

Cholesterol Condensed Version

Dr. John G. Schoenenberger

**** Cholesterol only appears to be problematic when oxidized. Oxidized or glyconated LDL's are bound to sugar. Small molecule oxidized LDL's inflame and enter the blood vessel wall spaces macrophages try to clean these molecules out and become **foam cells**. These foam cells irritate or make the blood vessel wall rough which causes the plugging in the artherosclerosis.

Testing for Cholesterol- (Best indicator is molecule size) VAP Vertical Auto Profile

- Large molecule (**LDL- Pattern B**) do not attach to the cell walls. As long as the LDL's are large they do not become ingested. This is why blood sugar is so important in maintaining in order to decrease the level of oxidized LDL's.
- Small molecules (**LDL- Pattern A**) with calcium adhere to the blood vessel wall.

**** Controlling blood sugar helps control cholesterol. . 7% of cholesterol comes from your diet and the rest of it is actually produced in the body.

LDL- (bad cholesterol) research states 160-190 is good, less than 135 is unhealthy.

HDL- (good cholesterol) for men 55-65

- **HDL-LDL ratio** should be a 1:3 and 1:2 is best.
- **It's easier to lower you LDL than raise your HDL**
- **Niacin (B3 500 mg)** increases HDL- 500% more effective than cholesterol drugs.

Statin drugs (used for cholesterol)

- Lipitor is the number one prescribed drug in the country. Statins \$16 billion a year in sales, 144.5 million prescriptions. **** **Research shows no woman and no man over 69 should be taking a statin drug as it is not beneficial.**
- Cholesterol and depression were inversely related.
- Patients w/ cholesterol levels less than or equal to 175 mg per dl were twice as likely to die as those with cholesterol levels greater than 226 mg.
- LDL of 135 40% risk of Parkinson's compared to LDL 85.

Methods to Lower Cholesterol

- You should have 7 cups of green tea per day which is shown to lower the LDL.
- Omega-3 (EPA/ DHA—2-4 grams)
- Cholesterol (high) / triglycerides- Selenium, Vitamin E and Omega-3 works as well as statin drugs
- Botanicals- Garlic, green tea, Red Yeast Rice, Guggal, Policosanol, Evening Primrose oil,
- **Exercise**
- **Arginine** increases growth hormone which increases metabolism and decreases fat storage, vasodilates blood vessels.
- **Magnesium** (600-800 mg per day) improves all aspects of disk lipedema, HDL, and lowering triglycerides.

- Multivitamin and multimineral complex
- Green tea, blueberries, and dark chocolate
- Chromium- helps in support of insulin transport glucose into the body cells.
- Foods to avoid: Saturated fats, hydrogenated fats, margarine, vegetable shortening, sugar, and alcohol.
- A healthy diet is considered fruits, vegetables, and lean meats. High fiber; high protein. A decrease in stress as stress causes plugging on the wall and causes the wall to expand.
- Niacin or niacinamide—1500-2500 mg per day

References:

1. www.consumerreports.org/health/resource/pdf/best-buydrugs/Statins
2. Ann Behavior med 2008 Aug;36 (1):33-43 EPUB 2008
3. American Family Physician, Nov 1 2005.
4. Movement Discord 2008 May 15;23(7) :1013-8 PMID
5. 168www.thelancet.com Vol 369 Jan 20, 2007

Family Chiropractic Carries the High Quality Supplements