

INCREASE HDL and LOWERING LDL NATURALLY

NATURAL REMEDIES FOR CHOLESTEROL TIPS.

INCREASE HDL and LOWERING LDL NATURALLY.

The natural remedies to lower cholesterol naturally.

By www.cholesterol-hdl-ldl.com

If you've navigated on my website www.cholesterol-hdl-ldl.com, you may understand that increasing hdl and lowering ldl cholesterol naturally is the best choice you may have.

I've created this guide to help you choose the right natural remedies while embarking on your lowering cholesterol naturally journey.

This book is divided into two parts.

The first part will help you with natural herbs remedies. It tells you the best natural choices you may choose.

The second part is an overview of vitamins and minerals that can help.

It will show you how to take care and provide various sources for the basic natural remedies.

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Warning: you should always be in contact with your doctor to adapt the use of these natural remedies to your individual body needs. This e-book is a general guide, but doesn't substitute any advice taken by your physician.

I've created this book in a PDF format, so it's very easy for you to distribute (just save as to your computer and attach to an e-mail or upload to a website). Or you can just send people to....

www.cholesterol-hdl-ldl.com/support-files/increase-hdl-lowering-ldl.html

Ready?

Let's get started?

The natural remedies for cholesterol herbs

The natural remedies for cholesterol herbs guide, will be an essential chore when you try to control cholesterol, but you don't know how to do this.

Below you'll find some tips on what to look for and what natural remedies to find when trying to control cholesterol. This guide will help you select the best natural remedies for your condition.

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1. Niacin

Also known as: [nicotinic acid or vitamin B3](#).

Special tips:

- 1- You can take by eating: dairy products, lean meats, fish, eggs, poultry, enriched cereals and breads, nuts.
- 2- Or you can take it as a prescription drug.
- 3- Most of the time can find as lowering cholesterol supplements.



2- Policosanol

Alternative names: 32-C, Dotriacontanol, Heptacosanol, Hexacosanol, Nonacosanol, Octacosanol, Polycosanol, Tetracosanol, Tetratriacontanol, Triacontanol.

Special tips:

- 1- Plant waxes are high in policosanol. You may find it in: sugarcane, beeswax, alfalfa and wheat germ.
- 2- Another alternative you have is by taking a lowering cholesterol supplement.



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3- Plant Sterol Complex

Alternative names: phytosterols

Special tips:

- 1- You may find free plant stanols/sterols (natural, non fortified): corn, soy, wheat, wood oils, fortified foods and beverages
- 2- Or you may find stanol/sterol esters (fortified) in: fortified table spreads and salad dressings, fortified foods and beverages.
- 3- Another source that you may find plant sterol/stanol is by taking lowering cholesterol supplements containing.



4- Garlic

Alternative names: Allium sativum, poor man's treacle.

Specific cooking tips:

- 1- You may use its leaves, flowers, bark, fruit, roots, stem, seeds as flavorings to your dishes.
- 2- If you like you can eat it raw with your food.
- 3- But if you do not stand its odor, you may take lowering cholesterol supplements which contain its extract.



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5-Guggul

Alternative names: Commiphora mukul, Indian Bedellium, Guggul, gum Guggul.

Special tips:



6- Cayenne

Alternative names: Bird pepper, Guinea pepper.

Specific cooking tips:

- 1- It's a red hot chili pepper and may use to give flavor to your dishes.
- 2- You may take the hot cayenne drink. If your stomach cannot stand it, better try another alternative.
- 3- Taking a natural lowering cholesterol supplement containing its extract is a great replacement if you cannot stand its chili taste.



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7- Beta sitosterol

Alternative names: Vegetable oil sterol ester, Beta sitosterin, Angelicin, Phytosterol, Plant sterol esters, Plant phytosterols, etc.



Special tips:

- 1- There is a variety of vegetables high in beta sitosterol: *Serenoa repens* (saw palmetto), pecans, *Curcubita pepo* (pumpkin seed), *Pygeum africanum*, black cumin seed, cashew fruit, *Nigella Sativa*, rice bran, wheat germ, soybeans, seabuckthorn, corn oils, wolfberries.
- 2- Other sources of beta sitosterol that you may find are lowering cholesterol supplements.

8- Theaflavin

Similar names: theaflavins, theaflavin-3'-gallate, theaflavin-3-gallate, theaflavin-3-3'-digallate.



Special tips:

- 1- Black tea is high in theaflavin and a tasty also. Give it a try.
- 2- Other sources you may find are lowering cholesterol supplements.

