

# High Cholesterol

## What is High Cholesterol (Hypercholesterolaemia)?

Hypercholesterolaemia is the presence of abnormally high levels in the blood of cholesterol and triglycerides (a type of fat in the blood used for energy) that can lead to obstruction of blood flow in the arteries. This inhibits blood flow to the brain, kidneys, genitals, heart and other areas of the body. Cholesterol is considered high if it is greater than 5mmol/l.

## Signs and Symptoms

High cholesterol has no symptoms. A blood test is the only way to detect whether you have it or not.

## Complications

Angina pectoris, transient ischaemic attacks (mini-strokes), deteriorating kidney function, low exercise tolerance, atherosclerosis and heart attack.

## What Causes High Cholesterol?

Poor lifestyle behaviours such as physical inactivity and unhealthy diet are responsible for increasing LDL (“bad”) cholesterol and decreasing HDL (“good”) cholesterol levels in the blood. However, other factors such as genetic/ temperament may prevent the removal of LDL cholesterol from the blood, so causing the liver to produce too much cholesterol.

Risk factors include:

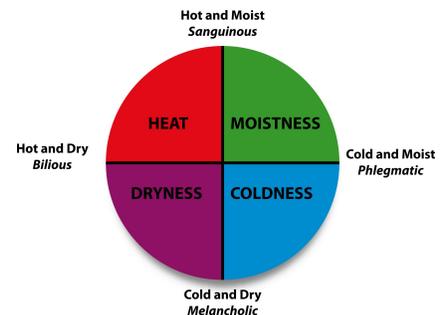
- **Diet** – An excessively cold diet, hydrogenated fats like margarine, processed and refined foods.
- Poor **liver** function.
- Low production of **bile** (in the **gall bladder**) which is produced by the liver to aid digestion of fats.
- **Lack of Exercise** - Regular physical exercise increases HDL levels, so assisting the removal of LDL.

## The Tibb View on High Cholesterol

According to Tibb, high cholesterol results due to **excessive coldness**. This lack of heat impairs blood circulation and allows saturated fats to gather in the blood vessels.

This results in fatty plaques being deposited inside the vessel walls. The arterial bore or lumen narrows, and this reduces blood circulation even further. The reduced blood circulation increases the risk of heart attacks and strokes.

Individuals with a melancholic dominant/sub-dominant temperament are innately more susceptible to developing high cholesterol due to their inherent **cold and dry** nature. However, due to a faulty diet and improper lifestyle, other temperaments can also develop high cholesterol. People with sanguinous



temperaments, who indulge in over-eating and lead a sedentary lifestyle, may also develop high cholesterol. Phlegmatic individuals are also at risk, as they have innate qualities of **coldness** and sluggish metabolism linked to their temperament.

## Treatment and Management of High Cholesterol

Treatment and management is aimed at **reducing the excess coldness with dryness** associated with high cholesterol, by implementing Tibb Lifestyle Factors that will **increase the quality of heat**. This assists Physis in addressing both the symptoms, and the causes of high cholesterol.

### Tibb Lifestyle Factors

#### *Food and Drink*

- Eat **mostly Hot & Moist foods** – such as olive oil, ginger, turmeric and spinach **followed by Hot & Dry foods** – like oily fish, chicken, celery and garlic.
- Eat **less of Cold & Moist foods** – such as cucumber, broccoli, milk, and sprouts and the **least amount of Cold & Dry foods** – like citrus fruit, yogurt and beef.
- Add fresh garlic to meals where appropriate. Garlic is commonly used in the management of conditions of the heart and circulatory system and is indicated for hypertension and high cholesterol. Other heating herbs and spices like chilli, turmeric and ginger should be added to meals. These help in lowering blood cholesterol and promoting better blood circulation.
- Avoid eating and drinking refrigerated foods and drinks. Allow the food to reach room temperature before consumption.
- Reduce the intake of red meat like beef. Chicken and oily fish like tuna and salmon are preferred.
- Include the following cholesterol lowering foods in your diet: almonds, bananas, garlic, oats, olive oil, salmon, and walnuts.
- Water soluble dietary fibre is important for reducing serum cholesterol. It is present in barley, brown rice, fruits, and oats.
- Use vegetable oils which are liquids at room temperature such as olive and flaxseed oil. Boiled/steamed/grilled chicken and fish should be preferred.
- Eat only raw unsalted nuts, especially pecan, almonds and walnuts. Almonds are rich in the amino acid arginine which has cholesterol-lowering properties.
- Reduce the amount of saturated fats and cholesterol-containing foods in your diet. Saturated fats include coconut and palm oil. Eliminate hydrogenated fats and hardened fats such as margarine and butter.
- Avoid pork or pork-containing products, fried and fatty foods.
- Do not consume alcohol, cakes, candy, carbonated drinks, coffee, gravies, pies, processed or refined foods, refined carbohydrates, tea, tobacco or white bread.
- Drink at least 2 litres of warm water a day.

