Regulate & Restore: Cholesterol Reset Journey

Introduction: Welcome to the Program

SUMMARY

Program Focus: Exploring key biohacking areas, including:

- This course is designed to help lower cholesterol levels naturally through diet, lifestyle, and supplementation.
- High cholesterol increases the risk of heart disease and strokes, but it can be managed with the right approach.
- The program includes a workbook and actionable steps to track progress.
- Success requires active participation and a commitment to long-term change.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

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Lesson 1: Introduction to the Disease

SUMMARY

- **High cholesterol (hypercholesterolemia)** is detected through a **lipid panel**, measuring **fatty molecules** in the blood.
- **Cholesterol** is **essential** for body functions, but **excess levels** contribute to **plaque buildup** in arteries, leading to **atherosclerosis.**
- **LDL ("bad" cholesterol)** deposits **fat in arteries**, increasing risk, while **HDL ("good" cholesterol)** helps **remove excess fat** from the bloodstream.
- If **unmanaged, high cholesterol** can lead to serious health issues like **heart attacks, strokes,** and **poor circulation.**

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Lesson 2: Role of Genetics

SUMMARY

The Role of Genetics in Cholesterol

- **Genetics play a minor role in high cholesterol**, except in rare cases like **familial hyperlipidaemia**, where extremely high cholesterol levels appear from childhood and do not respond well to standard treatments.
- **Most people can lower cholesterol naturally** through **dietary changes**, as proven by strong **medical research and clinical evidence.**
- **The body produces enough cholesterol for hormone function**, and **lower cholesterol levels** are linked to **better health outcomes**, with no proven risks to hormone production.

For those without genetic conditions, achieving healthy cholesterol levels is possible with **diet and lifestyle modifications**, making it a controllable health factor

YOUR REFLECTION

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CALL TO ACTION:

1. What actions do you plan to take to help lower your cholesterol levels?

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Lesson 3: Intention Setting

SUMMARY

- **Setting the right intention** is crucial before making any lifestyle changes to lower cholesterol, as commitment and honesty about willingness to change play a key role in achieving success.
- **Self-reflection on goals and limitations** helps in understanding how far one is willing to go in making dietary and lifestyle adjustments for long-term health improvement.
- **A future without high cholesterol** should be envisioned, considering the benefits of improved health and well-being, reinforcing motivation to follow through with necessary changes

YOUR REFLECTION

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CALL TO ACTION

1. What is your **intention** for joining this program?

2. What **specific goals** do you want to achieve through this program?

3. How do you **envision your future** without high cholesterol?

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Lesson 4: Define Your Baseline – Key Cholesterol Tests

SUMMARY

- A **lipid panel** checks total cholesterol, while additional tests like **Lipoprotein A** and **ApoB** provide deeper insights into heart disease risk.
- A **Comprehensive Metabolic Panel (CMP)** helps evaluate **liver and gallbladder function**, which are crucial for cholesterol clearance. **Elevated liver enzymes** can indicate underlying issues affecting cholesterol metabolism.
- **Cholesterol reference ranges** include **total cholesterol below 200**, **LDL below 100**, **triglycerides below 150**, and **HDL above 40** (above 60 is ideal). **Lipoprotein A and ApoB** levels should remain within lab-specific ranges.
- **Fasting for 8–10 hours** before a cholesterol test ensures accurate results, as recent food intake can temporarily raise cholesterol levels.

YOUR REFLECTION

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CALL TO ACTION:

1. Write down the lab tests you learned about in this lesson?

2. Identify which tests are relevant based on your family history.

3. Visit your doctor and discuss which tests you should get. Share your thoughts

4. Schedule and complete the recommended lab tests and share insights below

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Lesson 5: Principles of Nutrition to Regulate Cholesterol

SUMMARY

- **Saturated fat** is the main contributor to high cholesterol, with major sources including **dairy, chicken, oils, beef, and alcohol**.
- **Processed foods**, such as **snacks, chips, and sugary items**, increase **triglyceride levels**, making them important to limit.
- **Whole foods** like **vegetables, beans, rice, and certain breads** support better cholesterol management due to their **phytochemicals**.
- **Total fat intake**, especially saturated fat, plays a bigger role in cholesterol levels than dietary cholesterol itself.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

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CALL TO ACTION:

1. Start tracking the food you eat to better understand their impact on your cholesterol levels. List down your daily food intake that may risk your cholesterol levels.

2. Make a note and write down your total fat intake based on your findings.

3. Create a new meal plan that has reduced saturated fats

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Lesson 6: What Foods to Remove & What to Add

SUMMARY

- **Phytosterols** are plant compounds that help clear cholesterol from the body, found in foods like **legumes, nuts, seeds, oats, and fruits** such as oranges and berries.
- A diet rich in **phytosterols and antioxidants** can help **reduce cholesterol levels**, stabilize blood vessels, and even **reverse plaque buildup in arteries**, reducing the risk of heart disease.
- **No medication is as effective as diet** in reversing cholesterol-related artery damage; dietary changes are the only proven way to **restore heart health naturally**
- **Increasing fruit and vegetable intake** supports cholesterol management, as they provide essential **nutrients and antioxidants** that protect blood vessels.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

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CALL TO ACTION:

1. List down which phytosterol rich foods to incorporate into your diet

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2. Plan on how many meals a day do you plan to incorporate the changes in.

