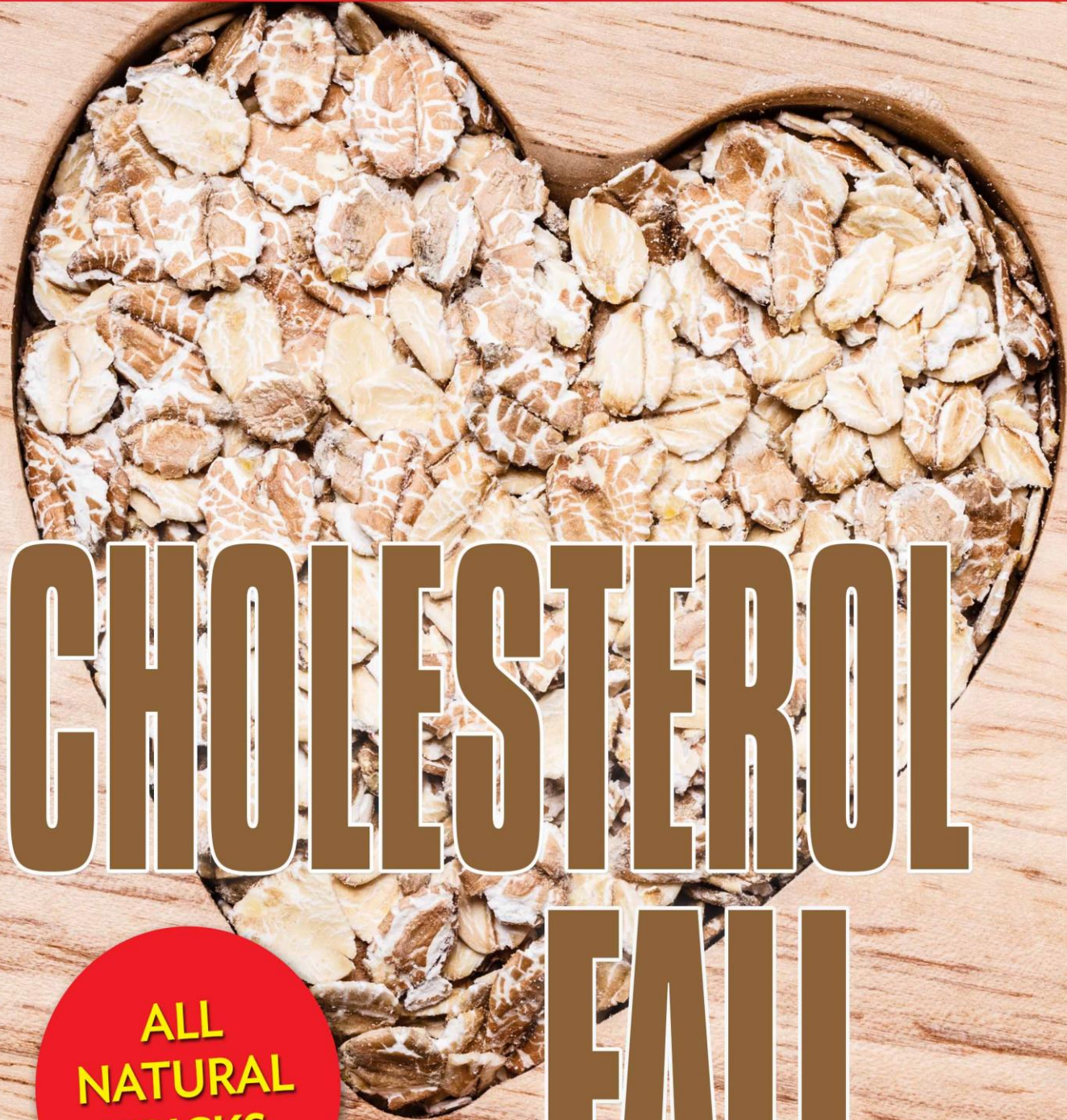


EXTREME RESULTS INSIDE!



CHOLESTEROL FALL

**ALL
NATURAL
TRICKS**

LIZ SWANN MILLER

7 Simple All-Natural Tricks to Lower Your Cholesterol in Four Weeks without Prescription Drugs

If you're aware that your cholesterol levels are too high, then you are probably equally aware of the top ways to cut those levels down to size and reduce your risk of succumbing to heart disease. Stopping fatty animal products, banning trans fats from your diet, and staying away from cigarettes are a few.

What you might not realize is that there are some little-known methods you can use to lower your cholesterol in just four weeks, so that your next checkup will be more positive than your last. Maybe you're taking prescription medication and want to get off it as quickly as possible, or perhaps you've been warned that you need to make changes or you'll wind up on medication. These seven tricks are all-natural, and they're simple to incorporate into your lifestyle.

Goldenseal

Maybe you've heard of goldenseal: *Hydrastis canadensis* has a long history of use by Native Americans and remains a very popular herbal remedy to this day.

Derived from the root of a forest plant, it is sometimes known as Orange Root, Yellow Root, Ground Raspberry, Wild Curcuma, or Pucoon.

Benefits

Besides treating a variety of ailments ranging from sore throat to urinary tract infection, Goldenseal cleanses the blood, and it contains an alkaloid called berberine, which lowers LDL cholesterol naturally.

How to Use It

Purchase a goldenseal supplement from a reliable manufacturer, and use it as recommended. The usual pattern is to take the supplement between two and three times daily for two to four weeks. Because Goldenseal can cause uterine contractions, it should not be used by anyone who is pregnant. Additionally, this powerful remedy can interact with certain drugs, so check with your physician if you take prescriptions and want to add Goldenseal to your regimen.

This is my favorite brand for Goldenseal – [Click here to get it on Amazon.com](#)

Pectin

Found in apples and the bitter white rind that lies between the skin and flesh of a citrus fruit, pectin is a type of fiber which can reduce your LDL cholesterol level by as much as 10%.

Benefits

Like some other types of fiber, pectin binds up dietary cholesterol before your body has a chance to absorb it.

How to Use It

Eat an apple (preferably organic) just before each meal, and when you snack on citrus fruits, eat the white rind as well as the sweet fruit. If this sounds like an awful lot of chewing, you can also get your daily dose of pectin by making smoothies with fruits that contain it like pears, guavas, quince, plums and gooseberries, or by taking a pectin supplement.

This is my favorite Pectin supplement – [Click here to get it on Amazon.com](#)

Hawthorn Berry

Perhaps you've heard a bit about Hawthorn Berry, which is among the most widely used natural remedies for heart disease. This bright red berry has been used since at least the 1st century CE, and it remains popular with naturopaths today.

Benefits

Hawthorn Berry helps to reduce triglycerides, and it improves the ratio between LDL and total cholesterol levels. It is also an overall heart tonic, and it has traditionally been used to aid in treating nervousness, stress, sleep disorders, and Class I and II heart failure.

How to Use It

Hawthorn berry is best taken as a supplement. Choose one from a trusted manufacturer, and use it as directed. Some of the best hawthorn berry

supplements contain other cholesterol helpers, such as resveratrol and grape seed extract polyphenols.

This is my favorite Hawthorn supplement – [Click here to get it on Amazon.com](#)

Bergamot

You may have heard of bergamot, a citrus fruit with a wonderful fragrance. Its essential oil is often used in fine fragrances, and it also gives Earl Gray Tea its signature scent and flavor.

Benefits

Flavenoids found in bergamot inhibit LDL cholesterol, preventing its deposit as arterial plaque. Two of these, brutieridine and melitidine, also exhibit statin-like properties. While research is ongoing, studies show that bergamot can reduce LDL cholesterol by as much as 27% while increasing HDL cholesterol.

How to Use It

The best way to take advantage of bergamot's health-inducing properties is to take it as a supplement. Look for one that contains no wheat, gluten, soy, yeast, corn, dairy, egg, or fish; the best contain only Citrus Bergamot extract in a vegetarian cellulose capsule. Take the amount recommended by the manufacturer to ensure best results.

This is my favorite Bergamot supplement – [Click here to get it on Amazon.com](#)

Licorice Root

If you're picturing the popular red or black candy, you're kind of on the right track – but it's a traditional component of old-fashioned licorice that helps cut cholesterol. The herb's main therapeutic compound is called glycyrrhizin, and thanks to its ability to aid in a variety of ailments, it has been popular since ancient times.

