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Simple Steps **TO LOWER YOUR
CHOLESTEROL IN FOUR WEEKS**
Without A Prescription

SIMPLE STEPS TO LOWER YOUR CHOLESTEROL IN FOUR WEEKS - WITHOUT A PRESCRIPTION

by



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INTRODUCTION

How is your cholesterol?

Is it a bit higher than it should be? Is it a lot higher than it should be? If you have been diagnosed with high cholesterol, you want to act sooner rather than later to get those levels down to a healthy place. **Maybe your doctor has told you to watch your cholesterol, or maybe you know that it runs in your family.**



Why Are Cholesterol Levels *Important*?

Millions of Americans have high cholesterol, but you don't want to be a member of that club. Elevated levels of cholesterol can cause serious health problems. You need to know your cholesterol levels, so you can see where you fall and whether you need to do some work to get them down.

If you are reading this, it's assumed that you have high cholesterol and are looking for ways to lower it. You might be tempted to simply ask the doctor to put you on some prescription meds, but this could be a bigger problem than you might realize.

The Problem with Prescription Drugs for Cholesterol

Let's be honest. A lot of people want to find the easy way out of just about every situation, especially when it comes to their health. Many people feel it's just easier to swallow a pill than to make actual changes that will benefit them. **However, more and more people are starting to realize that medications aren't always the best choice.**

This is proving to be true when it comes to statins, the types of meds often used at lowering cholesterol. **Some of the common statins include Lipitor, Livalo, Crestor, and Zocor.**

While statins may be effective at helping to lower cholesterol, there are some serious and concerning side effects¹.

Some of the side effects associated with statins include:

- *Muscle pain and damage*
- *Liver damage*
- *Increased blood sugar and type 2 diabetes*
- *Neurological issues*

Taking multiple medications to lower cholesterol can put you at even higher risk. **Some of the other risk factors for developing side effects include being female, having a smaller body frame, being 80 or older, suffering from kidney or liver disease, and drinking too much alcohol.**



You Can Lower Your Cholesterol in Just Weeks

As you will see throughout the rest of the book, it is possible to lower your cholesterol levels, and you can do so without prescriptions and faster than you might've believed. However, **you will have to make some changes to your lifestyle.** This book will provide you with simple and natural ways that you can lower your cholesterol starting right now.

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Understanding Cholesterol

Before we dive too deep into the ways you can lower your cholesterol levels, it's a good idea to have a better understanding of what it is and how it works in the body.

What Is Cholesterol?

Cholesterol is a waxy substance, and despite what you might think, it's not bad, per se. Your body needs to have cholesterol as a means **of building cells, making vitamins, making hormones, and digesting fatty food**. However, your body makes all of the cholesterol that is needed already.

So, how do people get high cholesterol? It's dietary cholesterol, which is found in animal products that we eat. **This includes meat, poultry, and seafood, of course, but also includes eggs and dairy products**. The food you eat is what is contributing to your high cholesterol. Once you know this basic fact, it becomes easier to see why those who eat a lot of animal products tend to have high cholesterol.

Types of Cholesterol

There are several types of cholesterol, both good and bad.

Low-density lipoprotein (LDL) is the **bad** cholesterol. Having high levels of LDL cholesterol can lead to plaque buildup in the arteries and major health problems.

High-density lipoprotein (HDL) is the **good** cholesterol. Having high levels of HDL could help to lower the risk of heart disease and stroke.

It's also important to understand what **triglycerides** are. **They are a type of fat that the body utilizes for energy**. High levels of triglycerides and high cholesterol increase the risk of heart attack and stroke.

You might also hear the term total cholesterol, which is the overall amount based on the HDL, LDL, and triglyceride numbers.

Total cholesterol levels should be **less than 200 mg/dl**. It is considered borderline high between **200 and 239 mg/dl** and high at or above **240 mg/dl**.

Causes of High Cholesterol

Why might you have high cholesterol? There are multiple potential reasons. As mentioned, an unhealthy diet is a primary cause. However, it is not the only cause. **Not getting enough physical activity, being overweight or obese, and smoking** (or exposure to tobacco smoke) can cause high cholesterol levels, as well. Additionally, heredity can play a role. This is known as familial hypercholesterolemia³.

