

## **HIGH CHOLESTEROL**

Did you know there are particular foods that can be as effective at lowering cholesterol as prescription medication? A series of nutritional research studies from the University of Toronto show just that! We know that various foods, such as nuts, soy protein, oat bran, and plant sterols can all have a cholesterol-lowering effect. But what if you combined all these foods together?

The U of T researchers have shown that combining all these foods together is as effective as taking a cholesterol-lowering drug, such as Crestor. The results showed a 30.9% decrease in LDL cholesterol ("bad" cholesterol) from the cholesterol-lowering drug and a decrease of 28.2% from the combination of cholesterol-lowering foods.

### **What Should You Eat on a Daily Basis?**

- Avoid refined carbohydrates (bread, white rice, pasta, sugar, sweetened cereals, pastries, cookies, cakes) and replace them with whole

oats and barley

- At least 6 servings of vegetables every day (potatoes and corn don't count!)
- Eat plenty of fibre and possibly use a fibre supplement
- A handful of nuts, especially raw almonds, every day (except stay away from peanuts since they don't have a cholesterol-lowering effect)
- Drink unsweetened soymilk instead of cow's milk and incorporate tofu into your diet

There are many ways to lower your cholesterol and reduce your risk of developing heart disease. In addition to eating healthy foods, regular exercise and stress management are very important. A Naturopathic doctor can make specific recommendations and give you the guidance you need to lead a health-promoting lifestyle as well as prescribe nutritional supplements and herbal medicines to reduce "bad" LDL-cholesterol and increase "good" HDL-cholesterol.

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