

Novel Nutrient Lowers Cholesterol by 30% in 30 days

By Lorna R. Vanderhaeghe

There is no substance as controversial as cholesterol, and no substance about which there is more confusion. The fact is, 900 out of 1,000 people can control their cholesterol levels with dietary changes and nutritional supplements alone. Cholesterol is essential to health, which means that our body has to manufacture it in order to keep us alive. Cholesterol is needed to make many of our hormones, vitamin D and bile acids which aid fat digestion and to keep our cell membranes intact. For 70 percent of the population, an increase in the consumption of cholesterol-laden foods decreases production within the body by means of a protective, regulating feedback system. The other 20 percent may have to use dietary changes and nutritional supplements to keep cholesterol levels in check. Less than 10 percent of people with high cholesterol will require medication to keep levels in check. This is probably a shock to most people considering that cholesterol lowering statins are the number one prescribed drug in Canada today. But while some healthy cholesterol is good for us, too much of it may clog your arteries and increase your risk of heart disease and stroke.

Cardiovascular disease accounts for the death of more Canadians than any other disease. 32% of all male deaths in Canada in 2002 were due to cardiovascular disease. For women, rates are even higher – 34% of all female deaths were due to cardiovascular disease.

What's Normal Cholesterol?

It is generally accepted that a total cholesterol level above 5.2 mmol/L (200 mg/dL) adds to the risk of heart disease. There are two main types of lipoprotein: called low-density lipoprotein (LDL) often referred to as “bad” cholesterol, and high-density lipoprotein (HDL) or “good” cholesterol. LDL carries cholesterol from your liver to your cells and increased levels are associated with atherosclerosis. HDL takes cholesterol away from cells and back to your liver, where it is either broken down or excreted. That is why it is known as good cholesterol. Cholesterol becomes a problem if you have a high level of LDL combined with a low level of HDL. Your LDL should be kept at less than 2.5 mmol/L.

High Triglycerides Damage Arteries

Triglycerides also play a role in heart health; in fact, high triglycerides may be a better predictor of heart disease than high cholesterol. Excess triglycerides are highly destructive to artery walls and may promote hardening of the arteries. Normal triglyceride levels range from 140 to 160mg/dl and the ideal level is 140.

Most people are not advised there are other options to lower cholesterol and cholesterol-lowering drugs called statins are often prescribed. Statins work by blocking the production of cholesterol, and although effective, have side effects including headache, nausea, vomiting, constipation, diarrhea and muscle pain. They have also been found to deplete the body of co-enzyme Q10 an

important heart-protective nutrient. Statin drugs also increase your need for the vitamins A, D, and E, and are implicated in increased risk of cataracts. And those using statins who have muscle pain must report it to their doctor immediately and stop taking statin medications.

Lower cholesterol in 30 days

Thankfully nature provides us with Sytrinol, a safe, effective cholesterol and triglyceride lowering nutrient that works in 30 days. It is made up of a blend of powerful antioxidants including polymethoxylated flavones (PMFs) and a range of palm (alpha, delta and gamma) tocotrienols. Studies have revealed that Sytrinol is able to significantly lower total cholesterol, LDL, and triglyceride. Better still, the formula has also been shown to increase HDL levels.

Sytrinol lowers LDL and keeps your arteries clear

Polymethoxylated flavones (PMFs), one of the main active ingredients in Sytrinol, are a group of compounds derived from the peels of citrus fruits. The two most common are tangeretin and nobiletin, which are extremely potent bioflavonoids. More than 25 years of documented research provides evidence that these particular bioflavonoids deliver heart health benefits.

Nobiletin and tangeretin help lower levels of LDL by preventing the manufacture of its building blocks: apolipoprotein B and triglycerides. Apolipoprotein B is considered the primary building block, making up almost 90 per cent of LDL cholesterol. Interestingly, triglycerides the main kind of fat in your body are one of the key contributors to the formation of apolipoprotein B.

Sytrinol is also made up of palm tocotrienols, which, like tocopherols, are members of the vitamin E family and are extracted from the fruit of the palm tree. Like vitamin E, palm tocotrienols control anti-inflammatory responses and degrade HMG-CoA reductase a key enzyme in your body used by your liver to produce cholesterol. Besides reducing cholesterol, palm tocotrienols have also been shown to inhibit arterial plaque formation and reduce blood platelet aggregation (clumping).

Palm tocotrienols are also powerful antioxidants, known to possess antioxidant potential far greater than that shown by vitamin E itself. In human studies, it was observed that alpha tocotrienols decreased the oxidation of LDL. This action is important as raised LDL is a risk factor in cardiovascular disease. The antioxidant properties of tocotrienols can minimize the damage caused by these compounds while protecting cell membranes.

