

CHOLESTEROL (HIGH)

High cholesterol (hyperlipidemia or dyslipidemia) is an excess of lipids or fats in the blood. The liver, intestines and skin produce between 60-80% of the body's cholesterol. The remainder comes from diet.

POSSIBLE CONTRIBUTING FACTORS



- Low thyroid function
- Hyper-adrenal function from chronic stress
- Insulin resistance and/or elevated insulin
- Hyperglycemia/diabetes
- Liver/biliary congestion (i.e. lack of bile flow from liver)
- Fatty liver
- Genetic predisposition: lipoprotein disorders, familial hypercholesterolemia
- Alcoholism
- Poor diet & lifestyle: high carb, trans fats & saturated fat consumption, sedentary lifestyle, smoking
- Pregnancy
- Medications (i.e. progestins, steroids, immunosuppressants)

LIFESTYLE & DIETARY RECOMMENDATIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats (ex. avocados, olives, extra virgin olive oil, grass-fed butter, nuts & seeds, nut butters)
- Limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 low fructose whole fruits per day
- Eliminate fried foods, hydrogenated fats/vegetable seed oils, refined carbs, alcohol, fruit juices, and caffeine
- Consider an elimination challenge of dairy and gluten for a minimum of 30 days
- Daily stress reduction: grounding, journal, meditate, deep breaths, regular massages, warm bath
- Consider stinging nettle root tea or infusion for HPA axis support
- Consider dandelion root tea or infusion for liver/gallbladder support
- Daily gentle movement: walking for minimum 30 mins per day
- Practice sleep hygiene for adrenal support

SUPPLEMENT CONSIDERATIONS



- Omega-3 fatty acids EPA/DHA
- Thyroid support formula
- Blood sugar support formula
- Adrenal adaptogen
- Liver/gallbladder support formula
- CoQ10/ubiquinol (if taking statins or red yeast rice)