

# best ayurvedic medicine for high cholesterol

**best ayurvedic medicine for high cholesterol** offers a natural and holistic approach to managing elevated cholesterol levels. High cholesterol is a common health concern that can lead to cardiovascular diseases if left untreated. Ayurveda, the ancient Indian system of medicine, provides effective herbal remedies and lifestyle recommendations to support healthy cholesterol levels and improve overall heart health. This article covers the best ayurvedic medicines for high cholesterol, their benefits, how they work, and additional lifestyle tips to complement treatment. Understanding these natural options can help individuals seeking alternatives or complementary therapies to conventional cholesterol-lowering medications. The following sections will explore prominent Ayurvedic herbs, their therapeutic properties, and usage guidelines for optimal results.

- Understanding High Cholesterol and Its Risks
- Key Ayurvedic Concepts Related to Cholesterol
- Best Ayurvedic Medicines for High Cholesterol
- Additional Ayurvedic Herbs and Remedies
- Lifestyle and Dietary Tips in Ayurveda for Cholesterol Management

## Understanding High Cholesterol and Its Risks

High cholesterol refers to elevated levels of lipids, especially low-density lipoprotein (LDL) cholesterol, in the blood. Excess LDL cholesterol can accumulate in artery walls, forming plaques that narrow and harden arteries, increasing the risk of heart attack, stroke, and other cardiovascular diseases. Conversely, high-density lipoprotein (HDL) cholesterol is considered "good" cholesterol because it helps remove excess cholesterol from the bloodstream. Maintaining a balanced cholesterol profile is vital for cardiovascular health. Conventional treatments often include statins and lifestyle changes; however, many seek natural remedies like Ayurvedic medicine for managing high cholesterol safely and effectively.

## Key Ayurvedic Concepts Related to Cholesterol

Ayurveda views health through the balance of three doshas: Vata, Pitta, and Kapha. Imbalance in Kapha dosha is primarily linked to the accumulation of fats and cholesterol in the body. Ayurveda identifies high cholesterol as a manifestation of excessive Kapha and Ama (toxins) accumulation, leading to impaired

metabolism and circulation. Ayurvedic treatment aims to balance Kapha, enhance Agni (digestive fire), and detoxify the body to restore lipid metabolism. Herbs with properties such as Deepana (digestive stimulant), Pachana (digestive), and Lekhana (scraping or lipid-lowering) are preferred in managing high cholesterol naturally.

## Best Ayurvedic Medicines for High Cholesterol

Several Ayurvedic medicines and herbal formulations are renowned for their efficacy in lowering cholesterol levels and promoting heart health. These medicines work by improving metabolism, reducing lipid absorption, and enhancing fat breakdown, which collectively help maintain healthy blood lipid profiles.

### Arjuna (*Terminalia arjuna*)

Arjuna is one of the most celebrated herbs in Ayurveda for cardiovascular health. It contains powerful antioxidants and bioactive compounds that help reduce LDL cholesterol and triglycerides while boosting HDL cholesterol. Arjuna supports heart muscle strength, improves circulation, and offers anti-inflammatory benefits that protect against atherosclerosis.

### Guggulu (*Commiphora mukul*)

Guggulu resin is widely used in Ayurvedic formulations for lipid disorders. It possesses Lekhana (scraping) properties that help remove excess fats and cholesterol from the arteries and tissues. Guggulu also enhances thyroid function and metabolism, supporting weight management and cholesterol balance.

### Triphala

Triphala, a combination of three fruits (Amalaki, Bibhitaki, and Haritaki), is revered for its detoxifying and rejuvenating properties. It helps cleanse the digestive system, improves metabolism, and reduces the formation of Ama (toxins) that contribute to cholesterol buildup. Triphala supports overall cardiovascular health by promoting healthy lipid levels.

### Fenugreek (*Trigonella foenum-graecum*)

Fenugreek seeds contain soluble fiber and saponins that help reduce cholesterol absorption in the intestines. Regular intake of fenugreek can lower LDL cholesterol and triglycerides while improving HDL cholesterol. It also aids in blood sugar regulation, which is beneficial since diabetes often coexists with high cholesterol.

## Ashwagandha (*Withania somnifera*)

Ashwagandha is an adaptogenic herb that reduces stress and inflammation, both of which contribute to elevated cholesterol. It helps normalize lipid profiles by supporting adrenal health and reducing oxidative stress on the cardiovascular system.

## Additional Ayurvedic Herbs and Remedies

Beyond the primary Ayurvedic medicines mentioned, several other herbs and natural substances contribute to cholesterol management. These can be used alone or in combination as supportive therapies.

- **Neem:** Known for its detoxifying properties, neem supports liver health and lipid metabolism.
- **Garlic:** Contains allicin, which helps reduce cholesterol and improves blood circulation.
- **Turmeric:** Curcumin in turmeric has anti-inflammatory and lipid-lowering effects.
- **Cinnamon:** Helps improve lipid profiles and insulin sensitivity.
- **Green Tea:** Rich in antioxidants and catechins, it supports fat metabolism and cholesterol reduction.

## Lifestyle and Dietary Tips in Ayurveda for Cholesterol Management

Ayurvedic treatment for high cholesterol extends beyond medicines to include holistic lifestyle and dietary modifications. These adjustments help balance the doshas, improve digestion, and prevent the accumulation of excess fats.

### Dietary Recommendations

An Ayurvedic diet for managing cholesterol focuses on light, easily digestible foods that reduce Kapha dosha and Ama. Emphasis is placed on fresh fruits, vegetables, whole grains, and legumes. Foods high in unhealthy fats and processed sugars are avoided.

1. Increase intake of fiber-rich foods such as oats, barley, and leafy greens.

2. Incorporate spices like turmeric, ginger, and black pepper to enhance digestion.
3. Limit consumption of fried, oily, and heavy foods.
4. Include heart-healthy fats like ghee and nuts in moderation.
5. Stay hydrated with warm water and herbal teas.

## **Physical Activity and Stress Management**

Regular exercise is essential to balance Kapha and improve lipid metabolism. Ayurveda recommends moderate physical activities such as walking, yoga, and pranayama (breathing exercises) to enhance circulation and reduce stress. Managing stress is crucial because elevated cortisol levels can negatively impact cholesterol profiles.

## **Frequently Asked Questions**

### **What is the best Ayurvedic medicine for high cholesterol?**

Arjuna (*Terminalia arjuna*) is considered one of the best Ayurvedic medicines for managing high cholesterol due to its heart-protective properties.

### **How does Arjuna help in reducing high cholesterol?**

Arjuna helps by improving heart muscle function, reducing LDL cholesterol, and increasing HDL cholesterol, thus promoting overall cardiovascular health.

### **Are there any Ayurvedic herbs other than Arjuna that help with high cholesterol?**

Yes, herbs like Guggul (*Commiphora mukul*), Triphala, and Turmeric are also known to help reduce cholesterol levels naturally.

### **Can Ayurvedic medicines replace conventional cholesterol-lowering drugs?**

Ayurvedic medicines can complement conventional treatment but should not replace prescribed medications without consulting a healthcare professional.

## **What lifestyle changes should accompany Ayurvedic treatment for high cholesterol?**

A balanced diet, regular exercise, stress management, and avoiding tobacco and excessive alcohol are essential alongside Ayurvedic treatment.

## **Is Guggul effective in lowering high cholesterol?**

Yes, Guggul has been traditionally used to reduce cholesterol and triglyceride levels due to its anti-inflammatory and lipid-lowering properties.

## **How long does it take for Ayurvedic medicines to show results in cholesterol management?**

Results vary but generally, it may take 1 to 3 months of consistent use along with lifestyle changes to see significant improvements.

## **Are there any side effects of Ayurvedic medicines for cholesterol?**

When taken as directed, Ayurvedic medicines are generally safe, but some may cause mild side effects or interact with other medications, so consultation with a practitioner is advised.

## **Can Triphala help in managing high cholesterol?**

Yes, Triphala is known to improve digestion and metabolism, which can indirectly help in managing cholesterol levels.

## **Should I consult an Ayurvedic doctor before starting herbal supplements for cholesterol?**

Absolutely, consulting an Ayurvedic practitioner ensures proper diagnosis, personalized treatment, and avoids any potential adverse effects or drug interactions.

## **Additional Resources**

### *1. Ayurvedic Remedies for High Cholesterol: A Holistic Approach*

This book offers a comprehensive guide to managing high cholesterol through Ayurvedic principles. It explores natural herbs, dietary changes, and lifestyle modifications that help balance lipid levels. Readers will find practical recipes and daily routines to support heart health naturally.

### *2. The Ayurvedic Cure for Cholesterol: Traditional Wisdom Meets Modern Science*

Combining ancient Ayurvedic knowledge with contemporary research, this book explains the root causes of high cholesterol and how Ayurveda addresses them. It provides detailed information on medicinal herbs like Arjuna and Guggulu and their roles in cholesterol management. The book also includes case studies and personalized treatment plans.

### *3. Cholesterol Control with Ayurveda: Natural Therapies for a Healthy Heart*

Focused on natural therapies, this guide emphasizes detoxification, herbal supplements, and dietary strategies to reduce cholesterol. It highlights the importance of balancing doshas for cardiovascular health. Readers will learn how to integrate Ayurvedic practices into everyday life for long-term benefits.

### *4. Healing High Cholesterol the Ayurvedic Way*

This book delves into the Ayurvedic perspective on high cholesterol, linking it to metabolic imbalances and lifestyle factors. It presents time-tested recipes and herbal formulations to cleanse arteries and improve lipid profiles. The author also discusses meditation and stress-reduction techniques as part of holistic healing.

### *5. Herbs and Spices for Cholesterol Management: Ayurveda's Natural Arsenal*

Detailing the powerful herbs and spices used in Ayurveda, this book focuses on their cholesterol-lowering properties. It covers the preparation and dosage of key botanicals such as turmeric, fenugreek, and cinnamon. Readers will appreciate the practical advice on sourcing and using these ingredients safely.

### *6. The Ayurvedic Heart: Managing Cholesterol through Diet and Lifestyle*

This volume emphasizes dietary choices and lifestyle habits rooted in Ayurveda that promote heart health and regulate cholesterol. It explains the significance of mindful eating, exercise, and sleep in maintaining healthy lipid levels. Alongside recipes, the book offers personalized routines for different body types.

### *7. Balanced Cholesterol with Ayurveda: A Guide to Natural Prevention and Treatment*

Offering both preventive and therapeutic strategies, this book guides readers through Ayurvedic methods to maintain balanced cholesterol. It explores pulse diagnosis, customized herbal blends, and Panchakarma detox therapies. The book aims to empower readers with tools for self-care and long-term cardiovascular wellness.

### *8. Ayurveda and Cardiovascular Health: Managing Cholesterol Naturally*

This text bridges traditional Ayurvedic teachings with modern understanding of cardiovascular diseases. It highlights the synergy between diet, herbs, and yoga in controlling cholesterol levels. Readers will find step-by-step plans to incorporate Ayurveda into their heart care regimen.

### *9. Natural Cholesterol Solutions: Ayurvedic Insights and Treatments*

Focused on natural and sustainable approaches, this book presents Ayurveda's role in cholesterol management. It offers guidance on herbal remedies, detoxification, and stress management to support heart function. The practical tips and inspirational stories make it accessible for individuals seeking alternative therapies.

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**best ayurvedic medicine for high cholesterol: 30 Days Lower Your Cholesterol** Ashley K. Willington, 2014-08-13

**best ayurvedic medicine for high cholesterol:** *Ayurvedic Medicine* Sebastian Pole, 2013 This resource brings the unique theories and traditions of Ayurveda alive so that they are accessible to the complementary health practitioner of today. This book offers a clear, accessible and yet detailed guide to Ayurvedic herbalism. It encompasses a brief history of the growth of Ayurveda, a discussion of its fundamental principles, treatment strategies as well as the energetic approach of traditional Ayurvedic herbal pharmacy and pharmacology.

**best ayurvedic medicine for high cholesterol:** *Integrative Healthcare Remedies for Everyday Life - E-Book* Malinee Thambyayah, 2022-12-06 A user-friendly guidebook for anyone interested in enhancing health and wellness, *Integrative Healthcare Remedies for Everyday Life* marries modern medical knowledge with a cross-cultural understanding of health and healing. The authors are a family of modern physicians who share a passion for the rapidly growing field of holistic and integrative health. Representing both Western diagnostics and complementary medicine, this reference offers practical guidance on incorporating simple remedies and therapies into everyday life. - Detailed preparation instructions facilitate the use of Chinese, Indian, and Western natural remedies. - Therapies from multiple Asian and Western medical systems are presented side by side to act as both a one-stop treatment guide and comparative reference. - Body system organization provides comprehensive coverage of both common and complex diseases and disorders. - Expert author team is a family of modern physicians who share a passion for the rapidly growing field of holistic and integrative health. - An eBook version is included with print purchase. The eBook allows students to access all of the text, figures, and references, with the ability to search, customize content, make notes and highlights, and have content read aloud.

**best ayurvedic medicine for high cholesterol: The Best Alternative Medicine** Dr. Kenneth R. Pelletier, 2010-06-22 *The Best Alternative Medicine* is the only book available today that both evaluates the major areas of alternative medicine and addresses how they can be used to treat specific conditions. Dr. Kenneth R. Pelletier explains such popular therapies as mind/body medicine, herbal and homeopathic remedies, spiritual healing, and traditional Chinese systems, discussing their effectiveness, the ailments each is most appropriate for, and how they can help prevent illness. In the second part of the book, which is organized alphabetically, he draws on the latest National Institute of Health (NIH)-sponsored research to present clear recommendations for the prevention and treatment of health concerns ranging from acne to menopause to ulcers. Combining valuable guidance about alternative treatments with definitive health advice, *The Best Alternative Medicine* will be the standard reference for the increasing number of people integrating alternative medicine into their personal and organizational health-care programs.

**best ayurvedic medicine for high cholesterol:** *Ethnobotany, the leaves of life* Derek Johnson M.D.(Alt. Med), 2018-02-19 this book represents over three decades experience of teaching, researching and practising natural medicine. It is aimed at both practitioners and the general public in the hope that more understanding of natural medicine will be the outcome.

**best ayurvedic medicine for high cholesterol: Everyday Ayurveda** Bhaswati Bhattacharya, 2015-09-10 Time is scarce and precious in today's world and we seek solutions that are quick. While allopathic medicine tends to focus on the management of disease, the ancient study of Ayurveda provides us with holistic knowledge for preventing disease and eliminating its root cause. Dr Bhaswati Bhattacharya takes you through a day in the life of Ayurvedic living.

**best ayurvedic medicine for high cholesterol: Dr. Sebi's Reborn Bible for Beginners** Genesis Carcamo, Are you tired of taking drugs that do not solve your psychophysical problems? Would you like to regenerate your health naturally while preventing ailments from returning after a short time? You're about to discover how to do it with natural remedies that will change your life! I'm sure you have already realized (as I did many years ago) that traditional medicine may hide more negatives than positives. I sustained a very active and stressful life for years, where migraines, discomfort, and psychophysical bothers had become a daily constant. I tried all kinds of drugs, but the only thing they could do was to soothe the malaise momentarily. That was all until I discovered Dr. Sebi's teachings that changed my health forever. I've condensed my years of research and expertise into this book, so you can finally find the solution to your problems. Here is a taste of what you will find inside: • The foundation of this lifestyle: the Alkaline Diet - Learn about how it was developed by Dr. Sebi, how it functions, and the remarkable benefits it may provide for our bodies. • Cleanse and detoxify yourself - All the secrets to naturally eliminating the harmful toxins that Western lifestyles put into our bodies every day, • Alkaline Herbs - Discover where to find and how to harvest herbs and plants that contain the power to boost your health and immunity like nothing before, • Herbal Remedies for every ailment: the natural and safe remedy for when you feel under the weather - Learn to make dozens of preparations that will make you immediately feel better. • Alkaline recipes to feel your best - Delicious, healthy, and easy-to-prepare dishes to best follow your new lifestyle and welcome all the benefits of the alkaline diet, And much more! If you want to know all the secrets of effective natural medicine, this guide contains everything you'll need. Click Buy Now and enter the world of Dr. Sebi!

**best ayurvedic medicine for high cholesterol: Prescription for Herbal Healing, 2nd Edition** Phyllis A. Balch CNC, Stacey Bell, 2012-04-03 The definitive source for choosing the optimal herbal therapy- thoroughly revised and updated. Millions of Americans are turning to herbal therapies to heal what ails them-either as an alternative or as a supplement to traditional medicine. From the most trusted name in natural healing, Phyllis A. Balch's new edition of Prescription for Herbal Healing provides the most current research and comprehensive facts in an easy-to-read A- to-Z format, including: Information on more than 200 herbs and herbal combination formulas, ranging from well-known herbs, such as ginseng and St. John's Wort, to less familiar remedies, such as khella and prickly ash Chinese and ayurvedic herbal combinations Discussion of more than 150 common disorders from acne to yeast infection, and suggested herbal treatment therapies

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**best ayurvedic medicine for high cholesterol: The Essential Oils Complete Reference Guide** KG Stiles, 2017-01-31 KG Stiles shows you how to create essential oil recipes to shift your mindset and connect your body and mind featuring more than 1000 cures for every ailment from sleeping problems to healing sinuses. An aromatherapist to stars like Yo Yo Ma, Sela War, Charles Barkley and Tommy Lee, KG provides prescriptions with personalized formulas for your ailment. You'll learn which oils work best for certain problems, and will be introduced to new oils you may



not have heard of before. The balanced, blended recipes include a broad spectrum of solutions for various conditions. You'll build connections with plants and experience nature with your ability to heal yourself as the aromatic oils stimulate your powerful olfactory nerves.

**best ayurvedic medicine for high cholesterol: Earl Mindell's New Herb Bible** Earl Mindell, 2020-09-15 The bestselling guide to herbal remedies completely revised and expanded. Since its original publication in 1992, Earl Mindell's Herb Bible has become the definitive guide to the world of herbal remedies. Recognized as today's leading trend in self-care, herbs can help you heal faster, live longer, and look better. In this completely updated edition, one of the world's foremost authorities on nutrition and natural remedies demystifies the language and lore of herbs and shows you how to choose and use herbs and herbal treatments—from the traditional favorites to those on the cutting edge. Here is new and valuable information on how herbs can treat depression and anxiety, boost energy, improve your sex life, combat aging, prevent illness, and speed healing. Highlights include: -Thirty new "Hot Hundred" herbs -A new section devoted specifically to anti-aging herbs -New and completely updated information on the fastest selling herbs: St. John's Wort, kava kava, grapeseed extract, and green tea -Special updated chapters on "A Man's Body" and "A Woman's Body" And much more.

**best ayurvedic medicine for high cholesterol: Sex, Love, and Dharma** Simon Chokoisky, 2015-09-17 Discover your dharma type and prepare your body, mind, and spirit to attract and build a lifelong union with your soul mate • Explores how the dharma types align in relationships, giving quick and simple insights into which dharma pairings work and which ones need work • Details methods for attracting a mate as well as practical techniques for improving your sex life, including the best time to have sex during the day • Provides self-tests to determine your dharma type and outlines unique ayurvedic diet, exercise, detox, and lifestyle tips for better health and sex appeal The people of ancient India understood that most humans are incomplete without an intimate partner, a soul mate to share life's journey. Drawing upon astrology, Ayurveda, and dharma type--your personality and spiritual purpose archetype--they developed detailed systems to analyze physical, emotional, and spiritual compatibility between people. This analysis encouraged joyous relationships by revealing the sexual compatibility of a couple, the innate relationship conflicts they face, and their potential for financial success together. In this way, couples were able to distinguish biological attraction from long-term compatibility, lust from love, and soul mates from playmates. Sharing ancient Vedic secrets of sex, love, health, and dharma, Simon Chokoisky explains how to prepare your mind, body, and spirit for the right partner and how to determine if a potential mate is a good match for your unique chemistry. He provides self-tests to determine your dharma type and outlines unique ayurvedic diet, exercise, detox, and lifestyle tips for each type to reclaim your health and vitality and, by doing so, your sexiness. He explores how the dharma types align in relationships to create harmony or disharmony, giving quick and simple insights about which dharma pairings work and which ones need work. Highlighting the skills inherent to each dharma type, he makes suggestions on how to improve day-to-day relationships for personal and financial benefit and to build lifelong romance that grows into a spiritual union. Moving to the bedroom, the author details methods for attracting a mate as well as practical techniques for improving your sex life, including the best time to have sex during the day and month. Showing how knowing who you are will help you find your right mate, and keep away those unsuitable for you, Chokoisky explains how living your dharma helps you flow with nature in a way that makes life and your relationships more fulfilling.

**best ayurvedic medicine for high cholesterol: Whole Beauty** Shiva Rose, 2018-04-03 A decade ago, after suffering from life-threatening autoimmune disorders, Hollywood actress Shiva Rose set out to discover a more holistic way to natural health and beauty. Growing her own organic herbs and flowers; mixing creams, lotions, and tonics; and following Ayurvedic practices and creating mindful rituals, she has not only healed her life but has also become a leader and entrepreneur in the world of all-natural beauty and lifestyle. Whole Beauty is her radiant next step, a practical, inspiring, stunningly beautiful guide to following a whole beauty practice at home. Here is

the recipe for Rose's iconic rose hip facial serum, as well as 40 other recipes for masks and exfoliants, hair-care products and detoxes, and even DIY deodorant and toothpaste. She explains Ayurvedic practices, such as dry brushing and oil pulling, and home-cleansing rituals, such as smudging with burning sage; shares a dozen tonics, including Celestial Nog and Summer Lover; and offers an entire chapter on the use of essential oils, both on the body and in the home. From natural beauty solutions like a Blushing Bride Chickpea Face Mask to showing how to tap into the full force of female energy, *Whole Beauty* is a complete guide to revitalizing your life.

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**best ayurvedic medicine for high cholesterol: Discovering the True You with Ayurveda**

Sebastian Pole, 2013-12-31 Also known as the science of life, Ayurveda is a complete system of knowledge that deals with physical health, mental balance, spiritual well-being, social welfare, relationships, environmental issues, dietary and lifestyle habits, as well as the treatment of specific ailments. This deep knowledge has been passed down to us through the last fifty generations of Ayurvedic teachers in India, and its reputation is now growing internationally as a rich, coherent, and effective system of natural living and healing. *Discovering the True You with Ayurveda* guides readers to optimum health and happiness through the seven pathways of Ayurveda. Beginning by helping you to discover your natural constitutional type, the book gives recommendations on the diet, exercise, and mental and spiritual outlook that you as an individual will benefit from. With your new understanding of your true constitution, you can use the information in *Discovering the True You with Ayurveda* to tailor a lifestyle and fitness program that works on all levels so you can live a truly authentic life. In all the essential aspects of contemporary life, from the food you eat to the work you do, from the relationships that sustain you to the natural world that nurtures you, it can guide you to health and happiness by teaching you how to fulfill your potential, empower yourself, and find meaning and purpose in everything you do. The book is divided into chapters relating to a specific area of wellbeing: Constitution, Nourishment, Cleansing, Rejuvenation, Strength and Stillness, Ecology, and Relationship. Author Sebastian Pole, an experienced Ayurvedic practitioner, packs the book with philosophical insights, dietary and nutritional information, massage and rejuvenation plans, meditation and yoga exercises, and Indian parables to illustrate Ayurvedic principles and impart some of its cultural background. The book also includes the Pukka Pantry, an appendix of Ayurvedic herbs and their benefits.

**best ayurvedic medicine for high cholesterol: Best Choices from the People's Pharmacy** Joe

Graedon, Teresa Graedon, 2006-10-31 From the trusted authors of the People's Pharmacy syndicated newspaper column comes *Best Choices from the People's Pharmacy*, an essential reference that empowers readers to make intelligent, informed choices from among the array of treatment options—home remedies, herbal and nutritional supplements, and prescription and over-the-counter drugs—available today We can read the newspaper for candid restaurant or movie reviews or consult Consumer Reports for an impartial analysis of the best buys on toasters or

automobiles. But where can we find objective evaluations of popular treatments for conditions like arthritis, high cholesterol, and migraines? Joe and Teresa Graedon, the best-selling authors of *The People's Pharmacy*, will fill the void with a comprehensive new reference that presents all the information readers need to become savvy health-care consumers. The book offers: • best-choice treatments for 50 medical conditions—from allergies, asthma, and heartburn to high blood pressure and osteoporosis • a remedy ratings guide to compare the effectiveness and affordability of various treatment options • compelling new information on the potential dangers of generic drugs Featuring a list of the authors' must-have remedies and organized alphabetically by condition for fast, easy access, this trustworthy, practical guide should find a sizable and grateful audience.

**best ayurvedic medicine for high cholesterol: *Your Best Medicine*** Mark A. Goldstein, Myrna Chandler Goldstein, Larry P. Credit, 2009-03-17 Integrative medicine—the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing—is transforming both how health professionals treat disease and how patients manage their own care. *Your Best Medicine* introduces the reader to this new world of healing options for everyday ailments like dry skin, fatigue, and indigestion as well as more serious conditions like diabetes, heart disease, and obesity. All of the treatments and techniques in *Your Best Medicine* have been handpicked by two practitioners—one a conventionally trained MD, the other a specialist in complementary therapies—based on established therapeutic protocols, research evidence, and clinical experience. Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies' relative effectiveness, safety, and ease of use. Every entry in *Your Best Medicine* also provides important information on risk factors, symptoms, and diagnostic techniques, as well as preventive measures. Armed with this knowledge, readers can make decisions wisely and confidently at every stage of their care.

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**best ayurvedic medicine for high cholesterol: *Earl Mindell's Peak Performance Bible*** Carol Colman, Earl Mindell, 2001-09-24 You Can Be Stronger, Smarter, Sexier, and Healthier! ONE OF

THE BESTSELLING NAMES IN VITAMINS, HERBS, AND SUPPLEMENTS, DR. EARL MINDELL TAKES ON THE HOTTEST CATEGORY IN NATURAL PRODUCTS: PERFORMANCE ENHANCERS THAT WILL MAKE YOU STRONGER, SMARTER, SEXIER, AND HEALTHIER. CONSUMERS ARE SPENDING MORE THAN 10 BILLION DOLLARS ANNUALLY ON THESE PRODUCTS. BUT NOT ALL OF THEM WORK -- SOME ARE REALLY EFFECTIVE, SOME ARE DOWNRIGHT DANGEROUS, AND SOME ARE A COMPLETE WASTE OF MONEY. Earl Mindell's Peak Performance Bible will take the mystery out of performance enhancers, which are crowding out an earlier generation of vitamins and herbs in health-food stores around the country. These hot products include: The new cancer-fighting supplement that helps build bigger muscles The Asian aphrodisiac that can help you in the gym and in the bedroom The supplement that can enhance sexual function, sharpen your thinking, and help prevent disease The tea that fights cancer, cleans out your arteries, and can make you thinner The amino acid that can stave off mental exhaustion -- it's so effective it has been studied by the U.S. military! INCLUDING HIS TRADEMARK HOT HUNDRED, DR. MINDELL INCLUDES SPECIFIC CHAPTERS ON PRODUCTS DESIGNED TO HELP YOU BULK UP, SLIM DOWN, GAIN ENDURANCE, IMPROVE SEXUAL PERFORMANCE, AND MAINTAIN THE COMPETITIVE EDGE AT WORK. HE EVEN INCLUDES INFO FOR TEENS ON SAFE BUT EFFECTIVE WAYS TO BUILD UP STRENGTH.

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