9- Chromium

Active form in foods and supplements: Chromium picolinate, Chromium Polynicotinate, Chromium chloride.

Special tips:

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- 1- Fresh veggies are high in chromium: broccoli, beans, lentils, mushroom.
- 2- Molasses, lean beef, dairy products and eggs do contain average amounts of chromium. Careful with eggs, especially yolk because it raises ldl cholesterol.
- 3- Whole grain foods are a good source for chromium. Give them a try.
- 4- Or you may just take lowering cholesterol supplements that do contain safe amounts of active forms of chromium, especially chromium polynicotinate.
- 5- While taking a supplement, do not exceed 150 mg per day.

10- Selenium

Active form in foods and supplements: Selenium Dioxide, Selenized Yeast, L-Selenomethionine, Selenomethionine, Sodium Selenite.

Special tips:

- 1- You may take selenium by eating cereals (wheat, rice and corn, oats).
 - 2- Legumes (soybeans), nuts (Brazil nuts and walnuts) are high in selenium too. Caution when taking Brazil nuts (which are very high in selenium) not to exceed its limit till reach toxic levels.
 - 3- Meat is another natural source for selenium. You may find it in seafood (tuna, cods), animal products (chicken, beef, turkey). Cheese and eggs are rich in selenium, but caution with eggs (especially) its yolk.
 - 4- You may find safe selenium amounts (till 400 micrograms for adults) in lowering cholesterol supplements which do contain it.
 - 5- Watch not to exceed 400 micrograms per day (adults) and 45 micrograms (children).
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11- Rice bran

Similar names: Oryza sativa, Brown Rice Bran, Dietary Fiber, Ricebran Oil, Rice Bran Oil, Stabilized Rice Bran.



Active ingredients: Orynazol, Tocopherol, Tocotrienol. Basically, they are antioxidants.

Special tips:

- 1- Some breads (muffins) and breakfast cereals are enriched with rice bran. You may try them.
- 2- Or maybe you can prepare some dishes adding rice bran.
- 3- Rice bran oils are a good cooking oil alternatives and also rich in antioxidants.
- 4- At least lowering cholesterol supplements are one good, easy and beneficial way of taking rice bran.

12- Pumpkin seed

Similar names: Squash seed, pepitas

Beneficial ingredients: Fatty acids (linoleic acid), plant sterols, sterol glycosides, cucurbitine, tocopherols, cyclic non-protein amino acid.



Special tips:

- 1- You may find pumpkin seed in every store or if you want to enjoy the fun, prepare them by yourself.
 - 2- Or if you like it in salads, you can sprinkle pumpkin seeds into a green salad. When taking your cereal (hot or cold as you like), just add them chopped to give more flavors.
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- 3- You may add it chopped or blended in the dishes you prepare (cookies or other dishes).
- 4- And of course lowering cholesterol supplements which contain pumpkin seed oil are a good alternative.

13- Inositol Hexaphosphate.

Similar names: IP6, IP-6, InsP-6, inositol, phytic acid, phytate, myo-inositol hexaphosphate

Special tips:

- 1- You may find various food sources for this antioxidant: brown rice, sesame seeds, beans, wheat bran and other foods rich in fiber.
- 2- Of course, lowering cholesterol supplements are your easy and beneficial choice also.

14- D-limonene

Similar names: Alpha-Limonene; Dipentene, D-Limonene, L-Limonene, R-Limonene, S-Limonene.

Special tips:

- 1- Citrus fruits are rich in d-limonene, such as lemon, orange and grapefruits (d-limonene oil). It's easy to find them and have their taste. Don't you think so?



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- 2- You may find as flavoring ingredient in beverages, chewing gums, and other foods.
- 3- Or another alternative you have is by taking a lowering cholesterol supplement which contains d-limonene oil.

15- Myrecitin

Special tips:

- 1- Myrica Ceriferaplant's bark and leaves are a good source of myrecitin.
- 2- Other sources can be vegetables, berries, wine and tea.
- 3- Of course, lowering cholesterol supplements that do contain it, are a beneficial source.



16- Molybdenum

Special tips:

- 1- This trace mineral can be found in wheat germ, whole grains, grains, wheat, vegetables, liver, eggs, offal, legumes, peas. Caution with egg usage, do not exceed two eggs per week and consume mostly its white part.
- 2- Good sources of molybdenum are lowering cholesterol supplements which contain the amount your body needs.



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