet innocent voice sounds a great deal better than mine :-)

But he makes a good point, because when you reduce your cholesterol, you may be lowering your risk of stroke and cardiovascular problems down the road. And that could mean more years and days of joy in which you get to spend with your family and loved ones.

Till next week, I remain

Your Partner N Health,

Loretta Crosby
Editor, *Healthy Servings* Ezine
Editor@recallinghealth.com

Not yet getting your own weekly *Healthy Servings* in your primary email box?

You can get it now (while it's still free) at:

<http://healthy-servings.recallinghealth.net/Free-Newsletter.html>

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**P.S. The statements referred to throughout this article have not been evaluated by the FDA. They are not intended to diagnose, treat, cure or prevent any disease or condition. If you have a health condition or concern, consult a physician. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement, or doing new exercises.

P.S. II You can freely share this special report with others, if you like.

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A RecallingHealth.com Newsletter

Recalling Health to Body, Mind and Spirit
Carlsbad, CA 92008

Email: LorettaCrosby@gmail.com

P.S. III If you enjoyed receiving this free report, you might enjoy some of these other fine newsletter publications from this Editor which are included at the end of this Special Report.

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About the Author

Loretta Crosby is Editor and Publisher of RecallingHealth.com, an online health, healing and wellness portal of informational sites offering holistic, natural and alternative health remedies for the health conscious consumer.

As CEO and General Manager of JusLo and Associates, Crosby comes from a diverse background, having worked in the public service arena for a number of years providing social and legal services to the economically disadvantaged and persons with disabilities. She has worked as a news reporter and print journalist covering the health, education, welfare and religion “beats”, and as a writer and editor, both stateside and abroad.

In fall 2003, she launched her first informational health website which highlighted her experience with using nutritional supplements and the life-changing health benefits she had achieved by using them.

“The extra energy, mental clarity and the overall sense of well-being that I felt from using the supplements was actually one of the primary reasons I found the time -- and energy, I might add, to share my discovery with others who sought real solutions to their body, mind and spirit health challenges,” she said.

Currently serving as Editor and Publisher of several top ranking informational sites focusing on health, healing, wellness and spiritual wholeness, Crosby now post two blogs (online journals) – one entitled [*Healthy-Servings*](#) (no surprise there):- and another entitled [*Shea-Skins-Hut*](#) which touts the benefits of using natural shea butter for all your bath, body and skin care needs.

She can be contacted via email at: LorettaCrosby@gmail.com

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"We exist because ... recalling health is easier when you use quality nutritional and dietary supplements, natural foods and nutrition and exercise for the body, self empowerment tools for the mind, and prayer and meditation for the spirit."

Body Health / Disability

[Recalling Health to the Body](#)--The *Healthy Servings* newsletter features health articles and tips, quotations, and thoughts on innovative ways to recall health to the body, mind and spirit. This weekly (sometimes bi-monthly) newsletter is 100 percent spam free, and we will never sell or give you information away. Never! With nothing to lose and everything to gain, we invite you to sign up today!

Preview our [Healthy-Servings Blog](#) for some friendly commentary on health and wellness issues at <http://recallinghealth.blogspot.com>

[Social Security Disability ESP](#)--*D.E. Other Side* is an online newsletter put together by an ex Social Security Disability Examiner (DE) featuring articles on how you can get an accurate disability decision in the least amount of time. Stay current on new articles added to this valuable resource.

Spirit

[Recalling Health to the Spirit](#)--Join the *Nine Lamps One Light* newsletter and get fresh: Prayers and meditations, inspirational and motivational quotes, and Holy Writings and Scriptures. This newsletter is delivered directly to your e-mail inbox weekly to help you stay focused on the fruits of the spirit and discover spiritual enlightenment sooner.

[Hidden Words Mailing List](#)--If you enjoy *the Hidden Words* and would like to receive a new one every other day to read and meditate on, join the Hidden Words Mailing List and get yours "Fed Ex-ed" to you via email.

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Skin Care

[Shea Butter Resources](#)--Our *Shea-Skins* informational newsletter features articles, easy tips for proper skin care, "best product" recommendations and more. Get the latest skin care news and be the first to find out about shea butter discounts and specials which are offered from time to time by some of our "Fair Trade" sponsors. Sign up now.

If you haven't taken a look at our new Shea-Skins-Hut blog, you really ought to. It promises to keep you informed about all things shea. Here's the address.

<http://shea-skis-hut.blogspot.com>

Recalling Health really has too many health resources to fit on these two tiny pages, so just visit our main portal at [RecallingHealth.net](http://www.recallinghealth.net) to get connected.

<http://www.recallinghealth.net>

Of course many of us already know what we need to do to stay healthy, but sometimes just do not make the time to do the right things. The goal of the Editor in presenting you with these resources is simply to get you to think about your health a little more. One way to help you remember is to mail out to you these friendly email newsletters and special reports that are chalk full of good information to keep you inspired for the week.

So, go ahead and join the bandwagon. 15 minutes a week to focus on your health. That's what we offer. Get your Healthy Servings newsletters started today.

Here's to your good health.

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Have You Had Your Healthy Servings Today?

“Good Health ... the Greatest of All Gifts”

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