Those who have a history of high cholesterol in the family **should make it a point to get their levels checked**, even if they are otherwise living a healthy lifestyle.

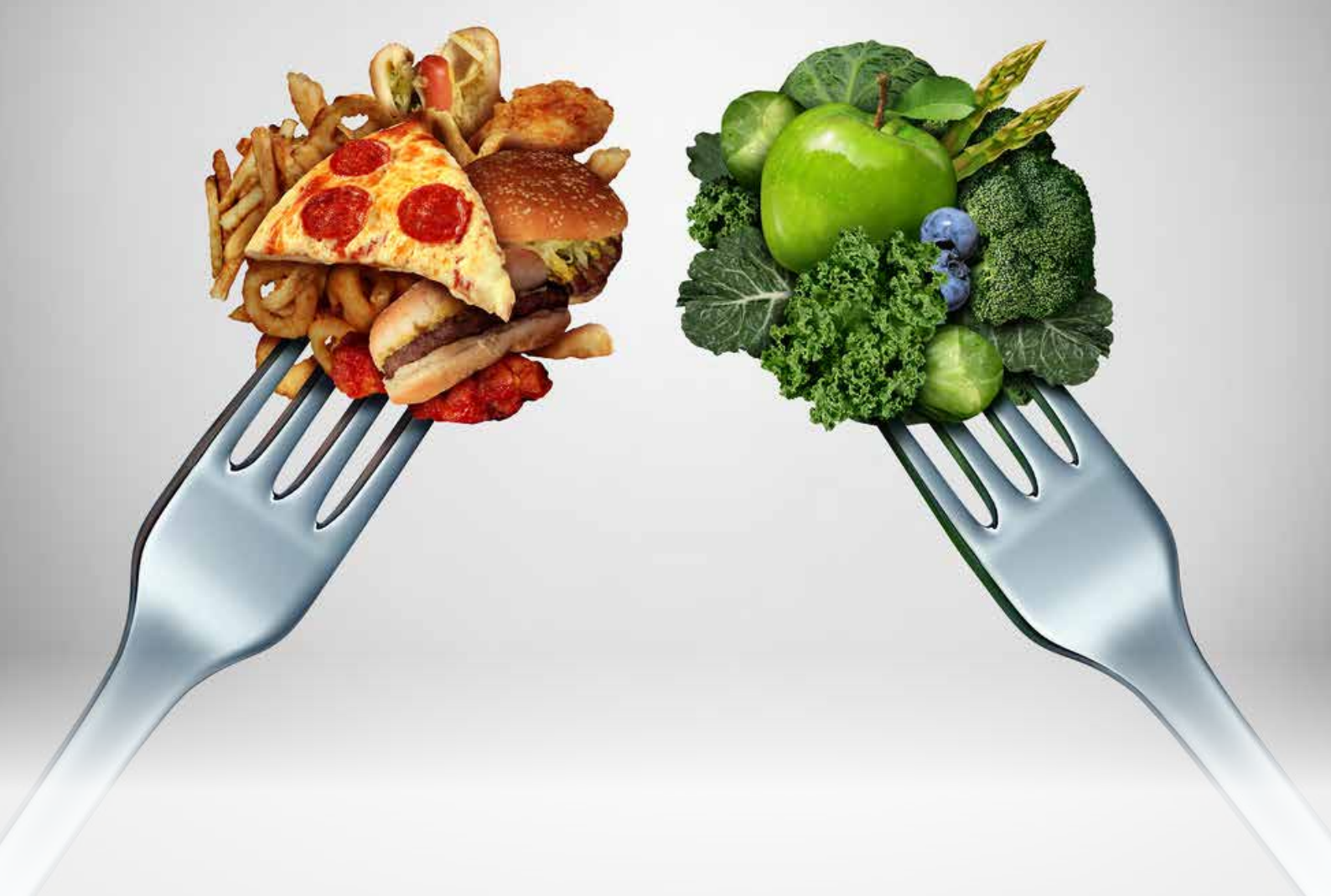


Risks Associated with High Cholesterol

Many health risks are associated with having high cholesterol⁴. **They include:**

- Cardiovascular disease
- Stroke
- Diabetes
- Artery disease
- High blood pressure

The consequences of having high cholesterol are serious. It will increase your risk of premature death. Fortunately, the steps that tips that follow are going to make it possible to reduce your cholesterol levels.



