

ASHBY ADVISOR

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It's time for the monthly newsletter. This month we will review the best-researched ideas to reduce total Cholesterol, LDL cholesterol and Triglycerides while raising HDL without the use of statin drugs.

- 1) Kyolic garlic – 600mg -> 8000mg per day -> helps lower LDL and raise HDL
- 2) Curcumin 900mg ->1800 mg per day -> decreases LDL & total cholesterol, raises HDL
- 3) Gugulipid (made from the resin of the commiphora mukul tree of India) 140mg 1 to 2 times per day -> really helps HDL, LDL and Triglycerides
- 4) Artichoke extract 300mg 3 times daily
- 5) Chitosan 500mg 3-6 capsules and 1000mg ascorbic acid before a fat meal
- 6) Soluble fiber (psyllium, guar gum or pectin) 4-6 grams before a meal. **Do not** take psyllium if you take Digitalis or Nitrofurantion
- 7) Green Tea -> 350mg per day
- 8) Niacin 1500mg -> 3000mg per day. Consider “flush free” niacin (inositol hexanicotinate) to avoid the skin redness
- 9) Soy protein (5-6 grams per day), i.e. 2 large teaspoons of powder daily
- 10) Vitamin E 400iu -> 800iu daily
- 11) Selenium, 200mg -> 600mg daily
- 12) Cinnamon ¼ teaspoon 2 times a day. It also lowers blood sugar so if you are Type II diabetic, closely monitor your blood sugar

Obviously you probably don't want to try everything. The best approach is to use several of these, then recheck your blood work in 60days. Make sure you know your starting point as well.

If you are currently on statins check with your doctor before adding any of these. This approach works really well if you are borderline high. Of course avoiding too many high fat foods can help.

Quote of the email: Flexible people never get bent out of shape!