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[www.anaturalhealingcenter.com](http://www.anaturalhealingcenter.com)

## Cholesterol

### Harmful / Avoid

Simple sugars/ Carbs/ Grains  
Saturated fats – red meat, dairy  
Palm oil  
Coffee  
Hydrogenated fats / Trans fats  
Large meals  
Smoking  
Sedentary lifestyle

### Helpful / Increase

Normalize blood sugar/insulin – Zone diet, low glycemic index foods  
Exercise – Cardiovascular 30 min, 3-4x/wk min (maintenance), 60-90 min/day (therapeutic)  
Fish oil (omega 3 fatty acids), Cod liver oil (reduces CV risk)  
Fiber – legumes/beans, oats, psyllium, pectin  
Maintain healthy weight  
Smaller meals/more frequent eating  
Olive oil  
Garlic  
Juicing (primary vegetables)  
Nuts (raw, unprocessed): Almonds, Hazelnuts, Pecans, Pistachios, Macadamia (omega 9 fatty acids) in small amounts

### Allowed in Moderation

Yoghurt  
(Soy)  
Eggs  
(Alcohol)

### Supplements

There are quite a few that can help. Have Dr. Kraskow choose specifically for your body.