Diet and Nutrition

How many times have you heard or read that you are what you eat? By now, we all know that it's entirely true. **The food you are putting into your body will affect how you feel, your cholesterol levels, your weight, and so much more.** It's not the entirety of the issue, but it is a huge factor.



Importance of a Healthy Diet in Reducing Cholesterol

Yes, your body needs cholesterol to function properly, but remember that your body **already makes all that you need.** All of the additional animal products you are eating will only add to that cholesterol, especially the LDL. **Always think about what you are eating and how it will affect your health.** Below are the first three tips for lowering your cholesterol levels. Make sure that this is the first thing you do.

Step #1: Include These Foods in Your Diet

What type of food should you be eating? You will find that there are quite a few healthy and tasty options. Below is a list of foods that you will want to add to your **new dietary lifestyle**⁵.

- Oats
- Whole grains
- Eggplant
- Okra
- Nuts
- Vegetable oils
- Apples
- Strawberries
- Grapes
- Citrus fruits
- Soy
- Fatty fish

Step #2: Avoid These Foods in Your Diet

Of course, there are also foods you will need to avoid⁶.

The worst foods for those who have high cholesterol include:

- Red meat
- Beef
- Pork
- lamb
- Sausage
- Full-fat dairy
- Baked goods
- Sweets
- Fried foods
- Tropical oils
- Butter

Cutting down on these - or even eliminating them - can help you to lower your cholesterol levels.

Step #3: Plan Healthy Meals

Why should you plan your meals? It leaves fewer things to chance, and you won't be tempted to eat unhealthy food when you have preplanned meals ready to go. **Check out these helpful tips** to help make your meal planning a bit easier.

- Start prepping one meal at a time.
- Cook in larger quantities to make multiple meals.
- Make vegetables the mainstay
- Reduce or eliminate animal products.
- Make multi-use foods that can be mixed and matched to create different types of meals.
- Shop for foods that are going to keep well.
- Buy foods you like. One of the reasons people fail on eating healthier is that they punish themselves by eating food they don't enjoy.
- You can also check online for premade meal plans that are aimed at those who want to lower their cholesterol levels. However, don't just take those plans you find online at face value. Make sure they provide healthy food and that you will be capable of preparing meals you will enjoy.

Exercise and Physical Activity

Eating right is the first part of the equation, but we aren't even close to done yet. There are plenty of other steps you should take, and this one involves taking actual steps. **Getting more exercise is always good for you, and it could help with your cholesterol levels.** It can even help to increase HDL levels⁷.

How Does Exercise Affect Cholesterol?

While exercise was always on the list of recommendations when it comes to lowering cholesterol, it wasn't until recently that doctors started to figure out why it helps. **One of the ways is by helping people to reduce and maintain their weight.** Being overweight tends to increase the amount of LDL in the body, so it stands to reason that losing weight is going to help lower it.

It's also believed that exercise helps to stimulate enzymes that help to move LDL from the blood to the liver where it can be turned into bile for digestion or excreted. Exercise also increases the size of the protein particles that carry cholesterol through the blood.

As you can see, it is essential to get regular physical activity.



