



**BRETT ELLIOTT**

Ultimate Herbal Health

# THE ULTIMATE HERBAL CHOLESTEROL PROGRAM



by Brett Elliott - Medical Herbalist

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# Introduction

Has your Doctor advised you that you need to lower cholesterol? In this book I will share some background to understanding cholesterol in simple terms. I will also be sharing the Ultimate dietary and herbal approach to solving the cholesterol puzzle.

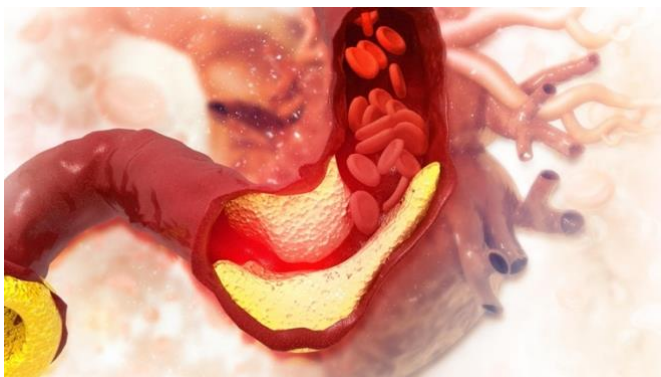
High cholesterol is extremely common in developed countries around the world. It's part of a very common negative health picture called Metabolic Syndrome. To find more about what causes metabolic syndrome and how it can be prevented [click here.](#)

Having high cholesterol causes your body to have some negative health effects and can lead to a narrowing of the arteries by fatty plaque deposits (known as atherosclerosis). Having these fatty plaques in your body may increase your risk of having a heart attack

and/or stroke, therefore it is important to have regular cholesterol checks to assess your cholesterol levels.

The prevalence of elevated total cholesterol is highest in the World Health Organization Region of Europe (54% for both sexes), followed by the WHO Region of the Americas (48% for both sexes).

Interestingly, the WHO African Region and the WHO Southeast Asian Region showed the lowest percentages (22.6% for AFR and 29.0% for SEAR). (1) This demonstrates that high cholesterol could be directly related to western diet and lifestyle.



# Understanding Cholesterol

Cholesterol: Too much of a good thing!

Cholesterol is a type of fat that can be found in certain foods (e.g. meat, dairy, eggs), and is also made in your body by your liver. Cholesterol itself is actually a good thing, and cholesterol is critical to staying alive, because your body makes hormones like estrogen and testosterone plus many other important biological molecules from cholesterol.

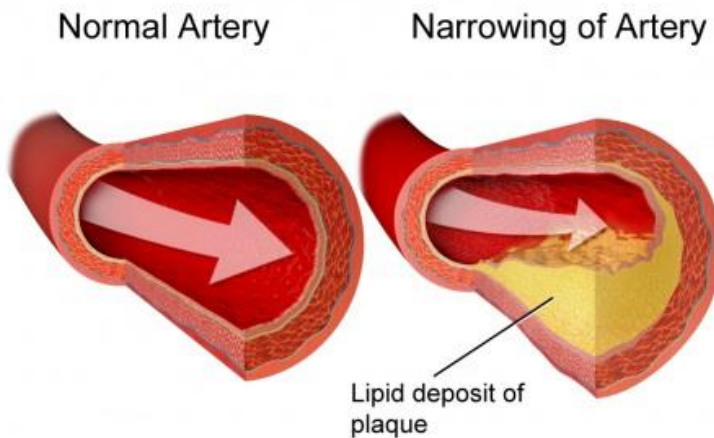
The problem is not to do with having cholesterol in your body, it's actually having too much of the wrong type of cholesterol deposited in the wrong places that can affect your health. Eating some cholesterol lowering food (low fat) is not necessarily the long term solution as generally, low fat foods are higher in sugar which can lead to other metabolic problems such as pre-diabetes.