Lesson 7: Medication

SUMMARY:

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- **Medication is essential** for individuals with **familial hyperlipidemia** or extremely high cholesterol to reduce **plaque buildup** and prevent life-threatening blockages. However, no medication is as effective as **lifestyle changes** in managing cholesterol.
- **Rebound effect** can occur when stopping cholesterol medications suddenly, causing levels to spike higher than before. To prevent this, **gradual tapering** under medical supervision is recommended.
- **Statin medications** may cause **muscle pain** due to **CoQ10 depletion**, which is essential for energy production in cells. Supplementing with **200mg of CoQ10** daily can help counteract these effects.
- **Cholesterol levels can improve within weeks** with the right changes. Frequent **lipid panel testing** every **six weeks** ensures progress is monitored, and a structured plan with a doctor can help safely reduce or stop medication.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

CALL TO ACTION:

1. How often do you plan to get your cholesterol levels checked?

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2. What will your dietary routine look like during this period?..

3. What adjustments do you need to make in the next six weeks before your next test?

Lesson 8- Supplementation for Cholesterol

SUMMARY:

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1. **Fiber supplements** help lower cholesterol by aiding in its removal from the body, while **plant sterols** can replace saturated fats and reduce cholesterol absorption.
2. **Essential fatty acids** like **EPA, DHA, and DPA** help balance cholesterol levels, while **red yeast rice** works similarly to statins in lowering cholesterol when taken consistently.
3. **Turmeric, garlic, and nopal cactus** support **liver function** and help regulate cholesterol, but garlic should be used cautiously with blood thinners.
4. **Plant sterols in capsule form** can block cholesterol absorption from occasional high-fat meals, and maintaining **community support** enhances motivation and long-term success..

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

CALL TO ACTION:

1. **Which supplements** will you include to help manage your cholesterol levels?

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2. **What dosage and frequency** will you follow for each supplement?

3. **When will you start** taking these supplements, and how will you track your consistency?

4. When is your next cholesterol test scheduled to assess your progress?

Lesson 9: Sleep

SUMMARY

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- **Sleep** plays a crucial role in **metabolism**, helping the body clear out waste, cholesterol, and hormones, while also reducing risk factors for **heart attacks** and **metabolic issues**.
- Disruptions in **sleep routine**, like those caused by **Daylight Saving Time**, have been linked to an increase or decrease in **heart attacks**, highlighting the impact of sleep on **cardiovascular health**.
- A **consistent sleep routine** that includes avoiding **bright lights, social media**, and **high activity** before bed can help regulate **dopamine** levels and improve **sleep quality**.
- Establishing **relaxing habits** like a **skincare routine, bath, or reading** before bed can help the **nervous system** transition into **deep sleep**, supporting overall **health and recovery**.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

CALL TO ACTION:

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1. Write down your current sleep routine.

2. Identify changes you need to make in your sleeping patterns.

1. How are you planning/ implementing your sleep schedule for a week, share your calendar Assess its effectiveness and adjust as needed. Share with your community

Lesson 10 - Movement

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SUMMARY

- **Movement** is essential for regulating **cholesterol levels** as it stimulates the **lymphatic system**, which helps process fats and move them throughout the body.
- Engaging in **resistance training** improves **muscle and bone density**, boosts **endorphins**, and supports **overall cardiovascular health**.
- Any form of **consistent movement**, whether **strength training, recreational activities, or cardio**, helps reduce **plaque buildup** and supports **blood vessel health**.
- A structured routine of at least **30 minutes a day, 5 days a week**, can significantly impact **cholesterol levels**, with noticeable changes within **six weeks**.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

CALL TO ACTION:

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1. Design your movement routine. Remember to make it practical.

2. Write down every detail?
    - Frequency
    - Duration
    - Type of exercise

3. Create and share a weekly schedule and commit for at least six weeks

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4. Plan for a cholesterol check after six weeks to track progress. Share with your community

Summary of the Program

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SUMMARY

- **Cholesterol levels** are not solely determined by **genetics**, and many people successfully **lower cholesterol** through **dietary changes and supplements**.
- **Saturated fat** is the **leading cause** of high cholesterol, and keeping it **below 10 grams per day** helps reduce **plaque buildup** and **heart disease risk**.
- Adding **phytosterols, fiber, and heart-healthy foods** leads to noticeable **cholesterol improvements** within weeks, making **regular lipid panel tests** every **six weeks** essential.
- **Medications only mask cholesterol levels**, while **lifestyle changes** address the root cause, ensuring **long-term heart health** without dependency on medication.

CALL TO ACTION:

1. Summarize all the changes you will make to your lifestyle and diet in the next 90 days