



## **Additional foods to Lower Cholesterol:**

### **Golden Flax:**

1. Buy whole **golden flax seeds**. (The brown flax is used more for industrial use for the production of Linseed oil.) Grind the seeds to a fine powder in a coffee grinder or small food processor. Grind enough to make a week or two's worth at a time, and store in the refrigerator.
2. Alternatively, purchase the **pre-ground golden flax**. **Bob's Red Mill** is an excellent brand and the only source of **golden** flax meal that I have found. You will find this in the health food section of the grocery store in the refrigerators, in a yellow opaque cellophane packet. When you open the packet, sniff it to make sure what you have bought is not rancid. Store it in the frig. (There are other brands of flax meal, but these use brown flax.)
3. Consider combining in equal portions with Wheat germ, for its additional benefits. Also make sure the wheat germ is not rancid.
4. Mix \_\_\_ tsp of the mixture with any liquid (eg) V8 or tomato juice, and drink it immediately. (If you let it sit, it will jell.) Consider taking your daily vitamin supplements with this.

Why V8 or Tomato juice? Because they have virtually no sugar, and are high in vegetables and lycopene – the red food pigment known for its anti-oxidant activity. Consider low salt. Regular fruit juice is reconstituted with high fructose corn syrup – too much sugar !!!

Exception: The Knudsen brand of "Just ..." are pure unadulterated, non-reconstituted fruit juices. Personally, I also use a mixture of Just Concord, Just Pomegranate, Just Blueberry, and Just Cranberry along with pure Aloe vera juice. Combine 1 qt of each into mixing bowl and then pour back into their bottles. Add 1-2 oz of fruit juice mixture to 6-8 oz water. I add 1-2 oz juice, flax/wheat germ, and lecithin, plus water to 1/4 -1/2 cup plain, non-fat yogurt for my breakfast.

To this drink, I also add for therapeutic purposes the following:

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| 1/4 tsp ground cinnamon  | 1/4 tsp ground nutmeg (-both to stabilize blood sugars)   |
| 1/4 tsp ginger   | 1/4 tsp turmeric (-both for anti-inflammatory protection) |
| 1 tsp unsweetened Cocoa powder (anti-oxidant benefit)  |   |
| 1 tsp Knox gelatin (-for joints) 1-2 tsp green vegetable powder concentrate (-as general anti-oxidant) |   |

Part of the purpose of this shake is to get enough protein to last you through to lunch. Add more yogurt or a protein powder as needed. (eg) a scoop or two of Whey or Soy protein.

**Lecithin:**

1. Purchase **lecithin** granules at Health food store (PCC, Whole Foods etc).
2. Add 2 teaspoons daily to above drink (Flax + V8 or juice /yogurt mix etc)
3. Alternatively, Lecithin capsules: 2-3 twice a day.

**Omega 3 Fish oil:**

Take \_\_\_\_ twice a day with food.

**Sitosterol:** Plant sterols which displace the cholesterol. Helpful for lipids as well as prostate.  
500-1000 mg daily in capsule form. **LMC Optimal Cholesterol 1 twice a day.**