## **Good and the bad cholesterol**

There are two main types of cholesterol:

- high density lipoprotein (HDL) cholesterol and
- low density lipoprotein (LDL) cholesterol.

HDL is essentially the 'good' form of cholesterol that travels from your cells to the liver where it is processed and removed from the body.



## **Coronary Artery Disease**

LDL is the 'bad' form of cholesterol when it's in excess, as this is the form which travels from the liver out through your arteries, to your peripheries. It is the LDL form of cholesterol that is most likely to clog your arteries and cause heart disease.

When the ratio of HDL / total cholesterol is high (i.e. not enough HDL, and too much LDL) more bad cholesterol is being stored and circulated in the body than is being removed from the body.

This is bad news and needs to be sorted. To calculate your cholesterol ratio, divide your high-density lipoprotein (HDL, or "good") cholesterol number into your total cholesterol number. An optimal ratio is less than 3.5

# How To Lower The Cholesterol Ratio

Doctors typically prescribe one of six different classes of drugs available for lowering cholesterol levels. (11)

We will discuss just two of them here.



## Statins

The most common are Statins which lower LDL levels by inhibiting enzyme activity leading to decreases in liver cholesterol content resulting in an up-regulation of hepatic LDL receptors, which increases the clearance of

LDL cholesterol. The major side effects are muscle complications and an increased risk of diabetes. The different statins also have varying drug interactions. (11)

### **Bile acid sequestrants**

Bile acid sequestrants can lower LDL cholesterol by 10-30% by decreasing the absorption of bile acids in the intestine which decreases the bile acid pool consequently stimulating the synthesis of bile acids from cholesterol leading to a decrease in Liver cholesterol content and an up-regulation of Liver LDL receptors. Bile acid sequestrants can be difficult to use as they decrease the absorption of multiple drugs, increase triglyceride levels, and cause constipation and other gastric side effects. (11)

However, the Liver plays a major part in the regulation of cholesterol (12) so by looking at the mode of activity of these drugs it makes sense to give yourself a liver cleanse in order to lower your cholesterol.



# Seven Cholesterol Steps

In the next few pages are seven dietary steps to lowering cholesterol levels naturally. People who have cardiovascular health risks such as high cholesterol or high blood pressure, really need to make life-long dietary and lifestyle modifications to improve their health, so let's get started.

Diet and lifestyle changes must form the foundation of any cholesterol-lowering plan. Incorporating the following simple modifications into your diet and lifestyle will help you to successfully treat high cholesterol for life.

After all, it's a long-term healing result that we want to achieve, and that's the real difference between just popping some prescription drugs and following a holistic healing approach.

Here comes real long-term healing!

## Step 1

# Follow a simple cholesterol lowering eating plan

If you make some important dietary modifications you can effectively reduce LDL levels.

### **Foods to reduce**

Lower your intake of acid forming foods such as alcohol, sugar, coffee, cheese, red meats and other processed carbohydrate foods. Sorry about that!



### **Trans-fatty acid intake**

Margarine, canola oil containing products and frying oils usually contain trans-fatty acids and should be avoided. When you consume more unsaturated fat, you must still be careful to reduce your intake of trans fat. The worst sources are margarine, baked products such as crackers, cookies, doughnuts, and breads, plus foods fried in hydrogenated oils. (7, 9)

### **Consume more Plant sterols**

Add 2 grams/day to your intake. Corn and Soy products contain sterols. (8)

### **Good Fats**

Reduce your saturated fat intake by consuming only lean meats, as well as increasing good fats from cold water fish, and nuts and seeds. Hemp, coconut and avocado oils are also excellent. Remember this does not just mean go "Low Fat" on everything. Consuming good fats like these is OK.

