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Study proves lower cholesterol levels due to isoflavones



Too high cholesterol must be treated. But: If cholesterol is treated with medication, then there is always a risk of undesirable side effects. A glance at the package leaflets of the medications can really frighten you.

So better to lower cholesterol first in a natural way by diet! However, not every patient responds equally well to a change in diet. The level of cholesterol reduction in the blood, which can be achieved by a consistent dietary change to a low-fat diet, varies greatly from one

individual to another, averaging between 15 and 25%.

In addition to low-fat diet and physical activity, you can influence your cholesterol levels favorably: 2-3 salmon oil capsules (EPA-omega-3 fatty acids) daily increase the "good" HDL cholesterol, but have no lowering effect on the "bad" LDL cholesterol.



Red clover (isoflavones) also naturally lower cholesterol levels, a study found. The influence of Isoflavones (flavones are

secondary plant substances) was investigated by scientists at the Department of Food Science and Nutrition at the University of Minnesota in the United States.

Women with normal to slightly elevated cholesterol levels took either 7.1 milligrams (control group), 65 milligrams or 132 milligrams of isoflavone per day in three cycles, each lasting 93 days.

The study showed that an increase in the dose of Isoflavone promotes the positive effect on blood lipid levels:

For example, the daily intake of 132 milligrams of Isoflavones reduced LDL levels by 6.5percent.