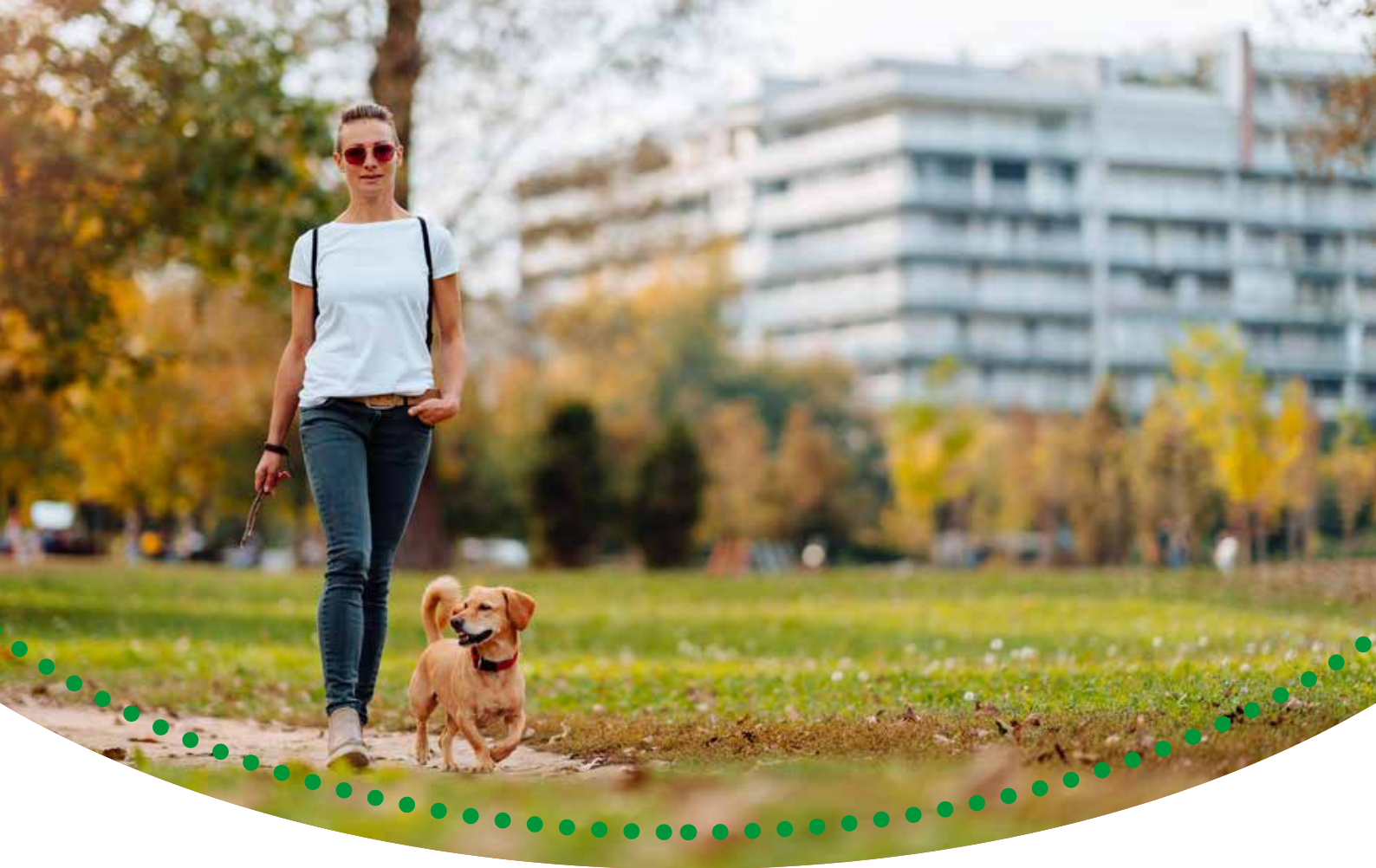
Step #4: Types of Exercises to Lower Cholesterol

What types of exercise should you do if you want to lower your cholesterol levels⁸? It's believed that vigorous exercise is better when it comes to helping lower cholesterol. **If you are healthy enough, having a couple of sessions of vigorous exercise each week, in addition to other, more relaxed exercises, will help.** Below are some of the best types of exercises for reducing your cholesterol levels.

- Run or jog
- Play tennis
- Do yoga
- Take a brisk walk
- Go swimming
- Go biking
- Resistance training

You will find that just about any sort of exercise is going to help you lower your cholesterol levels. However, the caveat here is that you need to exercise often enough. **Exercising just once or twice a week won't cut it. Try to get a minimum of 30 minutes of exercise each day.**





Step #5: Incorporate Exercise into Your Daily Routine

In this step, we'll provide you with some simple ways that you **can add more exercise to each day**.

- Take the dog for a walk
- Go for a walk around the block after eating
- Walk during lunch at work
- Take care of the garden/lawn
- Take the stairs
- Clean the house
- Park further away

Always keep an eye out for more ways that you can add exercise to your **daily routine**. You will find that there are **plenty of ways for you to get in added exercise**.

