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Cholesterol LDL and HDL - Guita... x

05-06-2009, 01:30 PM #3

 **guitarman2** ●

Join Date: Aug 2006
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Heart problems don't run in my family but I do take care to keep the cholesterol levels balanced. I have some dietary habits that may not be for everyone. I have a daily routine that includes what is called a P&B shake in the morning before breakfast followed by a bowl of oatmeal.

What a P&B shake is, Psyllium husk (don't know if I spelled that right) and bentonite mixed in to a glass of warm water. I usually take this with probiotics as well. Psyllium husk is pure fibre and bentonite is basically some kind of lava mud. Not only is this good for helping to control cholesterol levels but it keeps the everything moving out the colon which can help prevent a whole lot of other problems. Not the most joyful experience but its over in seconds and you get used to it. I also take a couple tablespoons of salba which is high in fibre and omega 3's and a couple of tablespoons daily of pure organic coconut oil. Which is basically fat but good fats. The kind of fat that will actually promote weight loss. I won't get in to the technical details of everything this does but I did spend alot of research in to these foods. As well this routine has cut my appetite in half.

As I said this isn't for everyone. These routines are not something I enjoy just something I do for the health benefits. No more or less enjoyable then running on a treadmill for half an hour.

Terry

Quote