

The Natural Approach to Treatment of High Cholesterol Profiles

Dr. Robert G. Silverman
DC, DACBN, MS, CNS, CCN, CSCS

It is in the news on a near-daily basis. Research studies address various aspects of it. Many people ask what I can do about it. "It" is cholesterol. The evidence overwhelmingly demonstrates that elevated cholesterol levels greatly increase the risk of death due to CVD (cardio vascular diseases – heart attack and stroke). These diseases claimed 927, 448 lives in the U.S. in 2002. CVD is the #1 killer in the U.S. today.

The cholesterol lowering drugs known as "statins" are among the most widely prescribed drugs used today (i.e. Lipitor ranked #2). Literature shows that the supplements listed below have produced more advantageous changes in cholesterol profiles than the statins with more tolerability and safety. (Some adverse side-effects of statins are possible elevation of liver enzymes and muscle discomfort).

LDL (bad) cholesterol: LDL is the bad cholesterol because it carries cholesterol from the liver to the bloodstream, which can ultimately contribute to the formation of plaque that clogs the arteries. This results in atherosclerosis.

HDL (good) cholesterol: HDL has the exact opposite effect of LDL. Specifically, HDLs carry cholesterol away from the arteries and back to the liver, where it is then eliminated from the body.

Triglycerides transport and store fat in the body. It's clear that high triglyceride levels aren't good for the body, and can be particularly problematic when combined with excess levels of LDL cholesterol. People with high triglycerides often have high total cholesterol, high LDL cholesterol, and low HDL cholesterol.

Nutritional Supplementation – all dosages taken daily (below is a list of options):

1. Policosanol – a natural compound derived from sugarcane wax: 10 – 20 mg. Numerous studies show that policosanol reduces total and LDL cholesterol, lipoprotein (a) and increases the good HDL cholesterol
2. Fish Oil: 1 – 3 g. (EPA/DHA). Fish oils help to reduce inflammation in the arteries and lower cholesterol and triglyceride levels
3. Niacin (inositol hexaniacinate): 1500 – 2500 mg. It is a non-flush form of niacin. It is known to reduce cholesterol levels and increase HDL
4. Red Yeast Rice extract (*monascus purpureus*): 1200 mg twice daily. This has been shown to reduce cholesterol levels and increase HDL.
5. Guggulipid: take up to 1500 mg. This herb helps to reduce cholesterol levels and increase HDL
6. Garlic: 1000 mg. It helps reduce cholesterol levels and increase HDL cholesterol levels
7. Multivitamin/Multimineral complex: with proper antioxidant formula (Antioxidant prevent cholesterol oxidation)
8. Magnesium: 400 – 800 mg. Mg more reliably acts to improve all aspects of dyslipidemia including raising HDL-C and lowering triglycerides, and has the same pleiotropic effects as statins without their adverse effects.

9. Daily consumption of green tea was found to decrease serum LDL.
10. L-Carnitine: 1000 mg. Decreases triglyceride levels by aiding in fatty acid oxidation.

If statin drug is presently being used:

11. Co-enzyme Q10: 100 mg. – a vital nutrient that's required for proper heart function lowered by statin use.
12. Milk thistle (*Silybum marinum*): 200 mg. counter acts increased liver enzymes attributed to statin use.

“Every human being is the author of his own health of disease.”
Siddhartha

Bio:

Dr. Robert G. Silverman graduated Magna cum Laude from the University of Bridgeport, College of Chiropractic. He is a Certified Nutrition Specialist, Certified Clinical Nutritionist, has a Masters of Science in Human Nutrition, is a Certified Strength and Conditioning Specialist, and is a Diplomate with the American Clinical Board of Nutrition. He has a full-time successful private practice in White Plains where he specializes in the diagnosis of joint pain and its treatments with an innovative, established and well-researched approach to non-surgical care while incorporating proper nutrition protocols. He is a nationally known speaker and author and can be seen weekly on his own local TV show “Get Healthy w/ Dr. Rob”. More info at www.DrRobertSilverman.com .