CHOLESTEROL
(Decreased)

1. Pre-Disposing Factors and Clinical Indicators: Cholesterol is the major steroid in the system. It is required in the production of many hormones and is required for the wrapping of mammalian cells; hence the indicators listed below. In addition to reduced cholesterol, decreased interleukin-2, decreased LDL cholesterol, decreased manganese and decreased lymphocytes are also commonly present.

    a. Immune dysfunction. Free radical pathology should be ruled out if the total cholesterol (untreated) is significantly below the historical average with the serum albumin decreased below 4.0 and the lymphocyte percentage decreased below 20 percent,

    b. Vegetarian diets (normal finding.)

    c. Endocrine hyperfunction (thyroid most common).

    d. Liver/biliary dysfunction.

    e. Manganese deficiency.

2. Dietary Suggestions:

    a. Increase raw and fresh foods in the diet.

    b. If the patient is not following a strict vegetarian diet, increase eggs, chicken, fish, lean red meats, unprocessed and fermented dairy products.

    c. Eliminate all hydrogenated fats and oils. Increase raw and fresh oils.

    d. Drink at least 8 full glasses of pure water each day (no well water or city water).

3. Primary Supplemental Support in order of need: After the possible pre-disposing factors have been ruled out (especially free radical pathology and/or thyroid hyperfunction), consider the following supplemental support.

    a. **Mn-Zyme Forte** - 1 bid with meals. If taking on an empty stomach causes distress, hypochlorhydria should be ruled out.

    b. **Bio-Immunozyme Forte** - 2 tid.

    c. **Optimal EFAs** - 2 tid..

4. Other Considerations:

    a. **MCS-2** - 2 bid..

    b. **Beta-TCP** – 2 tid.