Follow the principles of the Mediterranean diet, as this style of eating has been found to be beneficial in reducing and managing cholesterol levels. This diet comprises of fresh fish, whole grains, fresh fruits and vegetables, olive oil and garlic. Combining a vegetarian diet into a fat burning keto diet can be beneficial short-term. [Read more about the Veggie Keto-Med diet here](#)

Try my favourite Mediterranean salad recipe by combining, Iceberg Lettuce, Baby Spinach or Mescaline Greens with Chopped Avocado, Sliced Radishes, Cucumber, Tomato, Red onion, Sun-dried Tomatoes, Olives and Pesto. [See Full Recipe Here.](#)



# Other, Specific Cholesterol lowering Foods

## **Soluble Fibre**

Eat more Soluble fiber. Add 5–10 grams/day to your intake. Including some Psyllium husk in a drink powder or capsules is perfect.

## **Oats**

An easy first step to improving your cholesterol is having a regular bowl of oatmeal. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram of fiber. Current nutrition guidelines recommend getting 20 to 35 grams of fiber a day, with at least 5 to 10 grams coming from soluble fiber. (The average Western diet gets about half that amount.)

Barley and other whole grains. Like oats and oat bran, barley and other whole grains can help lower the risk of heart disease, mainly via the soluble fiber they deliver.

## **Beans**

Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight. With so many choices — from navy and kidney beans to lentils, garbanzos, black-eyed peas, and beyond — and so many ways to prepare them, beans are a very versatile food.



### **Eggplant and okra**

These two low-calorie vegetables are good sources of soluble fiber.

### **Nuts**

A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, in the order of 5%. Nuts have additional nutrients that protect the heart in other ways.

### **Fruits**

Apples, grapes, strawberries, citrus fruits. These fruits are rich in pectin, a type of soluble fiber that lowers LDL.

### **Vegetable oils**

Using liquid vegetable oils such as grapeseed, olive, sunflower, avocado, hemp, and coconut oil in place of butter, lard, or shortening when cooking or at the table helps lower LDL.

## **Plant Sterols**

Foods fortified with sterols and stanols. Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from granola bars to orange juice and chocolate. They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.

## **Soy Foods**

Soy products are rich in sterols. Eating soybeans and foods made from them, like tofu and soy milk, was once touted as a powerful way to lower cholesterol. Analyses show that the effect is more modest consuming 25 grams of soy protein a day (10 ounces of tofu or 2 1/2 cups of soy milk) potentially lowering LDL by 5% to 6%.





### **Fatty fish**

Eating fish two or three times a week can lower LDL in two ways: by replacing red meat, which has LDL boosting saturated fats, and by delivering LDL-lowering omega 3 fats. Omega-3s reduce triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms.

### **Fiber supplements**

Supplements offer the least appealing way to get soluble fiber. Two teaspoons a day of psyllium, or bulk-forming laxatives such as Symlax, provide about 4

grams of soluble fiber. (10) It's always better to take Psyllium in combination with other digestive herbs, and it's important to add plenty of water to avoid constipation.

### **Detox Diet Foods**

All of these foods are recommended as part of our Ultimate Herbal Detox diet and have been proven to help lower cholesterol.

[Brussels Sprouts](#), [Broccoli](#), [Carrot](#), [Celery](#), [Cucumber](#),  
[Eggplant](#), [Garlic](#), [Kale](#), [Leek](#), [Mushroom](#), [Onions](#),  
[Pineapple](#), [Spinach](#), [Zucchini](#),

To find many good recipes which show how to lower cholesterol and contain natural cholesterol lowering food [click here](#).

## Step 2

# Herbal Medicines

Cinnamon - The blood Lipid lowering effect of Cinnamon has been shown in clinical tests (2)  
Sprinkle freely on porridge or fruit.



Cayenne - The faecal excretion of cholesterol and triglycerides can be significantly increased by the consumption of Cayenne. (3) Spice it up.

