

Baritz Wellness Center, P.C.

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Cholesterol (part 2)

The Program¹

08/17/10, 10/25/10

Life Style Recommendations

- Avoid/eliminate bread, pasta, potatoes and rice
- Increase consumption of oily fish (e.g. salmon, sardines)
- Aerobic exercise three to five days per week
- Avoid/eliminate partially hydrogenated fats

Supplementation

Garlic 5000mg^{2,3} 2/day

Garlic tends to reduce blood cholesterol and is blood thinning. This garlic preparation has the phytochemical properties supported by current literature for positive cardio vascular effects.

Gastro Fiber⁴ or Whole Food Fiber⁴ 6 caps/day or 1 tablespoon/day

A combination fiber support helps reduce cholesterol in two ways: Insoluble fiber feeds intestinal flora which help reduce liver production of cholesterol and soluble fiber binds with cholesterol in the intestine preventing re-absorption and facilitating elimination.

Choline⁴ 6/day

Assists with fat metabolism in the liver and supports the action of bile which carries cholesterol to the intestines. Once the cholesterol reaches the large intestine it can then bind with the dietary fiber and leave the body through bowel movements.

Cyruta⁴ 6/day

Contains buckwheat leaf juice and seed extract along with inositol which support normalization of cholesterol and glucose levels.

Cholaplex⁴ 9/day

Provides lipotropic factors which support mobilization of fats from the peripheral tissues to the liver and the subsequent hepatic metabolism of blood fats.

A-F Beta food⁴ 6/day

Provides nutrients needed to promote optimal hepatic production and flow of bile. Nearly all the cholesterol produced in the liver is used for bile synthesis. In the large intestine the bile salts are absorbed by dietary fiber and excreted.

The 21-Day Cleanse an Alternative Cholesterol Management program of Diet and Supplements

The 21-Day-Cleanse (Standard Process Purification program)³

For many persons the 21-Day-Cleanse can be an excellent alternative to the above supplementation for improving lipid profiles. A research has demonstrated significant reductions in LDL's, cholesterol and triglycerides for those participating in the 21-Day-Cleanse (Standard Process – Purification Program) To view an abstract see: [www.journalchiromed.com/article/S1556-3707\(08\)00078-3/abstract](http://www.journalchiromed.com/article/S1556-3707(08)00078-3/abstract), for more info about the 21-Day-Cleanse see www.standardprocess.com/display/psppurification.spi

To have a custom program created for you or for a free consult call 508 583-2565

1. Reference: *Synergistic Therapeutics, Combining Whole Food Nutrition and Herbal Medicine for Common Ailments*, pg. 75-77, by Bruce Bond DC et al.

2. MediHerb products for more info: www.standardprocess.com/display/mhonlinecatalog.spi

3. Contraindicated in known allergy to garlic. Before taking this product advise the doctor if you are on aspirin therapy, HIV medications or Warfarin.

4. Standard Process products for more info see www.standardprocess.com/display/sponlinecatalog.spi

Statements have not been evaluated by the FDA. Baritz Wellness Center products & services are not intended to diagnose, treat, cure or prevent any disease. Products & services are intended to support the normal physiological & biochemical process of the human body. Information is provided for educational purposes only & not as prescriptive advice. No guarantee or assurance of any specific result is given or implied. Baritz Wellness Center recommends that you consult with a medical doctor before starting, stopping, increasing or decreasing prescription medication.