

High Cholesterol

Diet

- Drink plenty of water
- Raw Vegetables and Fruits

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day Green Product (Whole Food of Barleylife): 1 tablespoon

Supplements

Multiple Digestive Enzymes: 25 per day - five with each meal, five three times a day on an empty stomach (or three Vitalase, three times a day).

Lipase Enzymes: two capsules three times per day on an empty stomach with the five Multiple Digestive Enzymes (or Vitalase). After two weeks, increase to four capsules three times per day. Do this for three months.

Oxygen capsules or Liquid Oxygen: four capsules two times per day or 10 drops twice a day in water.

Exercise is an important if not critical part of the solution to high Cholesterol