Benefits

A handful of studies shows that licorice root not only reduces LDL cholesterol buildup, but can also help reduce the buildup of body fat overall. It promotes increased bile flow, which not only aids in the reduction of cholesterol, but which helps to relieve indigestion and heartburn. Among other things, licorice root also

helps ease physical and emotional stress, making it a useful addition to your daily regimen.

How to Use It

Licorice root is easy to take as a supplement. Many manufacturers offer pure licorice root in capsule form; just be sure you get yours from a reputable company, and ensure that you choose a brand that doesn't have added fillers. Because licorice root is a powerful herbal medicine that can interact dangerously with some prescription medications, you should check with your physician or naturopath before adding it to your regimen. If you're using insulin or contraceptives, double-check to ensure that licorice root won't cause an adverse reaction.

This is my favorite Licorice supplement – [Click here to get it on Amazon.com](#)

Chocolate

No, you can't gobble up lots of sweet, creamy milk chocolate and expect your cholesterol level to improve, but you can make real chocolate part of your diet and enjoy a number of benefits in return. Natural cacao is what you're after, in its natural, unmodified form.

Benefits

Cacao contains polyphenols, which are antioxidants that help improve cholesterol levels in the same way black tea and red wine do. But that's not all. Cacao can reduce blood pressure and reduce blood vessel inflammation, too.

How to Use It

Obtain real cacao, either in nib or powder form, and add it to smoothies, along with a bit of stevia for sweetening. You can also add cacao to baked goods. The sugar and fat found in candy almost completely negates the cholesterol-reducing benefits that cacao provides, and eating too much of the wrong kind of chocolate will ultimately do you more harm than good.

This is my favorite Cocoa powder supplement – [Click here to get it on Amazon.com](#)

I absolutely love this Stevia brand – [Click here to get it on Amazon.com](#)

Flaxseed

Flaxseed comes from the same plant that produces the fibers used to make linen fabric. While flax is a humble, common species, it also happens to be the source of one of the most powerful supplements available today.

Benefits

Thanks to their high Omega-3 fatty acid content, flax oil and ground flaxseeds do a fantastic job of helping to reduce LDL levels, particularly when combined with other remedies. It's also beneficial for anyone who is suffering from lupus, as well as for those who are suffering from kidney disease. Women who suffer from menopause symptoms can sometimes obtain relief by adding ground flax to their diets; incredibly, this little seed can help improve problems such as night sweats and hot flashes.

How to Use It

Flax seed doesn't come with a set dose, but studies have shown improvement in people taking 40 to 50 grams of ground flaxseed daily, or from 38 to 60 grams of flaxseed oil. Unless you want to spend a lot of time getting up close and personal with a mechanical grinder, purchase your flaxseed pre-ground or get it in oil form. Flaxseed only works when it has been broken down; it is likely to pass through your body undigested if ingested as whole seed. You can add flax to any food without impacting its flavor, so whether you're working on developing a smoothie habit or if you prefer warm food such as soup, you can easily add flax to it and give your body a much-needed boost.

This is my favorite "no mess" Flaxseed powder which is cold pressed and pre-grounded – [Click here to get it on Amazon.com](#)

A Final Note

Anyone – even someone who is slender and fit – can suffer from elevated blood cholesterol. Because this problem is prevalent, there has been plenty of research conducted, proving that there are many methods for stopping the problem in its tracks. Besides the methods mentioned above, there are three simply lifestyle changes you can make that will put you on the fast track to better health.

- Stop eating processed foods and foods that are high in total fat, saturated fat, and cholesterol. Instead, eat a diet that is based on whole, natural vegetables and fruits, and that is low in total fat, saturated fat, and cholesterol.
- Increase physical activity if you are sedentary. Even 30 minutes per day will help. Do this even if you're already at a healthy body weight.
- Get the right amount of sleep. Getting more than 8 or less than 6 hours of sleep per night can have an adverse effect on your cholesterol level, so aim for 6-8 hours of sleep each night. Getting anything more or less than the right amount of good-quality sleep is also linked to high blood pressure, heart disease, and high blood pressure, among other health problems.

By prioritizing a healthy lifestyle and using a variety of the all-natural tricks mentioned in this report, you really can reduce your cholesterol quickly – and enjoy better overall well-being as a result. Once your levels are where you want them to be, maintain your new routine and enjoy all the benefits that come with vibrant health.