Lower Cholesterol NATURALLY – NO PILL Doctor Explains Transcript

(Transcripts are generated by AI and may contain errors)

Introduction: Lowering Cholesterol Naturally

You've been told that your cholesterol is high and that you need a prescription drug, but you're interested in lowering your numbers naturally. Which changes are worth making?

Well, I'm going to walk you through four steps covering food, daily habits, your movement, and even supplements. As a cardiologist, I've worked with heart patients for more than 20 years.

A prescription is not a plan. I want you to understand what you're changing and why. Before you buy another random supplement, you need to know how to choose one.

But I'm going to cover that in step four. Step one is food swaps. Replace fake food with real food. This matters because insulin spikes stimulate an enzyme called HMG-CoA reductase, the enzyme your body uses to make cholesterol.

Refined carbohydrates and sugar repeatedly push that cholesterol-making pathway.

Step 1: Food Swaps for Better Lipids

So first you're going to cereal, the toast, muffins for things like pasture avocados, meat, seafood n gives you the protein and the refined carbs that spi triglycerides and contribu more oxidation prone LDL p Second, replace the sandwich and the chips with a large salad topped with wild salmon or sardines, pasture raised meats, and don't forget the extra virgin olive oil.

The seafood provides omega-3 fats and proteins while the colorful vegetables and olive oils support your liver, blood vessels, antioxidant defenses third you're gonna want to replace the cookies the crackers the packaged snack bars with things that are natural berries nuts olives hard-boiled eggs coconuts here's a simple before-and-after example before cereal you know breakfast tuna sandwich for lunch pasta with garlic bread for dinner don't do that Let's switch it over to breakfast, eggs and avocado, a salmon salad for lunch and grass finished beef or wild seafood with vegetables for dinner.

Your goal is not merely to force LDL lower, it's to control insulin and triglycerides while reducing inflammation and oxidative stress and help your liver clear old LDl particles before they become damaged.

Within a few weeks, you're going to notice better energy, fewer cravings, better blood sugar and lower triglycerides. Over two to three months, cholesterol and metabolic markers start to improve.

Now, step two is correcting the overlooked daily habits that influence how your body handles cholesterol. Food cannot fully compensate for poor sleep.

inadequate sunlight, and constant toxin exposure. So starting with sleep, your liver processes the fats and cholesterol according to a circadian rhythm.

When you stay up late, eating after dark, in the artificial light, this can all disrupt insulin sensitivity, increase stress hormones, diminish the ability for your livers to repair.

Make sure you finish dinner before sunset, dim the lights after and go to sleep on time, definitely before 10. Keep your bedroom cool and quiet. Next thing you're going to do is wake up early because you went to bed early.

When you get up in the morning and you go outside, you reset your circadian clock. Better cortisol, better blood sugar and better metabolic health. Expose your skin to the natural sunlight.

Step 2: Sleep, Sunlight, and Toxin Reduction

especially some around noon time to create vitamin D. But more so we get things like nitric oxide, improve mitochondrial function, and we signal to the cardiovascular system better choices.

Start with 10 to 20 minutes outside after waking. Ditch the sunglasses. Then reduce the also, you're going to reduce, the toxins entering your body because your liver cannot deal with Lipid particles when it's busy with alcohol, pesticides, mold, plastics and chemical pollution from air and even personal skin and household products.

Remember to always store your food in glass, never heat food and plastic, choose organic food, and filter your water. Don't forget to address the water damage in the mold and the bacteria in your house.

So get outside early in morning, reduce your toxins, dim your lights after sunset and protect your sleep. Repeated daily, these habits create the conditions your liver needs to stay healthy and process out the old LDL particles.

Step 3 is movement. When you walk, when you strength train, this is going to help to manage your lipids, improve blood sugar and support metabolic health.

You don't need an expensive gym or an exercise program, you just need to move consistently. Start with walking. Your muscles pull glucose from the bloodstream and use it for energy.

Does the same thing with the lipids. A 10 to 15 minute walk after a meal can reduce the sugar and insulin surge after eating. Lower insulin, as I said before, means less stimulation of the HMG CoA reductase enzyme that produces cholesterol.

Walking also supports your circulation, mitochondrial function, healthy blood pressure, and healthy levels of triglycerides. Remember, aerobic activity like the walking, the hiking, cycling, swimming, rowing, make sure that it is fun.

And when you do this, you improve oxygen use and insulin sensitivity. I keep saying insulin and how important it it for heart attack prevention. So gradually build it to up to 30 minutes on most days.

Strength training is equally or more important, especially as you age. The muscle is metabolically active and it helps to clear glucose from the blood and improve your insulin sensitivity.

Squats to a chair, wall push-ups, resistance bands, even things like carrying groceries and appropriate weights that all counts. Aim for two to three strength sessions each week, allowing time for recovery.

Now, one of the greatest threats to metabolic health is just too much sitting and too little movement. One hard workout does not erase 10 hours in the chair.

