

HIGH CHOLESTEROL

Fats and cholesterol are needed for:

- Insulation of the body and the assimilation of the fat-soluble vitamins A, D, E, K.
- Fats are yin, built tissue, enhances the fluid metabolism, direct nutrients to nervous system, change into yang, physically energizing and have then warming quality.
- Saturated fats and cholesterol is a fat related substance necessary for good health. Cholesterol is manufactured in the body or consumed in animal products. Fats are taken in form of oils, nuts, seeds and animal products. It is found in the body, in the brain, nervous system, liver and blood. It is used to make sex and adrenal hormones, vitamin D and bile.
- We are born with cholesterol of 70 mg/dl; the average adult cholesterol is 150mg/dl; heart disease is rare at 150mg/dl; heart attack strike people in 200-250mg/dl.

Benefits and precaution of fats:

- A high fat diet promotes tumors, cancer, heart disease, gallbladder-liver disorder, diabetes, arthritis, emotional imbalances, cravings and anger fits.
- Fats and oils should be used sparingly by those with overweight, slow, mentally or emotionally slow, materialistic, overheated, high blood pressure, damp symptoms like candida, edema, tumors, cysts and excess body weight.
- Dry, thin, nervous people benefit the most from fats.
- These cautions are not valued when taking omega3 and GLA oils.
- Too much cholesterol in the blood is from over consumption of animal fat, which is high in saturated fat and cholesterol. Saturated fats rise cholesterol level. Stress, cigarettes, alcohol consume, coffee and refined sugar attributes to cholesterol.

Cleansing the heart and arteries:

Lecithin, vitamin E, C, Niacin and Omega 3 essential fatty acid are very effective to lower cholesterol and most effective in their food forms.

Lecithin: Most legumes, nearly all beans, peas and lentils provide lecithin especially soybeans and mung beans (recommended by Chinese physicians to cleanse arteries). Beans have choline, a lipotropic agent that controls fat metabolism. Choline is a primary compound of lecithin. If heat is also a problem with arteriosclerosis sprout soybeans and mung beans.

Vitamin C: Sprouts is a very good source to get Vitamin C, also cabbage, parsley, bell pepper, citrus fruits.

Niacin and Vitamin E: Unprocessed grains are full of niacin and also vitamin E. Plant fiber from whole grains reduces fat in blood and hardenings of blood vessels.

Many people take extra fiber but it is better in eating unrefined grains especially the slightly bitter ones like quinoa, amaranth, oats.

Omega3 essential fatty acid: In the form of 4 tablespoons of flaxseed 1 time a day. Most in salmon, mackerel, sardines, herring, lake or rainbow trout, and tuna. Pumpkin seeds (15%), tofu or tempeh (8%) and walnut (5%) Dark green vegetables, kale, collards, chard and parsley.

Effective herbs for heart and arterial renewal:

Hawthorn berry (esp. for hypertension), dandelion root, burdock root, chaparral, peppermint (heart palpitation and strengthening of heart muscle), cayenne pepper (careful with heat signs), ginger, yarrow, chamomile, motherwort and valerian.

Typical combination: Equal parts of yarrow, ginger, hawthorn berry and valerian.

Foods to regulate serum cholesterol: Garlic, shiitake mushroom, soybeans, seaweed, water chestnut.

Polyunsaturated Oils and Essential fatty acids

Polyunsaturated fats contain essential fatty acids, those that the body doesn't provide. This is **linoleic** and alpha **linolenic acids**. The third one is **arachidonic acid**, which is transformed from linolenic acids through the enzyme delta 5 desaturase. Arachidonic acid AA is very much a part of animal products; vegetarians can get AA through Nori, Seaweed and Peanuts.

The essential fatty acids are involved in **blood clotting**. Linoleic and arachidonic are omega 6 fatty acids and encourage blood clotting, alpha linolenic acid is omega 3 oil and reduces clotting. It is about the balance of linoleic and alpha linolenic acids.

Function of essential fatty acids:

Promote healthy youthful skin and hair; support thyroid and adrenal activity thus boost immune system, normal growth and energy, healthy blood vessels and arteries, crucial in the support of breakdown of cholesterol.

Deficiency of essential fatty acids:

Eczema, dry scaly skin, dry hair, loss of hair, nail problems, gallstones, irritability, liver problems, varicose veins, susceptibility of infections, lower body weight, infertility, retarded growth.

Polyunsaturated oils intake:

Best taken in their whole foods because polyunsaturated oils get easily rancid and enhance free radicals and so aging and weakening of the immunity. In whole foods

and their freshest form polyunsaturated oils contain balance in omega3 and omega6 fatty acids.

Foods are: nuts, seeds, grain, legumes, fruits, almonds, flaxseed, hazelnut, pecan, pine nut, pumpkin seed, sesame seed, sunflower seed, Walnut, Avocado, buckwheat, corn, olive, quinoa, brown rice, sweet rice, soybean;

Unrefined oils are mechanically pressed under low heat of 160° and sometimes filtered for the residue. This method keeps the original taste its aroma and color. Sometimes it contains vitamin E to prevent rancidity of the oil. The lower the processing temperature, the better the oil.

Highly refined polyunsaturated vegetable oils like margarine and shortenings are used as substitute for butter and lard advertised to be free of cholesterol and low in saturated fat. But margarine and shortenings contain hydrogenated polyunsaturated vegetable oils. Hydrogenation is an extremely harmful process, which creates immune damaging synthetic fat, which elevates actually cholesterol. Margarine and shortenings have a greater risk of heart attacks and cancer.

Use:

Clarified Butter “ Ghee”-less cholesterol and enhances ojas (See Ayurveda) and essence, that governs tissues of the body and balances hormones.

Olive\ Butter spread; half butter half olive oil also less cholesterol

Flaxseed\ Butter also half/half has less cholesterol.

Oil Guidelines:

- Choose label “ unrefined oil”, avoid common polyunsaturated oils like corn, sunflower, safflower, soy, linseed/flaxseed and walnut. **Use only fresh cold pressed unrefined polyunsaturated oils.** The shelf life is about 3 month, if kept cool. Don't use it as cooking oil. Polyunsaturated oils with omega3 are flaxseed, chia seed, pumpkin seed, soy and walnut.

- Cooking oil: the most recommended cooking oils are the unrefined monounsaturated olive and sesame oil.
- Other monounsaturated oils like almond, canola, avocado, apricot kernel is not easily found in unrefined way. Oleic sunflower and oleic safflower are the other 2 unrefined monounsaturated oils good to use.
- Second recommended is clarified butter “Ghee” or coconut oil.
- If high temperature used more than 360 Fahrenheit = 160 celsius one of the most stable oils like Ghee, Coconut and Palm Kernel oil is recommended.
- The best storage of oil is in glass and refrigerated.