

Advanced Family Chiropractic
“Advanced Chiropractic Care for the Whole Family”
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Optimizing Your Cholesterol Levels, Naturally

The real tragedy here is that for nearly everyone that is prescribed these drugs, there's simply no reason to be taking them and suffer the damaging health effects from these dangerous drugs when they are far more effective, less dangerous and inexpensive ways to optimize your cholesterol profile..

The fact is that 75 percent of your cholesterol is produced by your liver, which is influenced by your insulin levels. Therefore, if you optimize your insulin level, you will automatically optimize your cholesterol.

It follows, then, that my primary recommendations for safely regulating your cholesterol have to do with modifying your diet and lifestyle:

- Reduce, with the plan of eliminating, grains and sugars in your diet. Eat the right foods for your nutritional type, and consume a good portion of your food raw.
- Make sure you are getting plenty of high quality, animal-based omega 3 fats, such as krill oil.
- Other heart-healthy foods include olive oil, coconut and coconut oil, organic raw dairy products and eggs, avocados, raw nuts and seeds, and organic grass-fed meats as appropriate for your nutritional type.
- Exercise daily. Make sure you incorporate peak fitness exercises, which also optimizes your human growth hormone (HGH) production.
- Avoid smoking or drinking alcohol excessively.
- Be sure to get plenty of good, restorative sleep.

Unlike statin drugs, which lower your cholesterol at the expense of your health,

these lifestyle strategies represent a holistic approach that will benefit your overall health—which includes a healthy cardiovascular system.