We know that from the literature. So make sure you get up every 30 to 60 minutes. If you're taking a phone call, try a walk around. Remember to use the stairs, carry the groceries, get into the garden and make sure you walk after the meals like I said before.

So here's a manageable routine for you. Walk 10 minutes after each meal, complete 30 minutes of aerobic activity three times per week and strength train two to three times per week.

Step 3: Movement and Exercise Habits

So the best exercise program is the one that you can perform consistently, safely and progressively. When you combine that with healthy food swaps and the healthy daily habits of decreasing toxins, better sleep and better sunlight exposure, this is a strong foundation.

But what comes next is more individual. Two people can have the same cholesterol number and very different

problems underneath it. One may have insulin resistance and poor blood sugar control.

Another may inflammation and oxidative stress. But these all typically travel together. Damaged LDL particles, this is what really deserves attention.

So that's the problem with chasing a cholesterol number. A standard panel tells you how much cholesterol is being transported, but not necessarily why it's being transmitted, whether or not the particles are damaged, and of course what to do next.

The right testing can uncover what is happening beneath your cholesterol numbers, identify your risk factors, and guide informed decisions. You should not randomly change your diet, exercise, or supplements and simply hope your next test looks better.

I go much deeper on all this stuff inside my heart attack proof masterclass. I explain the advanced markers I look at, what they can reveal, and how cholesterol, insulin, inflammation, oxidative stress, toxins and the healthy lifestyle fit together.

Most importantly, I show you how to use that information to build a personalized plan for healthier, heart attack resistant blood vessels. This is a paid, in-depth training for people ready to move beyond conventional cholesterol advice and understand what may be actually driving the cardiovascular risk.

So if you're ready, click the link in the description and join me inside the Heart Attack Proof Masterclass. And that brings us to what I promised you before, number four, supplements.

Before adding another bottle, understand you are trying to accomplish.

Advanced Testing and Personalized Risk

which pathway you want to support and whether that supplement belongs in your plan so step four is all about supplements here the goal is not to shut down cholesterol production we need cholesterol cholesterol is essential for cell membranes steroid hormones things like aldosterone cortisol testosterone estrogen progesterone bile acid digestion brain function so much more The goal is to support healthy LDL clearance, normal inflammatory and oxidative stress levels, liver function, glucose metabolism, circulation, and the health of your blood vessel lining.

So decide what you're trying to improve. Is it poor blood sugar control, elevated triglycerides, oxidized LDl, inflammation, poor liver functions, or impaired circulation and blood vessels health?

Without a target, you are simply adding another model and hoping something changes. Now the formula I recommend The one I created is called Optolipid.

One primary ingredient in there is Berberine. Thousands of studies support it. This matters because repeated insulin spikes can stimulate HMG CoA reductase and increase cholesterol production.

Berberein supports delivers ability to remove LDL particles from circulation. But optolipid does not depend on one ingredient. We've got things in there like milk thistle, curcumin, resveratrol, quercetin, and green tea extract to provide the antioxidant supports.

Ginger supports healthy circulation, digestion, metabolic function. Together, these seven plant compounds. manufactured by Biotics Research in Rosenberg, Texas is just what the doctor ordered for supplements.

Now quality matters and that's why Optolipid is made in the United States, uses non-GMO ingredients, and is all third-party tested.

Step 4: Supplements and Optolipid

The recommended serving is one capsule twice daily, providing a 30-day supply per bottle. You can find Ophthalipid at the link below. Opthalipids may be appropriate for adults wanting additional support for lipid metabolism, glucose control, liver function, antioxidant defenses, and overall cardiovascular health.

However, natural does not mean interaction free. Berberine may affect blood sugar and medication metabolism, while the other nutrients deserve extra caution for people who are blood thinners or if you're taking these before surgery.

If you take prescriptions or are pregnant or nursing or have a significant medical condition, review the ingredients with a healthcare professional. Most importantly, another bottle is not automatically the missing piece.

No supplement can overcome the unhealthy lifestyle. The processed foods, poor sleep, inadequate sunlight, immobility, massive toxin exposure, Supplements belong on top of a strong foundation.

Supplement supplements. They eat well, they live well and they think well. This is going to help you protect your blood vessels. Now choose one change and start there.

Replace one fake food with real food. Protect your sleep and get morning sunlight. Walk those 10 minutes after a meal. Consider a supplement based on what you're trying to support.

Don't try and change everything overnight. Choose an action you can repeat, then build from there. The framework is simple. Identify the bad, restore the good, and check how you respond.

Remove those processed, chemical-laden foods.

Build One Change at a Time

Get rid of the poor sleep and inactivity, And try to remove those toxins that are working against you. Restore real food, sunlight, movement, rest, targeted nutrients.

Then test, reassess, make better decisions using your results. You're not chasing a cholesterol number, you're creating a healthier metabolic environment, improving how your body handles LDL particles and protecting the blood vessels, carrying you through the rest of your life.

Start with one change today and keep going forward.