

CHOLESTEROL



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Definition

By Dr. Christopher

A monohydric alcohol found in the body as a glistening white, crystalline substance. It is insoluble in water and found in bile, gall stones, and nerve tissue.

Cause

This is a mucus condition stemming from improper foods.

Herbal Aids

1. **Diet:** The diet must be changed. Herbs that reduce cholesterol will help but not correct the condition. Apple cider vinegar and honey, cayenne, or any of the cleansing herbs are good.
2. **Wheat Germ Oil:** is excellent for feeding the heart and helps cut the cholesterol and smoothens its removal from the area.
3. **Balm of Gilead:** For cholesterol use the Oleo-resin of balm of Gilead buds: See formula using balm of Gilead buds and olive oil.
4. **Red Clover Blood Purifier:** This herbal blood rebuilder is made up of herbs that are cleansers, but also herbs that give astringency; others aid in removing cholesterol, kill infection, or build elasticity in the veins and to strengthen the vein and artery walls. It consists of red clover blossoms, chaparral, licorice root, poke root, peach bark, Oregon grape root, stillingia, prickly ash bark, burdock root, buckthorn bark, cascara sagrada and sarsaparilla.
5. **Lecithin:** helps break down cholesterol, as does natural-source vitamin C.
6. **Alfalfa:** Alfalfa, along with other foods, is known to help remove cholesterol from the system.
7. **Garlic:** It has been known for centuries to function as a natural antibiotic. It destroys the unnecessary and harmful bacteria throughout the human system. It emulsifies cholesterol and loosens it from arterial walls.
8. **Tomatoes:** contain nicotinic acid which helps reduce cholesterol in the blood.

