Cholesterol Management Sequence

Elevated Lipids – focus on >80 triglycerides

Triglycerides <80 with cholesterol & LDL still elevated

Triglycerides stubborn >80

Triglycerides optimal <80 with LDL >100

Elevated Lpa

Elevated Homocysteine

Phase II glycemic limiting diet

Allergen removal – especially egg protein

Soluble Fiber increase

Treat metabolic syndrome – use Berberine

Suspect thyroid imbalance or androgen disruption

Reduce fructose burden to less than 25 mg/day

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

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

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