



Reduce your Cholesterol with Food and toss the pills

By Angelina Bertani, Your Radiant Health Mentor

" High Cholesterol is strictly a dietary and lifestyle condition that is easily remedied by adopting a diet based largely on vegetable foods." Cornell University

Nearly 75% of the people that I meet for health consultations have high cholesterol and are taking medication.

The first question they always ask me, " Is it really possible to lower my cholesterol with food? I've asked my doctor and they say that high cholesterol is genetic and that diet will not change it enough to keep me safe from future problems".

My answer is, without a doubt, "Yes, you can reduce your cholesterol by changing your diet!" In my 3 1/2 years of working with people of all shapes, sizes, races, backgrounds, blood types, metabolic rates, and activity levels, 100% of them have seen a reduction in their cholesterol LDL and increase in the HDL after 6 months of making small important changes in what they eat.

The food we eat does not just disappear; rather it creates our hair, skin, nails, cells, tissues, AND the amount and type of cholesterol that is in our blood. Many of the foods that are pre-prepared and found in restaurants contain invisible secret fats (you don't even want to know what kinds of foreign fats that they use). Our bodies do not utilize these fats as fuel, and they raise the levels of LDL (low-density lipoprotein), which cause arteriosclerosis and heart disease. This is the reason that I teach people how to cook quick delicious home cooked meals, and how to choose wisely what to order while eating out.

High Cholesterol is unheard of among people who eat a traditional diet based on whole grains, fresh vegetables, beans, fruit, and low-fat fish. The average Chinese man or woman has a cholesterol level of 154mg/dl, and those that are living in the villages of China - even the elderly - have cholesterol levels far lower than the average, according to Cornell University researchers. High cholesterol is strictly a dietary and lifestyle condition that is easily remedied by adopting a diet based largely on vegetable foods.

Cholesterol levels are influenced by diet, heredity, and metabolic diseases such as diabetes. Contrary to what many people believe, however, the number of people who have genetically high cholesterol is minute. The overwhelming majority of high cholesterol levels - greater than 95 percent - are the result of dietary and lifestyle factors. Most cholesterol levels can be lowered significantly by diet alone.

Your Radiant Health Assignment:

Eat more vegetables, especially leafy greens, broccoli, and roots. Try the recipe below, and then after that, pick a new vegetable each week to try. To begin learning new foods slowly, do a little each week, step by step, and slowly you will feel more confident in the kitchen! **Cook a whole grain** this week such as brown rice, barley (and eat it). Fiber reduces cholesterol. **Attend an upcoming cooking class.** Most people learn best when they use their 5 senses.