

# **High cholesterol / Triglycerides**

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**GUIDELINE BY SANJAY G.M.**

## **Causes:-**

- Overweight
- Much fat around waist
- Much alcohol
- Continues stress
- Vitamin D supplement can increase cholesterol
- B12 Deficiency can increase LDL

## **Symptoms:-**

- Heart
- High Blood Pressure
- High sugar
- Can reduce testosterone which can reduce sex desire, can reduce bone development & muscle. Also fatigue even after enough sleep.

## **Solution:-**

- 40 minutes blurry speedily walk every day.
- Exercise regularly
- To reduce weights reduce carbohydrate Rice, Cokes, Bread, Cookies, Pack Food, Cookies Etc.
- Reduce meat, Chicken, Sugar, Pasta, Pizza, Sugary Drinks, Dairy products, Coconuts oil, and palm oil.
- Drink Cherry, lemon, Orange juice.
- Take apple cider Vinegar
- Carrot Juice
- Eat vegetables, Honey, Grapes, Strawberry, peaches, banana. Avocado, Peanuts.
- Do Yogo, Anulom- Vilom to reduce stress.
- Eat sprouts lentils regularly.
- If BP not control in certain period from above point then take 1 Sarpagandhadi Vati [सर्पगंधती वटी] tablet 2 times a day & if BP is higher than 180 then take 2 tablets 2 times a day.
- LDL- can reduce by eating 1 bowl sprout lentils at breakfast
- ★ • Eat Celery, Asparagus 4 times a week.
- To improve B12 level eats fish, eggs, sports mug, desi GIRI cow ghee.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.