

## **Did you know...**

### **Cholesterol facts:**

A research study done by University of Pennsylvania Health System found that a regimen of red yeast rice, along with dietary changes, exercise, and fish oil lowered LDL (bad) cholesterol as effectively as did a standard dose of the statin Zocor (simvastatin).

You may be able to lower your cholesterol levels by supplementing with niacin, and eating a diet high in phytosterols (found in common plant foods such as nuts, seeds, legumes, fruits and vegetables). They prevent cholesterol from being absorbed from the intestine into the blood and can reduce LDL cholesterol by 10-15%.

Niacin (vitamin B6) converts carbohydrates to energy. Niacin taken in high doses can raise HDL (good cholesterol) levels by 15-35% and lower LDL cholesterol levels by as much as 25%.

Red Yeast Rice used medicinally and as a food staple in China has been proven to inhibit a cholesterol producing enzyme in the body, thus reducing total and LDL cholesterol levels. Atypical dose is two 600 mg capsules twice daily.

*Referenced: TODAY'S DIET AND NUTRITION JAN/FEB 2010)*

### **Vitamin D benefits:**

Did you know... that Vit D deficiency may be associated with an increased risk of cardiovascular disease. (Frigham Heart Study Researchers)

A cohort study in Finland (Diabetes Care) followed more than 10,000 children for 30 years and concluded that those who took at least 2,000 IU of Vit D daily had lower risk of developing diabetes than those whose did not take Vit D.

Epidemiological data suggest that Vit D supplementation has the potential to prevent many cancers such as the colon, breast and prostate.

Some researchers also believe that Vit D deficiency is a risk factor for hypertension, multiple sclerosis, autism, Alzheimers disease and swine flu.