

# **PROGRAM CH**

## **ATHEROSCLEROSIS PREVENTION PROGRAM**

### **Breakfast**

½ Cup Amaranth, soymilk, chopped almonds, ½ cup blueberries

Smoked salmon, rye crackers, ½ cantaloupe

2-3 egg omelet, sweet potatoes w/rosemary, ½ cup black beans

Organic oatmeal, cinnamon, soymilk, 3 Tbsp. fresh ground flaxmeal

8 oz. Yogurt or cottage cheese, 1 tablespoon flaxseed oil and chopped nuts/fruit

Poached organic omega-3 eggs or three egg omelet, sweet potatoes w/rosemary,  
½ cup black beans

### **Lunch and Dinner**

Buffalo or turkey burger with lettuce, tomato and cole slaw.  
Ketchup, mustard and pickle relish may be used if desired

Season sardines in water (green and white label), green salad

Sweet and sour tempeh with chopped green peppers, green salad with walnut oil dressing

Marinated broiled flank steak with sautéed oyster mushrooms, baked potato, roasted  
vegetables, green salad with flax oil dressing

Shrimp cocktail, broiled snapper or grilled tuna, steamed broccoli, miso soup, baked yams

Large mixed green salad w/ oil and lemon juice, small can of tuna, chopped yellow and sweet  
red pepper

Beef, lentil and vegetable soup, (celery, carrots, onion, cabbage)

Chicken salad made with sugar-free mayonnaise, roasted vegetables, spinach salad

4 ounces wood-smoked or broiled salmon, brown rice Vermicelli pasta (Pastariso brand),  
tomato sauce w/ extra oregano, thyme, and garlic, grilled vegetables

1 chicken breast with rosemary, ½ cup black eyed peas, roasted onions or garlic,  
spinach salad with goat cheese, walnuts and balsamic vinegar/walnut oil dressing

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Salmon burger patties made with 6 oz. chopped salmon, onions, dill, an egg, and ¼ cup ground sesame seeds, and sautéed in skillet with 1 Tbsp. butter

Albacore tuna pockets made with celery, red onion, sugar free unrefined mayonnaise, lemon juice, alfalfa sprouts, and herb seasonings stuffed into whole wheat pita pockets

Gourmet salmon salad made with 1 can salmon, 2 tsp. Sliced scallions, 1 tsp. Sliced radishes, 2 tsp. Rice vinegar, 1 tsp. Flax oil, 1 tsp. Soy sauce, and ¼ tsp. Minced Ginger all placed atop a green salad

### **Snacks**

Roasted garlic or almond butter on rice cake or celery, protein shakes with freshly ground flaxseeds added, handful of raw almonds, hazelnuts, walnuts, brazil nuts, or sesame seeds, an organic apple, pear, or grapes, sugar-free yogurt, rice cakes with nut butter, 2 oz. cheese, lean hormone free meat with mustard, hard boiled egg

### **Beverages**

8 oz. fresh mixed vegetable juice 1-2x per day

Green drinks: Green Magma, Kyogreen, or Green Kamut: 1 tsp. 1-3x day in water

Herbal Teas: Licorice, Chamomile, Ginger, Green Tea

### **Avoid**

Smoking, cholesterol lowering medications, caffeine, sugar, hydrogenated oils, safflower, sunflower, corn oils, soft drinks, processed meats, refined or processed foods

### **Suggestions And Goals**

A healthful diet and lifestyle combined with key supplements is the best way to lower cholesterol. Exercise regularly, reduce stress, and eat fresh whole foods. Cholesterol lowering drugs have been found to increase non-cardiovascular mortality, are toxic to the liver, may cause impotence and depression, and may be carcinogenic. Check for toxic metals and other toxins in the body using hair mineral analysis. These metals or toxins can cause cholesterol to rise as a defense. Cholesterol should therefore not be lowered until the body is detoxified. Those on Statin drugs must take CoQ10 and lycopene, as these drugs lower levels of these important antioxidants.

Lowering cholesterol levels after age 65 is not necessary nor desirable. Research shows that there is no benefit to lowering cholesterol after this age, and lower cholesterol levels may actually be undesirable. Keeping homocysteine below 10 and consuming optimal levels of antioxidants and essential nutrients is beneficial at all ages.

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### Supplements

Niacin (Inositol Hexanicotinate)	300-600 mg
Chromium Arginate	400 mcg
Gugulipid 2.5 % extract	300-600 mg
Carnitine	1-6 grams (½ to 1 hour before breakfast and lunch)
Vitamin C	1-5 grams
Vitamin E	400-800 IUs
B complex	50 mg
Folic Acid	500 mcg
B12	500 mcg
Mixed tocotrienols	100-300 mg
Soy Sterol Extract	300-600 mg
Milk Thistle Extract	200 mg or 1-2 ml
CoQ10	60 mg
Copper Sebacate	2-4 mg
Taurine	1,000-2,000 mg
55% PC Lecithin granules	1-3 Tbsp.
GLA	480 mg of GLA (Two capsule of GLA 240 mg)
Fiber	1-3 Tbsp. of fiber (Ground Flaxmeal best)