

“This magic elixir keeps me healthy and feeling great,” Tasha says with a smile



Now Tasha has the energy to keep playing pickleball with her husband, Mark



# “I lowered my

**Tasha Seath, 61, struggled with high cholesterol despite her healthy lifestyle and regular pickleball matches. After rejecting statins due to potential side effects, she found a natural remedy by creating her own citrus blend that dropped her LDL, boosted her energy and improved her overall health—*naturally!***

**M**y cholesterol is still climbing,” Tasha Seath told her husband, Mark, as she reviewed her latest lab work. Although the 61-year-old Idaho resident had been healthy and active all her life—with a passion for pickleball—high cholesterol ran in her family.

Her grandmother and sister had both been put on cholesterol-lowering medications, and over the years, Tasha’s doctor had offered to prescribe Lipitor, a type of statin to control her climbing levels. But Tasha refused, worried she could suffer side effects such as muscle weakness, liver damage and allergic reactions.

Anxious about how her soaring cholesterol levels were affecting her overall health, Tasha already battled achy joints and sore muscles. She learned that elevated cholesterol levels are also linked to inflammation that causes such pain.

*I love playing pickleball and I can’t just stop exercising altogether,* Tasha thought.

Now postmenopausal, she had new concerns after researching online. She

discovered that cholesterol levels often increase during menopause due to declining levels of cholesterol-regulating estrogen. This also meant an increased risk of heart disease, heart attack and stroke.

*This can’t be me,* Tasha resolved as true fear for her health began to kick in. *I’ve got to do something.*

## Searching for answers

For years, Tasha had been interested in healing herbs and homeopathic medicine and began to research natural ways to reduce her cholesterol and help ward off related complications. She pored over articles and studies and, to her surprise, discovered that citrus fruits are rich in soluble fiber, which binds to LDL (bad cholesterol) in the digestive tract and forms a gel-like substance that is excreted in stool. This prevents reabsorption and dramatically lowers LDL over time.

Tasha also read that researchers discovered that flavone-rich compounds such as hesperidin, naringin and anthocyanins,

## Other delicious ways to get cholesterol under control

### ✓ Try avocado toast

Top your toast with avocado to lower “bad” LDL cholesterol. A study published in the *Journal of the American Heart Association* found that people who ate avocado daily saw twice the



drop in LDL compared to those who followed a low-fat diet. That’s because avocados reduce the harmful small LDL particles that form blockages.

### ✓ Try monk fruit sweetener

A monk fruit compound called mogroside eases inflammation. “When you lower inflammation, you lower cholesterol,” says Dr. Fred Pescatore, M.D. Scientists say monk fruit’s



antioxidants raise “good” HDL cholesterol. Dr. Pescatore adds, “Lakanto Monkfruit Sweetener is an easy swap for white sugar.”

### ✓ Try a cranberry sip

While all berries are heart-smart, cranberries have more cholesterol-helping phenols than 20 of the most popular fruits. University of Scranton scientists found people who



drank three 8 oz. glasses of cranberry juice daily upped their “good” HDL cholesterol by 10%, enough to cut heart disease risk by 40%.

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# cholesterol 177 points!”

all found in the citrus peel, lower cholesterol better than some prescription medications by boosting blood vessel function and enhancing cholesterol breakdown in the liver.

Further studies concluded that citrus has antioxidant, anti-inflammatory and anti-cancer effects and is beneficial to the heart and brain. *Maybe I'll just try to up my citrus intake,* Tasha mused. *Could this really work for me?*

**“Citrus fruit peels are rich in soluble fiber, which reduces LDL cholesterol.”**

—Dr. Jennifer S. L. Smith, Cardiologist

## A DIY elixir

Inspired, Tasha experimented with different recipes in her kitchen and developed her own cholesterol-lowering citrus blend after some trial and error.

She combined the zest of one lemon, one orange and one grapefruit in a pot with

8 cups of water and boiled it for 3 hours. She let it cool and transferred the mixture into 8-oz. glass mason jars, sealed them tightly and stored them in the refrigerator. Tasha makes a batch once a month, which can be frozen for up to three months.

Every morning and night, Tasha began taking 1 Tbs. of the elixir. It can also be stirred into 4 oz. of water but she found the citrus blend wasn't bitter and went down shockingly smooth on its own.

## Natural solution

Within a few weeks, Tasha noticed she felt more energetic and had less muscle and joint pain. But there was another surprising benefit. As a hairdresser, Tasha was exposed to many different clients and

she was amazed when her customers called her after recent appointments, warning her that they'd contracted COVID. But Tasha never got COVID or any other illnesses. Thrilled, she credits her citrus blend's bountiful levels of immune-boosting vitamin C for keeping her healthy.

She continued taking her DIY elixir twice daily and was amazed to see her next lab results several months later: Her total cholesterol levels had dropped a staggering 177 points.

“My cholesterol hasn't been this low since I was 26,” Tasha marvels.

Today, she enjoys soaring energy levels, less pain and her pickleball game is better than ever. “When you are healthy, you feel better and perform better,” Tasha shares. “This magic elixir keeps me strong and feeling great. I share the recipe with all my clients. My cholesterol levels have never been better!” —*Monica Romano*



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