# CHOLESTEROL

**Cholesterol basically comes from two sources: your food and your liver. And what you eat is important because if you are healthy your liver will not feel the need to make extra cholesterol to protect the damage you are doing to your body. The brain is basically made of fat/cholesterol, so a low fat diet is dangerous to the brain, but we know that eating lots of the right kinds of fats actually is beneficial. So, we could go on and on about the wheres and whys, but here is a list of the foods and things to do to keep the cholesterol in check, and a list of what will damage the body and encourage the liver to make extra cholesterol that can plug up the arteries, heart etc.**

## The Good List

**Proteins: fatty fish (eg wild salmon, mackerel), Raw Milk Cheese, organic soy protein, organic free range eggs, lean meats, organic chicken/turkey, wild seafood: shrimp, crab, mussels, clams**

**Grains: oatmeal, barley**

**Veggies: leafy veggies, tomatoes, peppers, onions, cabbage, cauliflower, broccoli, brussel sprouts, celery, eggplant - basically non-starchy vegetables.**

**Nuts, seeds: eg. Walnuts, pecans, pitaschios – moderation for nuts**

**Legumes: beans, peas, lentils**

**Fruits: strawberries, blueberries, raspberries, apples etc**

**Oils: cold pressed olive oil, avocado oil, coconut oil, flax oil, small amounts of organic butter**

**Weeds: dandelion root and leaf; milk thistle, burdock root – these help the liver to cleanse itself because the liver may be confused into making too much cholesterol**

**Other: Dark chocolate (unsweetened, so get plain or sweetened with stevia, monk fruit etc).**

**Avocado – some call it a fat, others say it is a fruit, and still others say it is a vegetable – whatever, it is really good for you**

**Olives**

**Sweeteners: stevia, monk fruit, erythritol, honey, ground up dates or other fruit.**

**To thicken foods: use small amount of cornstarch mixed in a little cold water. Agar Agar can also be used. Psylium powder is another option.**

## The bad list:

- **Any foods that have been refined from their original whole state. Stick to eating whole foods. A good idea is to avoid boxed and canned foods.**
- **Milk, yogurt, cream, fatty cheese (substitute oatmilk, rice milk, soy milk, limited amounts of hard cheese)**
- **Ice Cream**
- **Sugar including brown sugar**

- **Red Meat**
- **Margarine**
- **Regular butter (small amount of organic butter is better)**
- **Saturated fat type foods (limit animal meats to small amounts, coconut oil has been found not to increase cholesterol)**
- **Sugar and anything that has sugar in it**
- **White flour and anything that has white flour in it eg. Noodles, breads, puddings, thickened foods**
- **All soda pop type drinks**
- **Fruit drinks – eat the fruit whole**
- **Anything deep fried or fried in oils (get an air fryer and avoid cooking with oils)**

## Some Other Ideas to Help with High Cholesterol:

**Get an Airfryer so you don't have to cook with oils.**

**Eat as much raw foods as possible. If you want a diet to follow – see the Anti-Inflammation Diet.**

**Don't drink fruit juices, eat the food in its raw form, but if you want to juice vegetables: carrot, celery and beet will help lower cholesterol.**

**Try Intermittent Fasting by not eating past 7pm, and then the next day, not until noon.**

**Eat foods high in fiber. Fruits, vegetables, grains and legumes bind intestinal cholesterol and inhibit its intestinal reabsorption. Get your fiber from whole foods rather than from supplements.**

**Limit your alcohol intake. Your cells produce cholesterol on demand. For example, if a person drinks a fair amount of alcohol one night, this alcohol will make the membranes more fluid. The cells will immediately start to produce cholesterol in response to firm up their membranes to the proper state. As the alcohol wears off, the cell membrane starts to harden up. If you want to have a drink, best choice is a glass of Merlot red wine with your meal.**

## Supplements

**Do liver cleansing with herbs: any of dandelion root, burdock root, milk thistle**
**Take the herbs either before meals, or at night. The liver detoxes between 1 and 3 am every morning so if you notice any health or sleep problems during that time, it could be the liver.**
**To help the liver stop making cholesterol, do the cleanse for 3 months, then take a break for a couple of months and start again.**

**There are also homeopathic remedies available for liver cleansing.**