

Cholesterol Management Sequence

Elevated Lipids – focus on
>80 triglycerides

Phase II
glycemic limiting
diet

Triglycerides <80 with
cholesterol & LDL still
elevated

Allergen
removal –
especially egg
protein

Soluble Fiber
increase

Triglycerides stubborn >80

Treat metabolic
syndrome – use
Berberine

Suspect thyroid
imbalance or
androgen
disruption

Reduce fructose
burden to less
than 25 mg/day

Triglycerides optimal <80
with LDL >100

Niacin 3-4 mg, Red wine extract, Omega 3
EFA, Cholaplex (6), Red Yeast Rice

Elevated Lpa

Ginkgo Forte (4), Whole food vitamin C
repletion, Niacinamide (4)

Elevated Homocysteine

Use homocysteine modulating nutrition –
Folate, B6, B12, Betaine