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“Integrative Strategies to effectively lower your Cholesterol!” By Dr. Grover

Best Diet-

Low carbohydrate, healthy non-saturated, and mono-saturated fat diet with lean protein is currently the most effective way to lower cholesterol, triglycerides and lose weight. The Mediterranean Diet with an emphasis on more protein/healthy fats is my favorite. Paleo Diet, Dash 2 Modified are reasonable options, and for those who want to do a vegan diet I recommend the Portfolio diet. If you would like to learn more about dietary strategies for weight loss please download my weight loss handout.

Optimal Weight-

Lowering your BMI (body mass index) to less than 25 will also lower your cholesterol, glucose, and triglycerides. Most importantly it will reduce your risk of diabetes and metabolic syndrome. A combination of healthy diet and daily exercise will help you achieve this. Interval exercise will give you the greatest benefit, along with resistance work. Read “What your doctor may not tell you about heart disease” by Mark Houston MD to learn about the ABCT exercise program and Mark Hyman’s “Ultrametabolism” for additional strategies.

Reduce Inflammation-

If you have an underlying infection get it treated. Take a probiotic to balance gut and reduce inflammation. Reduce stress via mindful activities, and stay lean. Dr. Grover can assess inflammation with the HS-CRP blood test.

Natural supplements to lower your cholesterol-

BergaMet Pro- An Italian citrus based polyphenol supplement (from Bergamot plant) with powerful LDL lowering, HDL raising benefits and additional benefit of weight loss. Average LDL drop is 38% and Triglyceride drop of 39%. Take one tablet before lunch and before dinner.

Red Yeast Rice- Lowers LDL and increases HDL. It has effects similar to statin medications, therefore it is recommended to also take Co-Q10 as well to prevent muscle aches. Xymogen or Designs for Health Product (DFH) Take 1-2 RYR capsules at night. DFH is called Lipotrienols RYR. If taking this or a statin be sure to add Co-Q 10 100mg by Xymogen

Omega-3- take 2 to 5 grams daily to lower triglycerides and VLDL. Use a high quality omega in TrueTG form with 3:2 ratio of EPA/DHA. I recommend the more refined OmegaAvail Hi Po by DFH. (1gm=1000mg)



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Lycopene- Take 10-20mg daily to inhibit HMG CoA reductase and drop cholesterol further. Also protective for eyes and prostate. This is included in Red Yeast Rice Lipotrienols RYR by DFH, or can be added separate. Check your multi for it too.

Curcumin- This helps to improve clearance of cholesterol and as a side benefit reduces inflammation in the brain. Take 500mg twice daily. C3 Curcumin by DFH.

Trans Resveratrol Helps keep LDL in a less harmful form, additional anti-aging benefits (SIRT modulation), weight loss, vasodilatation, improved erectile function. Take 250mg daily, Resveratrol Synergy by DFH

Aged Garlic standardized to 200-600mg daily. Reduces cholesterol and may reduce coronary plaque progression. Allicillin by DFH 1-2/day. Discuss with physician if you take Coumadin/Warfarin.

Lipichol- An emulsified Krill will lower Triglycerides by 12% and may lower LDL by 35%. Additional benefits include astaxanthin content, high orac value, and the anti-inflammatory benefits of Omega-3. (Xymogen Product)

Niacin- Take 500mg daily if additional support needed. Still works well in select patients to improve HDL and lower LDL, but flushing can be difficult to tolerate for many.

Vitamin E- Use mixed gamma/delta tocotrienols 200 IU taken with evening meal or at night.

If you are doing this on your own for general lowering of cholesterol, begin with lifestyle modifications, Bergamet Pro, Red Yeast Rice and Omega-3. For a more precise and personalized approach to your condition please see Dr. Grover or your physician to have an advanced lipid profile such as VAP, LPP, Boston Heart to achieve and maintain optimal results. EBT Heart scanning and additional cardiovascular work up may be recommended based on your risk factors or symptoms. For complicated cases of high cholesterol Dr. Grover may also recommend a medication such as a statin. It can be used at lower doses when applying the above strategies.

Please visit the **Wellness Page** on our website at [Http://RevolutionaryMD.com](http://RevolutionaryMD.com) to download product details and scientific trial information. Click on Designs for Health link or Xymogen link on this page to find and order supplement.. For Xymogen enter code: revmd when prompted for doctor code.

BergaMet can be ordered direct from our office or by emailing a request at info@revolutionarymd.com Easiest is to come by our office to purchase.

Thank you!



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