Stress Management

If you feel stressed a lot, you aren't alone. **The American Institute of Stress says that around 33% of the population feels extreme stress, and 77% of people have stress that affects their physical health⁹.** This can affect our health in a lot of ways, including our cholesterol.



The Link Between Stress and Cholesterol

Studies have found that there is a link between high cholesterol and stress levels. **It has the potential to increase the levels of triglycerides and LDL while decreasing HDL¹⁰.**

It's believed that this could occur because of hemoconcentration, which causes the blood to lose fluid, which could increase elevations in cholesterol in the short term. **It could also be due to the higher levels of cortisol in the body due to stress. High cortisol levels can increase appetite and obesity.**

As you can see, stress has the potential to be a factor in your high cholesterol levels. **This is something not a lot of people think about, and it could result in them neglecting to deal with their stress.** However, reducing stress is important for cholesterol reduction, as well as helping to improve other aspects of your health.

Step #6: Manage Your Stress *Using These Techniques*

To help make it easier to manage your stress, consider the following techniques. **Try them out to see how they help you with your stress levels.** We've already talked about one of the best ways to reduce stress - getting more active and exercising more. However, there are plenty of other things you can do, as well.

- Meditate
- Assert yourself and learn to say no
- Laugh more often
- Get creative
- Find a relaxing hobby
- Keep a journal

These can help you to deal with your stress. **You must take the time to unwind and decompress.** If you still have trouble handling your stress, consider seeking counseling.



Supplements and Herbs

It's believed that herbs and natural herbal supplements can help you lower your cholesterol levels. **Although the research tends to be limited when it comes to herbs and supplements**, there is some evidence that certain ones can help.

Naturally, you want to talk with your doctor before you try out any supplements. However, because they are natural, they should be safe for most people. Still, it's better to err on the side of caution.



Step #7: Add the Right Herbs and Supplements to Your Routine

Let's look at a list of some of the top natural supplements that may help lower cholesterol¹¹.

Berberine

This could potentially help to reduce LDL and triglycerides. It is an extract found in tree turmeric, goldenseal, and Oregon grape. It was traditionally used in Chinese medicine to help with a range of ailments including gastrointestinal diseases. Those who have had success with berberine were a dose of 300 mg taken three times a day.

Fiber

Fiber is found naturally in oats, barley, fruit, and vegetables, but it is also available in supplements for those who are not getting enough in their diets. Soluble fibers could help to lower cholesterol by stopping the reabsorption of bile acids, which tend to be made from cholesterol. Taking five to 10 grams of soluble fiber per day could help to reduce total cholesterol and LDL cholesterol.

Omega-3 Fatty Acids

Research¹² has shown that omega-3 fatty acid supplements could help reduce LDL and triglycerides. This is found naturally in vegetables, fish, nuts, and flax seeds. It is also available as a supplement. The Dietary Guidelines for Americans recommend taking between 450 -500 mg of combined DHA and EPA daily. Individuals with a heart problem should take 1000 mg. The National Academies of Sciences, Engineering, and Medicine suggest that 1000 and 1600 mg of ALA are adequate for healthy females and males, respectively. These are some of the supplements that you should consider when you are trying to lower your cholesterol level. They are easy to find and easy to incorporate into your routine. Simply take them each morning.

Sleep and Rest

Most people know that not getting enough sleep is unhealthy, but they never imagine that it could affect their cholesterol. **Not only can too little sleep increase bad cholesterol, but so can getting too much sleep according to a study¹³.**

The researchers found that getting fewer than five hours of sleep increased the risk of high triglycerides and low HDL in women. Getting more than eight hours of sleep had similar results. This can also lead to higher levels of LDL.

You have to strive to get an adequate amount of sleep each night.

Of course, this is easier said than done. The next step should help.



Step #8: Get Enough Sleep

Although a lot of factors could affect your duration and quality of sleep, you should make it a point to improve your sleep. In this step, we'll help you get things back on track. For starters, you need to make sure you develop a sleep schedule and that you stick to it.

