Eat More Fiber and Reduce Your Cholesterol

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Eating a healthy diet that's high in fiber is not the first thing that comes to mind when a person finds out that their cholesterol numbers are well above 200mg! In fact the first thing that people do, is go to the doctor and get that prescription for some sort of statin drug such as Lovastatin or Semvastatin to help reduce their LDL cholesterol. While drug companies continue to develop new medications, some naturopathic doctors are prescribing healthy diets rich in fiber and low in saturated fats!

Fiber can help reduce cholesterol, especially soluble fibers, like oats, psyllium husks, flaxseeds, etc. Soluble fibers are indigestible fibers that I call the sweepers in the intestines and when consumed by the body it reduces the amount of bile that is reabsorbed in the intestines. These high soluble fiber foods reduce the absorption of bile in the intestines by leaving the body through the stool (bile movement). When the bile is gone, the liver starts to work to produce more bile salts. This bile salt is created when the liver pulls LDL Cholestorol into the blood stream. So, the more fiber you eat, the more LDL cholesterol is reduced in the body. So, if you consume at least one to two tablespoons of soluble fiber like pure psyllium husks or 1c cooked rolled/steel cut oats, you are not only reducing your LDL cholesterol, but also getting a good colon cleansing!

I've finally gotten my mom to eat oats; and, instead of cooking it she has a creative way to add them to her breakfast. Check out the recipe, "Momma's Oatmeal Breakfast."

Please NOTE: DO NOT STOP TAKING YOUR MEDICATIONS WITHOUT CONSULTING YOUR HEALTH CARE PROVIDER. There are no known issues with consuming psyllim husks or any other soluble fibers with your medications, but do inform your health care provider to be certain.

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