

## High Cholesterol

Written by Delores A. Hampton  
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*Substance manufactured by the liver and other organs and consumed via animal fat. High-fat diets increase the amount made. It is believed that high levels lead to collection of cholesterol in the arteries, possibly leading to serious health risks.*

**Cayenne (capsicum), Goldenseal, and Hawthorn Berries- Internal** Purposes: May be beneficial in lowering cholesterol. Cautions: Do not use goldenseal for more than seven days, and don't take it if you are pregnant. Check with your doctor if you have been diagnosed with cardiovascular disease, diabetes, or glaucoma. If allergic to ragweed, use Goldenseal with caution.

**Spirulina- Internal** Purposes: The Phytonutrients from Spirulina are said to enhance the immune system and aid in lowering blood pressure.

**Fiber-** Importance: High   Comments: Reduces cholesterol.

**Garlic-** Importance: High   Comments: Reduces cholesterol levels and blood pressure.

**Vitamin C-** Importance: High   Comments: Reduces levels of cholesterol.

**Vitamin E-** Importance: High   Comments: Enhances circulation. Emulsion makes it easier for the body to use quickly.