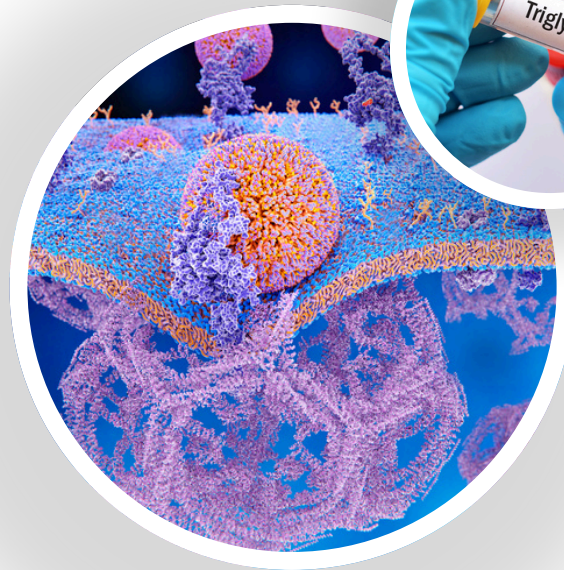




# HIGH TRIGLYCERIDES

Triglycerides are fats that circulate in the blood & are stored in fat cells for energy. Excess calories increase triglyceride storage, raising the risk of heart disease, stroke, & other health issues.



## Possible Contributing Factors

- Diet:
  - Excess consumption of simple carbohydrates (i.e. flour products and sugar)
  - Excess intake of trans-fats and omega-6 oils (i.e. corn, canola, and soybean oil)
  - Excess intake of saturated fats in certain individuals
- Insulin resistance / high blood sugar
- Excess cortisol from stress (physical, bio-chemical, emotional)
- Pancreatic insufficiency (i.e. lipase enzyme breaks down triglycerides into free fatty acids and glycerol)
- Alcohol intake
- Anabolic steroids and corticosteroids
- Carnitine deficiency (carnitine helps use fat for fuel)
- Lupus

## Lifestyle & Dietary Recommendations

- Eliminate all sugars (juices, sodas, sweeteners) and all foods made with flour
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 low fructose whole fruits per day like berries
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed & refined foods, fried foods, vegetable oils, and hydrogenated/trans fats
- Avoid alcohol
- Replace vegetable oils with coconut oil, grass-fed butter or ghee (if dairy well-tolerated) for cooking, and cold-pressed extra virgin olive oil (for room-temp and low-moderate heat use)
- Stress reduction measures: grounding, spend more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, Epsom salt bath
- Strength train at least 2-3 x per week; more muscle = higher metabolism
- Aim for at least 30 minutes of moderate activity most days of the week

## Supplement Considerations

- Digestive enzyme with lipase and bile (if needed)
- Blood sugar support formula (l-carnitine, CoQ10, magnesium, alpha lipoic acid, biotin, chromium, cinnamon)
- Omega-3