Ginger - Has been shown to possess both Anti-diabetic and hypolipidaemic (cholesterol lowering) properties (4)

Garlic - There is consistent evidence that garlic intake reduces cardiovascular disease risk factors including lowering LDL cholesterol. (5)

Turmeric (Curcumin) and Black Pepper - This combination is an efficacious adjunctive therapy in patients with Metabolic Syndrome and can lower blood cholesterol concentrations. (6, 12)



Papaya - A study dose-dependently inhibited the total cholesterol (TC), triglycerides (TG), low-density lipoproteins (LDL) level, and significantly increased high-density lipoprotein (HDL) level. (13)



Psyllium - Total cholesterol was significantly decreased from  $252 \pm 39$  mg/dl before treatment to  $239 \pm 37$  mg/dl after 3 weeks of treatment with Psyllium. (14)

Milk Thistle - One animal study found that silymarin worked as effectively as the cholesterol-lowering drug probucol and with the extra benefit of greatly increasing good HDL cholesterol. (15)



Globe Artichoke - Based on recent basic and clinical investigations, the extract of artichoke (*Cynara scolymus*) leaf has been revealed to be used for liver protective and cholesterol reducing purposes. (16)

Turkish Rhubarb - Data has suggested that emodin from Turkish Rhubarb had the potential value for treatment of hypercholesterolemia. (high cholesterol) The underlying mechanism is probably associated with binding capability to Bile acids and subsequent (17) increasing expression of Cholesterol lowering enzymes.



Dandelion - Results showed that treatment with dandelion root and leaf positively changed plasma antioxidant enzyme activities and lipid profiles in cholesterol-fed rabbits, and thus may have potential hypolipidemic and antioxidant effects. (18)

Aloe Vera - studies suggest that oral administration of aloe vera might be a useful adjunct for lowering blood glucose in diabetic patients as well as for reducing blood lipid levels in patients with hyperlipidaemia. (19)  
I suggest using aloe Vera Juice, and drinking 30ml daily over the short-term, in conjunction with my other recommendations until Cholesterol starts to normalize.





## Step 3

### Lose weight

If you are overweight, then weight loss is an essential part of reducing your cholesterol levels. If you need to lose weight, you could use the [Ultimate Herbal Detox](#), [BodiClenz](#), or [Ultimate Herbal Slim](#) programs to assist with your weight loss. Each of these programs achieves weight loss of 5-7kg on average.



## Step 4

### Get moving

Daily physical activity is vital to improving cardiovascular health, for weight maintenance, and to keep you as healthy as you can possibly be. If you need help getting started on an exercise regime, just start gently with some daily walking and look for a physical activity that you really enjoy.

My favourite simple routine is 20/20/20 twice a week.

1. 20 Press ups
2. 20 Sit ups
3. 20 Squats (add some kettle bells if you can)

Even if you start with 5 of each and work up to 20.

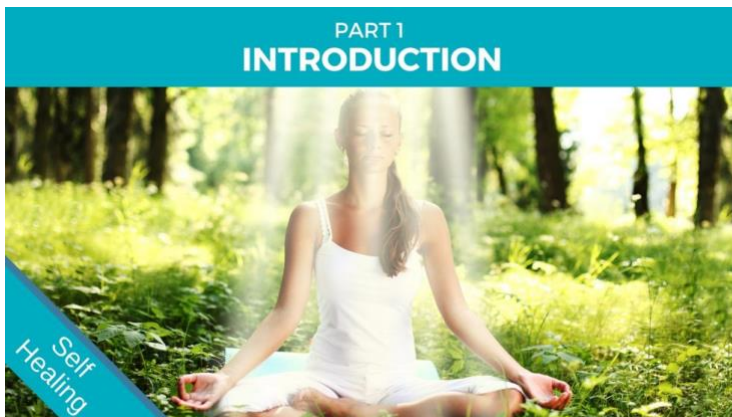
This only takes about 10 minutes and is priceless when it comes to getting your metabolism under control.

## Step 5

### Key lifestyle changes

It is also important that you address factors such as stress and smoking as these can severely increase your risk of cardiovascular disease.

