

How to Reverse abnormal Lipid Profile –Dyslipidemia?

The doctors typically prescribe statin drugs as soon as they see an abnormal lipid profile (Dyslipidemia) even when the patient does not have other risk factors for heart disease. The primary cause of dyslipidemia is unhealthy food and an inactive, unbalanced lifestyle. No amount of statins can reverse an abnormal lipid profile if the patient continues to indulge in foods that are high glycemic, rich in fructose beverages, and human-made refined hydrogenated oils and trans fats. It may take as little as few months to eat one's way into creating dyslipidemia in the body. Good news is that it also may take only three-six months of good eating and an active lifestyle to get the lipid profile back within the normal range. Therefore, the first step to manage dyslipidemia is to eliminate or minimize the foods which are responsible for causing dyslipidemia. Reversing abnormal lipid profile also requires making appropriate lifestyle changes.