

## NATURAL WAYS TO LOWER CHOLESTEROL AND TRIGLYCERIDES

High triglycerides pose a risk to your health, but there are numerous steps you can take to lower them and safeguard your well-being. By making simple lifestyle changes, you can reduce your risk of heart attacks or strokes. Here are some strategies to naturally improve your triglyceride levels:

### HEALTHY EATING HABITS

>Avoid Saturated Fat and Cholesterol: Steer clear of foods high in saturated fat and cholesterol, such as whole milk, cheese, and fatty meat. Opt for lean cuts of meat and trim any visible fat.

>Choose Omega-3 Rich Fish: Incorporate at least two servings of fish into your weekly diet. Salmon, tuna, herring, and trout are rich in omega-3 fatty acids, which lower the risk of heart disease.

>Use Heart-Healthy Spreads: Substitute butter or margarine with spreads like Benecol Smart Balance or Take Control, which contain plant sterols and stanols that help lower cholesterol.

>Healthy Oils: Opt for oils high in mono and polyunsaturated fats, such as canola, olive, peanut, corn, safflower, soybean, and sunflower oils.

>Avoid Trans-Fats: Check food labels and eliminate items with trans-fats, often found in hydrogenated oils and many commercially prepared snacks.

>Kidney-Friendly Fruits and Vegetables: Include apples, pears, and citrus fruits like oranges in your diet.

>Sweet Potatoes: Studies suggest that sweet potatoes can lower LDL (bad) cholesterol.

>Garlic: Increase your garlic intake, as it may help lower cholesterol.

>Sprouts: Grow and consume sprouts as a nutritious addition to your meals.

>Honey and Cinnamon: This combination can lower LDL (bad) cholesterol by 6-11% and reduce triglyceride levels by up to 11%. It may also increase HDL (good) cholesterol by as much as 3%.

>Whole Grains: Include more whole grains in your diet for added fiber and heart health.

>Oatmeal: Start your day with oatmeal, known for its cholesterol-lowering benefits.

>Lemon Juice: Drinking lemon juice in the morning may reduce LDL cholesterol due to its citric acid content.

>Turmeric: Research suggests that turmeric can affect total cholesterol, LDL cholesterol, and triglyceride levels, potentially lowering the risk of heart disease.

## FOODS TO AVOID

>Cheese: Instead of high-fat cheese, opt for low-fat cottage cheese or use mozzarella or swiss sparingly.

>Chocolate: Choose desserts made with lemon or apple, white cake, or rice crispy treats over chocolate.

>Ice Cream: Replace ice cream with sorbet, sherbet, or popsicles.

>Milk: Switch to oat milk, almond milk, or rice milk.

>Nuts: Substitute nuts with low-salt snack foods like tortilla chips, popcorn, crackers, or Sun Chips.

>Peanut Butter: Use low-fat cream cheese, jam, or fruit spread as alternatives to peanut butter.

>Fast Food: Eliminate fast food from your diet completely.

## REGULAR EXERCISE

>Exercise Regularly: Engage in physical activity regularly to lower triglyceride levels. Aim for at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week.

>Effective Exercises: The following activities are effective in reducing triglycerides:

1. Running or jogging
2. Brisk walking
3. Gardening or yard work
4. Biking
5. Weightlifting
6. Yoga
7. Cleaning or housework

>Walking Benefits: Even without weight loss, a brisk 30-minute walk three times a week can increase your HDL (good) cholesterol and lower your LDL (bad) cholesterol and triglycerides.

## ADDITIONAL CONSIDERATIONS

>Sunlight Exposure: Lack of sunlight may increase blood cholesterol. Ensure you get adequate sunlight exposure for vitamin D synthesis.

>Chitosan Supplement: Chitosan, derived from shellfish, is used to treat obesity, high cholesterol, and high blood pressure. Consider taking it before meals high in saturated fats to reduce circulating blood fats.

>Quit Smoking and Drinking: Lastly, if you're still smoking or consuming alcohol, it's crucial to quit these habits for the sake of your overall health.

Taking these steps can naturally lower your cholesterol and triglyceride levels, reducing your risk of heart disease and improving your overall well-being. Remember to consult with a healthcare professional before making significant dietary or exercise changes, especially if you have underlying health conditions.