

Cholesterol and Hypertension Patient Help Sheet

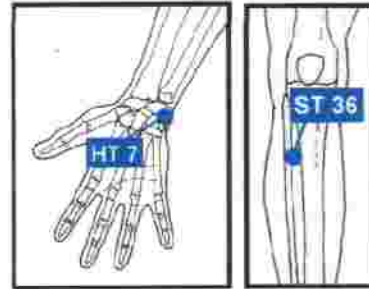
Here are some health tips that you can use to help balance and support your health.
Please feel free to call me if you have further questions or concerns.

According to Traditional Chinese Medicine (TCM) our diet and emotions play a key role in cholesterol levels. TCM views high cholesterol as an imbalance in the function of our spleen, stomach, pancreas and liver meridian and organ systems.

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Stomach 36 (ST36) - On the outside of the leg, approximately one hand-width below the kneecap, just off the bone.

Heart 7 (HT 7) - With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist.



Tips to help lower your cholesterol

- Increase fiber- Increase your intake of fiber-rich foods such as whole grains, fruits, vegetables and legumes (beans, soybeans), oats, rolled oats, oatmeal and oat flour help to lower your LDL (the bad cholesterol), without affecting the HDL (the good cholesterol).
- Eat a little more soy - The isoflavone content in soy products helps lower cholesterol levels.
- Eat less more often- Eat smaller meals more frequently. Add fresh organic leafy greens, whole grains, tofu, spinach, sunflower seeds, mung beans, bamboo shoots, apples, blueberries, carrots, brussels sprouts, yams, lemons, lotus root, sprouted vegetables, and wheat bran.
- Drink tea - Black tea, green tea, and tea made of hawthorn berries have been shown to be helpful in lowering cholesterol. Have at least 1 cup per day.
- Spice it up - Add oregano, black pepper, basil, fennel and tarragon to your meals.
- Get nutty - Nuts that are rich in fiber and antioxidants are an excellent way to get well and stay healthy. Choose from, almonds, hazelnuts, peanuts, pecans, pine nuts, pistachios and walnuts. Limit your intake to 1.5 ounces per day, as nuts can be high in calories.
- Add these - Certain foods such as garlic, onions, avocados, and salmon have been shown to help lower cholesterol levels.
- Take your oils - Omega-3 oils such as flax seed oil and fish oil helps lower cholesterol. These have been shown to lower the LDL and raise the HDL levels. The American Heart Association suggests that you consume at least 2 servings of fish per week.
- Avoid - Saturated fats that are found in meat products and trans fats or hydrogenated oils, and fried, fatty foods.

Meditation walk

Here is a great meditation walk from Dr. Mashing Ni's book called, "Secrets of Self-healing".

- 1) Find a quiet yard, park or someplace outside that has a tree that is at least 5 feet in diameter.
- 2) Stand approximately 2-3 feet away from the tree trunk.
- 3) Slowly walk clockwise around the tree, letting your arms swing freely at your side in a relaxed posture.
- 4) Walk clockwise about 3-6 times.
- 5) Change direction and walk counterclockwise, letting your arms swing freely at your side in a relaxed posture.
- 6) Walk counter clockwise about 3-6 times.



Vinegared Soybeans

Vinegar is believed to help eliminate the toxic amines that constrict blood vessels, and soybeans can help promote the breakdown of fats that can clog arteries.

1/2 cups dried soybeans (preferably non-gmo)

white, apple cider or rice vinegar

Soak soybeans in water for 10 minutes, drain, rinse with cold water. Add soybeans to a pot, cover with water, bring to a boil and simmer until they are tender. Approximately 10-15 minutes, or according to package directions.

After they are cooked thoroughly, place in a wide mouth mason jar and cover with desired vinegar.