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Foods that will lower your cholesterol – The most obvious is using water soluble fibers such as oat bran, fine ground flax seed meal. These are some others – Lecithin Granules adding 1 rounded tablespoon a day mixed in juice really helps HDL and lowers total cholesterol. I am an apple fanatic and eating 1 or 2 apples a day helps because of the pectin content of the apples, pears are also a great source of pectin. Tangerines and Navel Oranges – not the juice but hand peeling and eating the whole fruit. All spices such as ginger, curry powder, cayenne pepper and hot salsa's, garlic, onion, leeks, shallots, mushrooms, barley – I love cooking Barley Grits instead of corn grits – they taste wonderful, cinnamon powder has been shown to lower cholesterol up to 30 points add ½ to ¾ teaspoon into cereal, tea or fruit. Cooked or raw carrots, sweet potatoes, turnips, beet root, avocado, sesame seeds, Drink Green Tea and Black Tea, Coconut Oil (extra virgin). Remember when thyroid function is low – cholesterol levels will be higher. Extra Vitamin C lowers cholesterol also.

Foods and supplements that raise HDL – Psyllium husk fiber, Oat Bran, Rice Bran, Lecithin Granules, Olive Oil, Extra Virgin Coconut Oil, Red Wine or Dark Grape Juice, Turmeric (Curry Powder), Dark Chocolate – Cocoa powder, Yogurt, Eggs – with the yolk still running – over easy, poached or soft boiled, Apples, Bananas, Oranges, Shitake Mushrooms, Green Tea, (Black Tea without milk added – contains Theafins), Garlic, Onions, Milk Thistle (Silymarin), Vitamin C, Chromium, Fish Oils, CoQ10, Vitamin E, Soy Protein.