

Mayo Clinic Medical Edge
Cholesterol Lowering Alternatives

1:00

Log

Audio

| | |
|--------------------------|---|
| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE. |
| | IT'S A COMMON QUESTION. MY CHOLESTEROL IS HIGH, BUT DO I REALLY HAVE TO TAKE A DRUG? MAYO CLINIC DR. BRENT BAUER SAYS THERE'S BIG INTEREST IN NATURAL ALTERNATIVES. |
| Brent Bauer, M.D. | "BECAUSE MANY PEOPLE HAVE HEARD ABOUT THE STATINS CAUSING SIDE-EFFECTS." |
| | GARLIC AND POLYCOSINOL – A BY-PRODUCT OF SUGAR CANE – WERE ONCE TOUTED FOR THEIR CHOLESTEROL LOWERING PROPERTIES. BUT DR. BAUER SAYS THE EVIDENCE FOR THOSE |

| | |
|-------------------------|--|
| | <p>IS NOT SO STRONG. STEROLS – A PLANT CHEMICAL AND PSYLLIUM – A FIBER SUPPLEMENT DO WORK, BUT MODESTLY.</p> |
| <p>Dr. Bauer</p> | <p>“IF YOU HAVE A CHOLESTEROL OF LET’S SAY 350, AND OUR GOAL IS TO GET THAT CLOSE TO 200, MOST OF THE NATURAL PRODUCTS ARE GOING TO TAKE OFF FIVE, TEN, 15 PERCENT OF YOUR NUMBER. THAT’S NOT GOING TO GET DOWN BELOW THAT 200.”</p> |
| | <p>BUT WHEN COMBINED WITH A HEALTHY DIET AND EXERCISE, YOU HAVE A COMBINATION THAT COULD MAKE SOME REAL DIFFERENCE.</p> |
| | <p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p> |
| | |
| | |

| | |
|--|--|
| | |
| | |
| | |