



The Family Table

Lipid Results

Evaluating your lipid panel – Cholesterol, LDL, VLDL, HDL, Triglycerides

For proper evaluation of these numbers, we suggest the following before testing.

1. 3 days before stop all alcohol
2. 24 hours before eat a low fat diet
3. 12 hours of fasting (fasting means no food so remember to drink water)

The term Fat is a very broad term but to understand your Lipid profile better we can break Fats into three categories. All are important in the human body but to keep these healthy the name of the game is *Healthy Balance of numbers and Healthy Function of these Fats.*

- Triglycerides (Mono & Diglycerides)
- Sterols (Cholesterol)
- Phospholipids (Lecithin) – Important to keep fats liquified in the body.

Fats are transported in lipoproteins LDL, HDL (and VLDL)

LDL – transport fats from the liver to the body.

VLDL – transports fats from the liver to the body.

HDL – returns fats to the liver for disposal.

Think of the above like oil in an engine. Clean healthy oil delivered to the engine we have a well-oiled machine. If the oil is bad or dirty, we create inflammation, oxidation, damage to tissue and all in all a slow congested ill performing body.

Healthy Fats are important and necessary for health.

- Found in almost every cell in the body and used in cell function.
- Vital role in adrenal function and it is necessary for sex hormone production. Basically, without Cholesterol production of Testosterone, Estrogen and Progesterone is compromised.
- The entire nervous system needs it. Your brain is fat and is the storage place for DHA, an important Omega 3 fat. It forms a protective coat around the myelin sheath of nerves.
- Lubricates artery walls reducing friction in blood flow. Keep a diet rich in antioxidants to prevent oxidation of fats such as Vegetables and Fruit, Vitamin C, & our favorite **Clinical OPC**.
- 75% of cholesterol is manufactured by the liver. Support as needed with **PhytoCore**
- Total Cholesterol's below 150 may be indicators of impaired immunity, anemia, and hyperthyroid.
- Thyroid function effects cholesterol and triglycerides levels. Correcting any imbalance here can dramatically improve lipid panel numbers.

	Reference Range			
Cholesterol	<200			
LDL	100-130, <130			
HDL	>40, >50			
VLDL	<30			
Triglycerides	<150, <100			
Cholesterol/HDL	<4.5			
Triglycerides/HDL	1-ideal, 2-good, >3 bad			

Cardiac issues are Inflammation & Sticky Blood. Always keep this in mind when working on cardiovascular health.

Anti-Inflammatories – **CuraMed**, **BosMed**, and/or **D-Hist**

Slippery Blood – Drastically reduce sugar, **Sucontrol-D**, **GlucoResponse**, and Omega 3's - **Vectomega**

Diet – Include LOTS of Veggies and Fruit, Healthy Fats such as nuts and seeds, avocados, and olive oil.

Avoid high sugar, avoid fried foods, avoid processed proteins (sausage, deli meat, cheese).

Specifics for a healthy lipid panel:

Cholesterol = HDL+LDL+(0.2XTriglycerides)

Basically, Total Cholesterol means nothing until you break it down

Elevated LDL

130-155

Vectomega – 1 daily

156-180

Vectomega – 2 daily

Bergamot – 2 daily

>180

Vectomega – 2 daily

Bergamot – 2 twice daily

Red Yeast Rice – 2 twice daily

Keeping the Triglycerides in check by following these recommendations

- Dramatically lower bad carbohydrates in the diet – Stop the Sugar
- Decreasing or eliminating alcohol from the diet
- Improving digestion and increasing enzyme activity

Biozyme – 1 to 2 before meals and 1 before bed.

(1 with small or regular size meal and 2 with a larger meal)

Important Facts on HDL

- 1) Low HDL has been linked to mental decline with age so very important to increase if low.
- 2) Keep Vitamin D3 in higher levels of range to maximize levels.
Vitamin D3 blood level range is 30-100 with optimum levels from 60-80.
Daily adult need is minimum **Vitamin D3 5000iu(125mcg)**.
- 3) Exercise can improve levels.
- 4) Niacin may be helpful in raising levels **Timed Release Niacin**.

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