

Natural products for cholesterol

More than 35 million Americans have a total serum cholesterol count over 240, which puts them at risk for cardiovascular disease. Around 55 million Americans fall in the range of 200-239, which doubles your risk of heart disease from those who fall below the 200 range.

Unfortunately, there are dangers to using the prescribed statin drugs that are commonly pushed by the medical and pharmaceutical communities. It has been well established that statins deplete the element Co-enzyme Q 10, a critical component of the electron chain. This is what protects your heart. Pharmaceutical companies that manufacture these statin drugs know this and neglect informing the consumer. This leaves the heart at greater risk for heart disease and strokes.

Looking for natural and effective alternatives? While diet and exercise are great benefits to your health and help with lowering cholesterol, it may not be enough for all people. Some of the proven and effective alternatives show great results with no liver damage and do not lower the bodies levels of Co-Q 10.

Red Yeast Rice is a daily dietary element in the Chinese population. The average cholesterol count among Chinese people is below 150. There have been more than 34 clinical studies assessing the effects of Red Yeast Rice. In one study, at the end of eight weeks, it was found cholesterol levels were reduced by an average of 23%, triglycerides by 36.5%, LDL cholesterol by 28.5%, and HDL cholesterol levels increased by 19.6%.

Plant Sterols are found in fruits, vegetables, nuts and plants, but not in the quantity needed to provide cholesterol lowering effects. As early as 1950, scientists have known that certain naturally occurring properties in the sterols lower blood concentrations of cholesterol. The sterols work by competing with cholesterol in the digestive system. An easy way to put it: there is only so much capacity for cholesterol absorption in the intestines, and sterols block the absorption sights.

Pantethine is the stable form of pantothenic acid (Vitamin B-5). It acts as a regulator of enzymes involved in lipid metabolism. The majority of studies have been conducted with the use of 600mg–900mg. At a dose of 600mg. per day, subjects experienced an 11% reduction of total cholesterol and nearly a 15% increase in HDL. Other studies showed a 19% reduction of total cholesterol.

Here at Food For Thought, we have all of the above mentioned products, and several complete formulas to help you win the cholesterol battle, while keeping you healthy and safe. We will be happy to show you our selection and you will have the knowledge that your liver and heart are not being left in danger.

Information compliments of Food For Thought 2929 E Central 316-683-6078

