



## Episode 006 Supplement Recommendations

### 1. Supplements to help reduce cholesterol buildup

#### Reduce inflammation

- Anti-inflammatory diet (anaboliclabs.com click on the Nutritional Foundation Booklet)
- Carlson Labs The Very Finest Fish Oil – 16.9 fl. oz. = 100 tsp. 1,600 mg omega 3 oils per tsp.
- Herb Turmeric (active ingredient curcumin) can be found almost anywhere
- Enzymes (proteolytic) on empty stomach – Wobenzyme is a good choice
- Resveratrol
- Ginger flaxseed oil (vegetarian source of omega 3's)
- Small amounts of dark chocolate

#### Anti-oxidants

- Traditional ones Vitamins A, C, E (make sure you avoid buying the cheap synthetic form of vit E called dl-alpha tocopherol, which has known toxic side effects likely due to the fact it is derived from petrochemicals). D-alpha tocopherol is the naturally occurring form. Best is the Vitamin E with mixed tocopherols alpha, beta, gamma, delta.
- Minerals zinc + selenium
- Resveratrol
- NAC (N-Acetyl Cysteine)
- Pomegranate
- Vitamin C –with its bioflavonoids including rutin. Rutin also in Standard Process supplement Cyruta Plus

#### Others

- Niacin – the most effective FDA-approved means of raising HDL levels!
- Oral Chelation - Cardio-Flow, which has replaced Vasa Clens (Suncoast BioResearch) – only sold by health professionals

### 2. Supplements when you already have high blood cholesterol

- Choles Plus (Suncoast BioResearch) – only sold by health professionals
- Liver detoxification supplements including Total Liver D-Tox from Nutri-West – only sold by health professionals