

# Health By Choice-- Not By Chance

## Cholesterol Counseling Sheet

### Cholesterol: *Hero* or **VILLAIN?**

**Cholesterol is both a hero and a villain.** While we cannot live without it, in excessive amounts, it can kill us. The blood cholesterol level is the single most important factor in determining a person's risk for heart disease, the nation's number one killer.

An ideal cholesterol level is less than 200mg; however, individuals with cholesterol level of 150 or below have yet to have any heart attacks.

-p.118, Health Power

### WHERE IS CHOLESTEROL FOUND?

Animal products are the largest source of fat in the diet and the only source of cholesterol. Cholesterol is manufactured in the liver. Cholesterol can be found in any foods that have a liver, comes from that of a liver, has a face, a mother, or if it is a mushroom.

**PLEASE NOTE:** Cholesterol is **ONLY** found in animal foods. Plant based foods do not contain cholesterol. It's as simple as that.

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### How to lower Cholesterol Diet

- Cut out all flesh foods (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) If one so desires to use milk, non harmful milks can be made from a variety of nuts, grains, and legumes (i.e. almonds, cashews, soy etc.) *Recipes can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods and their Healing Powers vol. 3.*
- **Fried foods** as well as **highly processed foods** should be eliminated from the diet, and all free oils should be avoided while cooking.
- Avocado, coconut, and nuts do not contain cholesterol. They can be used in moderation.
- Eating fresh fruit is preferable to drinking fruit juice. Eating the fresh fruit provides individuals with the essential fiber needed for regularity; juice is robbed of that essential fiber.
- ALL white breads, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items.
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in the schedule. Meals should be eaten 5-6 hours apart
- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.

### Supplement(s)

- Garlinase garlic tablets can be obtained from **Wildwood Lifestyle Center and Hospital** by calling (706) 820-1493 ext. 236, The Herb Store.

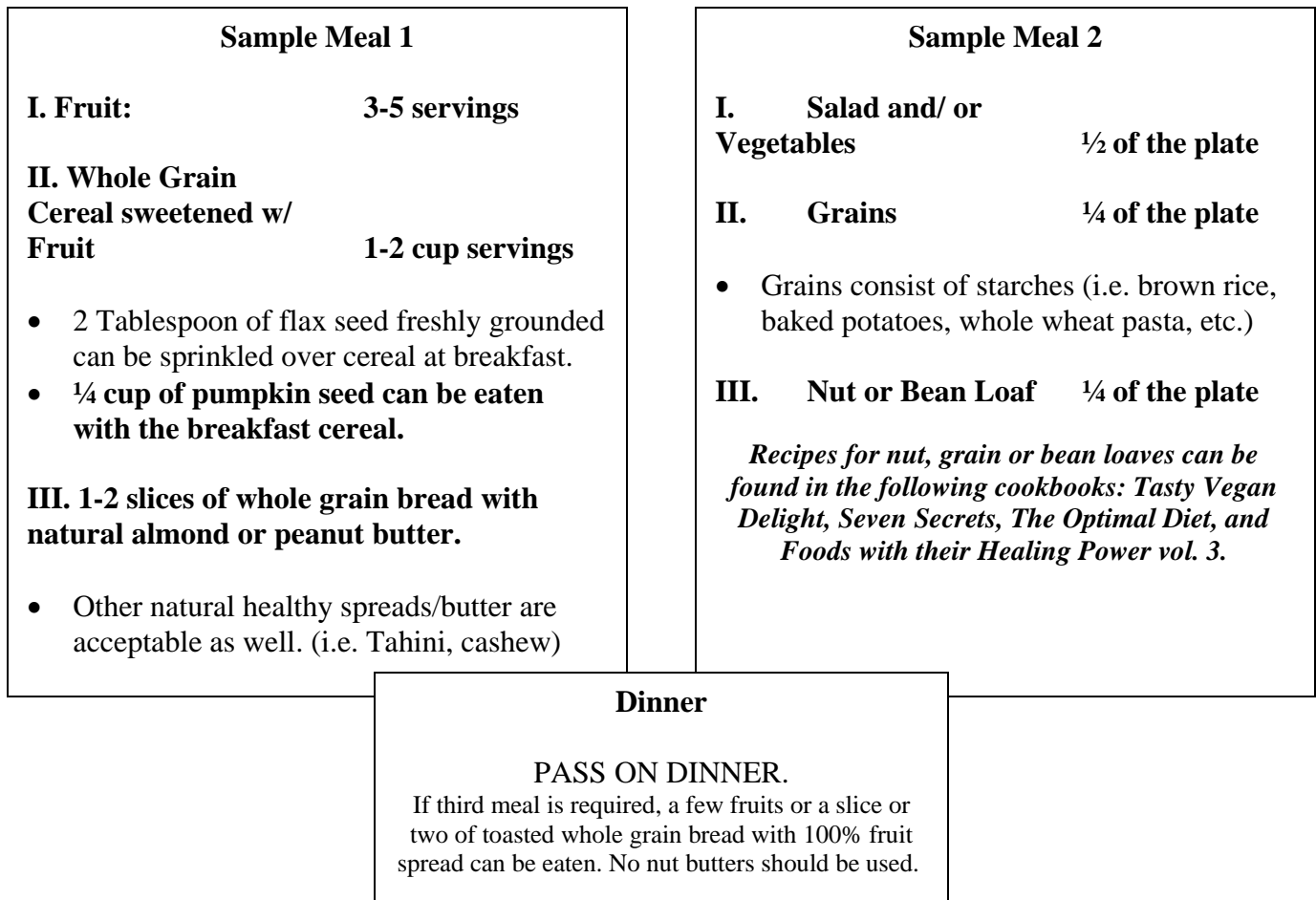
**ATTENTION:**

**Before making any changes please contact your health care professional.**

. Breakfast should be taken between \_\_\_\_\_ am to \_\_\_\_\_ am.

Lunch should be taken between \_\_\_\_\_ am/ pm to \_\_\_\_\_ pm.

Figure 1:1: Daily Meal Schedule (Lunch can be used as breakfast and vice versa)



**Lifestyle**

- Exercise is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week or for 1 hour each day.
- One should get between 15- 20 minutes of sunshine daily before 9:00am or after 3:00pm.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00 pm and 2:00 am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- For further information, please contact us at [www.nhtlh.org](http://www.nhtlh.org) or call us at (678) 520-1547 and ask for James. Please send all donations to James Luke 289 Jonesboro Rd. Suite 124, McDonough, GA 30253. Thanks for your support!