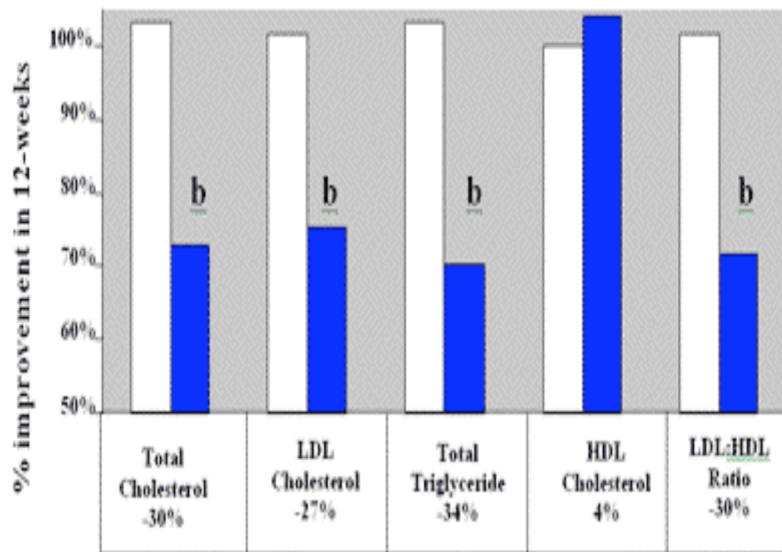
30% improvement of LDL:HDL ratio

To date three main studies have been carried out to investigate Sytrinol's effects on high cholesterol levels. The first study involved 60 participants with raised cholesterol levels. After taking 300mg of Sytrinol each day for four weeks, the researchers found that the treatment lowered total cholesterol by 25 per cent, the bad LDL cholesterol by 19 percent, and triglycerides by 24 per cent.

In the second, smaller study 10 subjects with elevated cholesterol levels benefited after four weeks of treatment with 300mg of Sytrinol per day. Sytrinol therapy lowered total cholesterol levels by 20 per cent, LDL cholesterol by 22 per cent, apolipoprotein B (a component of LDL) by 21 per cent, and triglycerides by 28 per cent. Participants also had a significant 5 percent increase in Apolipoprotein A1 an important structural protein of the good HDL cholesterol.

Researchers recently completed a third clinical trial, a 12-week placebo-controlled study involving 120 men and women with moderately elevated cholesterol levels. Compared to those in the placebo group, subjects taking Sytrinol had a 30 percent drop in total cholesterol, 27 percent in LDL cholesterol, and 34 per cent in triglycerides. In addition, HDL levels increased by 4 percent, resulting in a significant 29 percent improvement in the LDL:HDL ratio.

The recommended dosage for Sytrinol is 300mg per day. The best news Sytrinol worked independent of diet changes. Toxicity studies have shown that Sytrinol is well tolerated, with no toxic effects following consumption of up to 1 percent of total dietary intake, or the equivalent of a 150-pound person consuming almost 14 grams per day—that’s nearly 50 times the recommended daily dosage of 300mg/day .



*A white bar represents subjects consuming placebo for 12 weeks
A blue bars represents subjects consuming Sytrinol™ for 12 weeks*

Multiple clinical trials have demonstrated that Sytrinol reduced total cholesterol by 30%, LDL cholesterol was reduced by 27%, and triglycerides reduced by **34%** when compared to placebo.

By combining a healthy diet with Sytrinol you can achieve optimal results. Follow the diet guidelines in the chart and walk every day. Drink plenty of water and eat lots of fiber. Fiber binds to excess cholesterol and removes it via daily bowel movements. You have now learned the safest, fastest method of lowering cholesterol in 30 days without the side effects of commonly pre-

scribed cholesterol-lowering medications. Adopt the recommendations mentioned in this article and high cholesterol will be a thing of the past.

Side Bar

Eat these foods for lowering cholesterol.

- Vegetables, especially plenty of salads
- Fruits
- Whole grains like oatmeal, flax and chia seeds
- Herbal teas, vegetable juices (low sodium)
- Cold-pressed vegetable oils (extra virgin olive oil)
- Wild fish, free-range/organic skinless, boneless chicken or turkey

Avoid These Foods

- Margarine
- Cakes, cookies, biscuits, and candy
- White foods including bread, flour, sugar, rice, and pasta
- Aspartame, fake fats, and fake coffee creamers

References:

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- 2-4 Talbott SM, Roza J, Guthrie N. Effect of citrus flavonoids and tocotrienols on serum cholesterol levels in hypercholesterolemic subjects. Series of studies submitted to *Alternative Therapies in Health and Medicine*, Boulder CO.

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