

McMinn Clinic

Natural Ways to Balance Lipids

*General

- Maintain ideal body weight
- Regular exercise- combination of cardio and strength training.
- Don't smoke
- Detox the liver
- Drink adequate water
- Limit alcohol consumption
- Treat Metabolic Syndrome

*Diet

- Mediterranean Diet (Fish, omega-3 rich foods, high fiber, complex carbs, olive oil, red wine, nuts, fruits & veggies)
- Whole grains, legumes, berries, flax, psyllium, and more plant based protein.
- Avoid trans fats
- Almonds and walnuts may also be helpful

Specific Nutrients and Products that May Help:

- UltraMeal by Metagenics
- Vitamin C- 2 grams per day
- B vitamins
- Folate (400 mics per day)
- Krill oil
- Fish oil (omega 3 fatty acids)- 1-3 grams per day
- Anti-oxidant formula (C,E, D, Selenium, or pomegranate/blueberry)
- Guggul 1500 mg of 5 % guggulsterone per day
- MVI with 30 Mg Zinc and 1-2 Mg copper, and selenium
- Reishi- 800 Mg twice a day
- Chromium 200-400 Mics per day- especially good for people with sugar issues
- Co- Q 10 Especially if on statins (100-400 mg per day)
- Niacin
- Red Yeast Rice Extract- up to 1,200 mg twice a day, Take with Co-Q 10.
- Phosphatidyl Choline 1000 mg three times a day
- Broad based plant sterols
- 2-4 capsules of Glucomannan 15 minutes before meals with glass of water.
- Artichoke Leaf Extract

Herbs

Heart Savior- excellent combination of herbs.

Grape Seed Extract (50 Mg per day preventative, up to 300 Mg per day to treat)

Ginger, Ginkgo, *Garlic, Milk Thistle, *Ginseng, *Green tea, *Cinnamon, **Beberine**

To Address Specific Cholesterol Components

-To Bring down LDL:- Co Q 10, niacin, Vit C (2-4 grams per day), exercise, red yeast rice extract, green tea extract, liver cleans, increase fiber and greens, flax, reduce fat percent content of diet. Daily walnut consumption slightly lowers total cholesterol, LDL, and LDL particle (about 4% over 2 years).

-To bring down Lp(a): Co-Q 10, Niacin, Arginine, L-Carnitine at 1-2 grams per day, fish oils, flax, Ginkgo, Estrogen replacement, DHA 1-2 grams per day, Linus Pauling: Combo of L-Lysine 500- 1,000 mg per day, L- Proline 500-1,000 mg per day, and Vit C.

-To Bring Down TRIGLYCERIDES: Fish oils, Flax, Pantothenic, Chromium, Fenugreek, Niacin, Vit C, and Berberine

-To Bring UP HDL: Fish oil, niacin, aerobic exercise, HDL RX (BY ITI), curcumin, grape juice, oranges, cut out the sugars and refined carbs, avoid trans fats, olive oil, cranberries, stop smoking, red wine, B vitamins, snack on almonds.

Important: This handout provides educational information to support your wellness journey. It is not personalized medical advice. It is not intended to diagnose or treat any disease. Treatment should always be individualized. Please consult your healthcare provider before starting or stopping supplements, medications, or other therapies. Your doctor can help you determine what's right for your unique situation.

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