Meditation and deep breathing combined can be one of the most powerful healing techniques for stress. Have a look at my series on self-healing with energy. [Click Here](#)



## Step 6

### Regular cholesterol testing

Regular cholesterol testing helps keep you informed about how your treatment is progressing, as well as providing you with motivation to stick to your routine. You can get cholesterol tests done through your Doctor or your Natural Healthcare practitioner.

## Step 7

### Ultimate Herbal Cholesterol Program

A good herbal Detox program like our Ultimate Herbal Detox which includes a lot of the dietary changes and herbs mentioned above will definitely help lower cholesterol, but I have put together the perfect combination of herbal products which I will outline for you over the next few pages.

The Ultimate Herbal Cholesterol program includes almost all of the dietary changes and herbs mentioned in this book, and has proven to help lower cholesterol.

The high dosage of herbs in the Ultimate Cholesterol Program include Aloe Vera, Chia seeds, Dandelion, Globe Artichoke, Milk Thistle, Papaya, Pineapple, Psyllium Husk, Turkish Rhubarb, Ginger, Cayenne and many others.

You simply consume a megadose of the herbs in capsules or in drink form along with the detox diet, rich in all the cholesterol lowering foods. After the 30-day program you should be able to get your blood tested again and clearly see the result of your efforts.

This should inspire you to make a few simple long-term dietary adjustments.

# Ultimate Herbal Cholesterol Program Contents

The Ultimate Herbal Cholesterol program contains the following items.

The [Ultimate Herbal Detox Capsules](#) or the [Ultimate BodiClenz Drinks](#).

These contain many of the herbs mentioned in earlier pages. It just depends on your preference, as both programs contain exactly the same dosage and 24-herb blend, completed as the ***One Month Gentle Cleanse***.



## The LiverClenz 500ml Liquid Formulation

Because your liver is central to controlling cholesterol production, a liver tonic is essential. [LiverClenz](#) contains a blend of the following herbal extracts in a base of pure New Zealand bush honey.

Click the names to read more about each ingredient.

***Take 15ml Daily***

- NZ Bush Honey
- [Licorice](#)
- Milk thistle
- Dandelion
- Globe artichoke
- Bupleurum
- Andrographis
- Gentian
- [Goldenseal](#)



## Aloe Vera Juice – 1 litre

Because aloe is so healing and has proven cholesterol lowering effects it's an important part of the program. I've been using this Aloe vera gel in my clinic for the last few years, and I swear by it.

Unlike many Aloe vera drinks you buy, that are watered down, this Aloe juice is thick and still has visible pulp in it.

***Take 30ml Daily***





## SymLax Bulking Fibre Blend – 120 capsules

Because soluble fibre is an important part of reducing cholesterol levels, it is important to include some extra fibre during your one-month program.

SymLax contains a blend of these herbs.

- Psyllium (Plantago ovata) seed husk
- Chia (Salvia Hispanica) seed
- Aloe Vera (Aloe Barbadensis) leaf
- Slippery Elm (Ulmus rubra) bark

***Take 4 capsules daily***



# Ultimate Herbal Cholesterol Program Complete

Get all four products in one easy to follow program and save 25%. [Click here to buy](#)



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## About the Author

Brett is a respected medical herbalist with 22 years of clinical practice. He is a regular seminar presenter both at health and wellbeing expos and at other



private venues. Brett has helped over 120,000 people in over 45 countries complete his herbal health program. Brett began his journey into natural medicine in the early 1990s when his own health began to deteriorate. He'd spent 10 years in hard manual work which resulted in severe spinal injuries requiring major surgery, which he declined. His search for alternatives led him to herbal medicine which quickly became his life's passion. Brett has operated his own retail health stores for 8 years, built a pharmaceutical-grade manufacturing facility in 2006, and has run a private clinical practice for over 24 years. During this time Brett identified a common pattern of events relating to the most common health conditions of our time. This led Brett to write his first paperback book ['CLEANSED & CURED'](#) which has been widely distributed through good bookstores. [Read Brett's Full Bio Here](#)