- **Set aside between seven and eight hours of sleep. Go to bed at the same time each night and get up at the same time each morning.** When you start to become more consistent, your body will get into the rhythm. It will become easier to maintain the schedule the more you do it.
- **Don't go to bed hungry**, but don't go to bed overly full either.
- **Avoid eating heavy meals at least three to four hours before bedtime**
- Additionally, **you will need to avoid caffeine** at least eight hours before bedtime.
- **Create a peaceful** and restful sleep environment.
- **Make sure** the room is dark, cool, and quiet.
- **Consider** using earplugs or listening to sounds of nature to help you sleep.
- **Create an environment** that is conducive to you getting to sleep.
- **Avoid using your phone and watching television** right before bedtime, too. The blue light emitted from the screen can make it more difficult to get to sleep, even after you've used the device.

When you use these tips and combine them with other steps in the book such as reducing stress and getting more exercise, you will find that managing your sleep becomes easier.



Smoking Cessation

We all know that smoking is unhealthy for us and causes a host of health issues that can reduce your life expectancy. **When most people think about smoking, the health problems that immediately come to mind are things like cancer and lung disease.** While these are certainly major issues, they are not the only health problems smokers face.

Smoking increases cholesterol levels. When you smoke, your lungs absorb the vapors released in cigarette smoke. Research¹⁴ shows that this can lower HDL levels, increase LDL levels, make the blood thicker, narrow the blood vessels, and damage the cells in the vessels and arteries.

The sooner you quit smoking, the sooner you can get better control of your overall health, not just your cholesterol levels.





Step #9: Quit Smoking Using These Tips

You know you need to quit, but the urge to smoke is going to be strong. **The following tips can help you to get through this difficult time.**

- Consider nicotine replacement therapy
- Chew gum, eat baby carrots, and otherwise occupy your mind and your mouth
- Take a walk
- Try some relaxation techniques
- Remind yourself of the importance of what you are doing and why you need to quit
- Get some help from professionals
- Delay the time between cigarettes, making it longer and longer between each one
- Avoid triggers that make you want to smoke

There's no way around it. Quitting smoking isn't easy. Once nicotine sinks its claws into you, quitting is difficult and will take time. There may be instances where you slip up and start smoking. **If that happens, use the suggestions above and quit again until it sticks.**

Monitor Your Progress

Incorporating the nine steps we've covered so far will help you reduce your **cholesterol levels**. Of course, you might be wondering how you will know if you are making any headway. **You need to make sure you are monitoring your progress.** This will let you know that you are on the right path and that your hard work is paying off.



Monitoring the cholesterol levels isn't just something you should do when you are trying to lower them, though. It is something that you need to continue doing, so you know that your numbers are still good six months or six years from now. **It will help you to maintain your health.**

Monitoring Your Cholesterol at Home

In the past, you wouldn't know your cholesterol levels unless you went to the doctor for a test. Fortunately, technology has made things a lot easier for us all. **When you want to check and monitor your cholesterol now, you can buy at-home kits.** There are many options on the market today that will make monitoring your cholesterol nice and easy.

Some of the test kits will only measure your total cholesterol level, while others will provide all of the numbers you need. **It's generally better to go with an option that can provide LDL, HDL, triglycerides, and the total level.**



Step #10: Have Regular Checkups with a Healthcare Provider

Here's the final step, and one that you don't want to ignore even though you might be monitoring your cholesterol levels. **Talk with a healthcare professional about your cholesterol at least once a year.** Have them perform your test and talk with them about your numbers. If you have followed all of the other steps, you should have lower cholesterol than you did just a few weeks ago.



CONCLUSION

By adopting a healthy lifestyle and following the simple steps we've outlined in this book, **you will find that it becomes possible to reduce your cholesterol levels IN JUST FOUR WEEKS.**



Remember & Follow the Steps

We've worked to make sure these steps are as simple as possible, and that you can take action on them starting right away. Remember:

- Eat the right foods
- Avoid the bad foods
- Plan healthy meals ahead of time
- Use the right types of exercise
- Add more movement and exercise to your daily routine
- Add supplements to your routine
- Quit smoking
- Get enough sleep
- Monitor your progress
- Manage your stress

Now that you have the steps in front of you, there's no excuse. It's time to get started and lower your cholesterol. **The more committed you are the better the results. You can do it. You will do it. And you're going to feel a lot better when you do!**

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We at **Nature's Blast** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health**. Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.



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