

Cellular Nutrients in Lipid Metabolism Disorders

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25%-50% of people in the world have increased levels of blood cholesterol and in spite of millions of people taking cholesterol lowering medicines, heart attacks and strokes continue to be the leading causes of deaths.

We conducted a pilot clinical trial in people suffering from lipid metabolism disorders. The patients between the ages of 34-68 years, were given a specific micronutrient program for six months and their blood lipid profile (total cholesterol, LDL, triglycerides, homocysteine, HDL and lipoprotein-a) was monitored.

At the end of the study period, total cholesterol was observed to be decreased by 14%, LDL was reduced by 10%, triglycerides by 22% and homocysteine was lowered by 3%. At the same time, their HDL levels increased by 8%.

A marked 13% reduction was noted in their Lp-a levels. It is very significant because at present, there is no successful treatment available for lowering Lp-a levels, which is an important risk factor for heart disease.