



## Clean + Sexy Cholesterol Guide

**Cholesterol is a naturally occurring substance made by the liver and required by the body for the proper function of cells, nerves, and hormones.**

Cholesterol travels in the lipids (fatty acids) of the blood stream, also called plaque, can build up in the walls of the arteries decreasing the flow of blood to vital areas of the body. If plaque continues to build long term it significantly increases the risk of having a heart attack or stroke.

Normally, cholesterol is kept in balance. But, the western standard diet which contains a large amount of hydrogenated fats and refined carbohydrates leads to an upset in this balance. The imbalance is manifested in elevated LDL (bad cholesterol) and a low HDL (good cholesterol) which increases our risk for heart attack or stroke.

**Other causes include lack of exercise, diabetes, stress, and hypothyroidism. Keep in mind, if your blood tests show high cholesterol after surgery or injury, this indicates your liver working hard to heal so monitor closely.**

**There are three lipoproteins in our blood that are important to our health:** low-density lipoproteins (LDL), high-density lipoproteins (HDL), and triglycerides. LDL is known as the bad cholesterol because it is low in proteins and high in cholesterol.

HDL, on the other hand, is high in proteins and low in cholesterol and therefore known as good cholesterol. Triglycerides are a separate lipid in the blood stream that provide a way for the body to store excess energy, but if they are high is another warning sign.



## Cholesterol Normal Ranges

The lipid profile blood test reports the levels of cholesterol and triglycerides in the bloodstream. This is what the medical community believes the ranges should be but the most important thing to consider is the ratio of LDL to HDL cholesterol which should be around 2:1.

### Total cholesterol

Below 200 mg/dL	Ideal
200-239 mg/dL	Borderline high
240 mg/dL and above	High

### LDL cholesterol

Below 70 mg/dL	Ideal for people at very high risk of heart disease
Below 100 mg/dL	Ideal for people at risk of heart disease
100-129 mg/dL	Ideal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high



### HDL cholesterol

Below 40 mg/dL (men),  
Below 50 mg/dL (women) Poor

50-59 mg/dL              Better

60 mg/dL and above      Best

### Triglycerides

Below 150 mg/dL              Ideal

150-199 mg/dL              Borderline high

200-499 mg/dL              High

500 mg/dL and above      Very high

*The American Heart Association (AHA) recommends that a triglyceride level of 100 mg/dL or lower is considered “optimal.”*



## Cholesterol Reducing Foods

If you want to lower cholesterol, your food is crucial.

Here are the top foods and nutrients that can naturally lower cholesterol:

*Omega-3 fats*

*Foods high in soluble fiber*

*Olive oil*

*Garlic*

*Herbs – Basil, rosemary and turmeric.*

## Foods that Raise Cholesterol

Avoid these bad cholesterol foods at all costs:

*Sugar and refined carbohydrates* – Both stimulate the liver to produce more cholesterol and increase inflammation.

*Alcohol* – Also stimulates the liver to produce more cholesterol, increasing cholesterol levels and inflammation.

*Hydrogenated fats* – Vegetable oils are pro-inflammatory and may increase cholesterol.

*Caffeine* – Too much caffeine can increase cholesterol. Limit coffee to no more than 1-2 cups per day.

*Trans fats* – Increases LDL cholesterol, inflammation, and risk of cardiovascular



## Top 4 Cholesterol Lowering Natural Remedies

Taking the right supplements and natural remedies can help lower cholesterol levels if combined with a healthy diet.

**#1 Fish Oil (1,000mg – 2,000 mg daily)**

**#2 CoQ10 (200-300 mg daily)**

**#3 Niacin(B3)- (1,500 mg daily)**

LDL cholesterol by 25% and increases good cholesterol by 35%

**#4 Garlic (500 mg daily)**

## Essential Oils for Cholesterol

**Lavender essential oil** has been proven to lower cholesterol levels because it decreases stress

**Rosemary oil** reduces cholesterol because of its anti-oxidant properties and supports the heart.