#### *Other Lifestyle Factors*

- Regular physical exercise such as brisk walking should be carried out several times weekly.
- Quit smoking as this contributes to the hardening of the arteries.

### Medication

#### *Herbal Remedies*

- Turmeric - Add ¼ to ½ tsp to rice or couscous.
- Mix ¼ teaspoon red chillies, ½ teaspoon ginger root, 3 black pepper and 4 garlic cloves as chutney. Take this with meals 3 times a day.
- Take 1tbsp *psyllium* husk/whole seeds mixed in 1 cup of water.
- Make an infusion using 2tsp fennel seed with 20 mint leaves in 1 cup of boiling water.

## **Tibb Medication**

**Lo-Chol tablets** - Promotes the digestion and metabolism of fats, so normalising cholesterol levels. Lo-Chol is associated with **heat** which is needed to soften hardened saturated fats, so allowing more effective elimination.

**Livotibb tablets or syrup** - Helps ensure a healthy and properly functioning liver. It also stimulates metabolism to ensure that fats are properly digested. Livotibb is associated with qualities of **moistness with heat**, which gently stimulates the function of the liver and promotes metabolism.

**Coronary Care tablets** - Strengthens the function of the heart, lowers bloods lipid levels and regulates blood pressure. Coronary Care is contra-indicated with the use of blood thinning medication. Coronary care is associated with qualities of **moistness with heat** which combats the coldness with dryness linked to high cholesterol.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

## COLD & DRY FOODS

<b>MEATS</b>	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
<b>VEGETABLES</b>	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
<b>FRUITS</b>	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
<b>NUTS</b>	peanuts
<b>GRAINS &amp; SEEDS</b>	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
<b>DAIRY PRODUCTS</b>	egg white, sour milk, yogurt
<b>OILS</b>	coconut oil, corn oil, sesame oil
<b>SPICES, HERBS &amp; SEASONING</b>	basil, prunes, poppy seeds, tamarind
<b>DRINKS</b>	sour fruit juices, tea (black), coffee, ice, sour milk
<b>FLAVOURANTS</b>	
<b>CONDIMENTS &amp; SPREADS</b>	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	cornflakes, mielie meal, millet

## COLD & MOIST FOODS

<b>MEATS</b>	Duck, rabbit
<b>VEGETABLES</b>	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian gourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
<b>FRUITS</b>	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
<b>NUTS</b>	Macadamia nuts
<b>GRAINS &amp; SEEDS</b>	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
<b>DAIRY PRODUCTS</b>	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
<b>OILS</b>	
<b>SPICES, HERBS &amp; SEASONING</b>	Cardamom, coriander, cumin, vanilla
<b>BEVERAGES</b>	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
<b>SWEETENERS</b>	Fructose, glucose, rose syrup
<b>CONDIMENTS &amp; SPREADS</b>	
<b>CONFECTIONARY &amp; DESSERTS</b>	Custard, ice cream, rose syrup, sago
<b>CEREALS</b>	Pronutro, rice crispies

## HOT & DRY FOODS

<b>MEATS</b>	Chicken, lobsters, prawns, all small bird meat, Oily fish
<b>VEGETABLES</b>	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
<b>FRUITS</b>	Avocado, Grapes
<b>NUTS</b>	Cashews, hazel nuts, pecan nut, walnuts
<b>GRAINS &amp; SEEDS</b>	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
<b>DAIRY PRODUCTS</b>	Eggs
<b>OILS</b>	Mustard Oil
<b>SPICES, HERBS &amp; SEASONING</b>	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
<b>BEVERAGES</b>	Alcohol, Grape juice, Herbal teas
<b>FLAVOURANTS</b>	Pungent and bitter flavourants
<b>CONDIMENTS &amp; SPREADS</b>	Chili sauce, mustard sauce, peri-peri sauce
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	

## HOT & MOIST FOODS

<b>MEATS</b>	Buck, goat, goose, lamb, liver, mutton, turkey,
<b>VEGETABLES</b>	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
<b>FRUITS</b>	Bananas, dates, guavas, mangoes, peaches, papaya,
<b>NUTS</b>	Almonds, brazil nuts, pistachios, apricot kernels
<b>GRAINS &amp; SEEDS</b>	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
<b>DAIRY PRODUCTS</b>	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
<b>OILS</b>	Castor oil, olive oil, sunflower oil
<b>SPICES, HERBS &amp; SEASONING</b>	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
<b>BEVERAGES</b>	Green tea, hot water, juices (see fruit), Herbal Teas
<b>FLAVOURANTS</b>	Honey, molasses, sugar, salt
<b>CONDIMENTS &amp; SPREADS</b>	Mayonnaise,
<b>CONFECTIONARY &amp; DESSERTS</b>	Biscuits, cakes, chocolate, liquorice, vermicelli
<b>CEREALS</b>	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix