

Herbal help for high cholesterol

The cardiovascular system, which includes the heart, is one of the most important systems in our bodies with the role of delivering oxygen and nutrients throughout the body.

Unfortunately, the British Heart Foundation report cardiovascular disease accounts for more than one in three of all deaths in the UK (around 200,000 deaths every year).

High cholesterol is a major cause of heart disease. Nearly half of all UK adults suffer from high cholesterol, with the number of people affected steadily rising with age.

The charity Heart UK suggest changes in lifestyle can help lower cholesterol, such as:

- Eat one or two extra portions of fruit and vegetables each day.
- Reduce intake of saturated fat from butter, cheese, fatty meats, cream and full-fat milk.
- Include an extra 10 minutes of exercise a day, perhaps by walking part of the way to work.
- Keep alcohol intake within sensible limits.
- Do not smoke.
- Increase intake of wholegrain foods.



Red sage

These are all sensible measures, however, if cholesterol levels stay high perhaps Chinese Herbal Medicine can assist.

Red Sage

Red sage, or "danshen", has long been used in Traditional Chinese Medicine to treat heart conditions. Modern research tells us this herb contains something called "tanshinone IIA" which helps the circulation of blood around the heart.

Hawthorn Berry

Hawthorn berry, or "shanzha", is another ancient prescription used to treat coronary conditions. In modern times it has been shown this fruit contains "crategolate" which is known to lower blood pressure and improve heart blood circulation.



Hawthorn berry (left) and cassia seed (right)

Cassia Seed

Cassia seed, known as "juemingzi" in China, is another traditional herb that aids high cholesterol sufferers. It lowers blood pressure and the concentration of serum cholesterol.

Armed with natural remedies like these, clinically tested over centuries, it is no wonder many people turn to Traditional Chinese Medicine to help complement cholesterol-lowering treatments.

Please do not hesitate to contact us if you would like more information on acupuncture, Chinese Herbal Medicine or Traditional Chinese Medicine.

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