

# Holistic Health Cheat Sheet

Cholesterol · Kidney Function · Blood Glucose · Nutrition · Timing

## ■ IMPROVE KIDNEY FUNCTION — Eat More Of

Food	Kidney Benefit
Cucumber	96% water content — supports kidney filtration, zero phosphorus
Cauliflower	Low potassium, low phosphorus — ideal for kidneys
Blueberries	Antioxidants reduce oxidative stress on kidney tissue
Garlic & Onion	Anti-inflammatory, rich in fiber and vitamins K and C
Cabbage	Low potassium, high in fiber and vitamins K and C
Bell Peppers	Low potassium, high in Vitamins C and A
Egg Whites	Quality protein with lower phosphorus than whole eggs
Olive Oil	Reduces inflammation in renal tissue
Water	The single most important factor in kidney health

**Important:** If kidney function is already compromised (low GFR, elevated creatinine), consult a physician before making significant dietary changes. Potassium and phosphorus intake may need to be managed based on lab values.

## ■ STABILIZE BLOOD GLUCOSE

Food / Habit	Glucose Benefit
Cinnamon Tea (Ceylon)	One stick steeped 10–15 min before meals — mimics insulin activity
Fresh Ginger	Improves insulin sensitivity, slows carbohydrate absorption
Oats & Lentils	Fiber slows sugar absorption into the bloodstream
Leafy Greens	Complex carbs with low glycemic index; steady glucose release
Apple Cider Vinegar	1 tbsp in water before meals — reduces post-meal glucose spike
Berries	Lower sugar than most fruits with high antioxidant value
Chromium Picolinate	400–800mcg daily with meals — supports insulin receptor function
Walk 10–15 min after meals	Strongest free intervention for glucose control

## ♥■ CHOLESTEROL — Raise HDL · Lower LDL

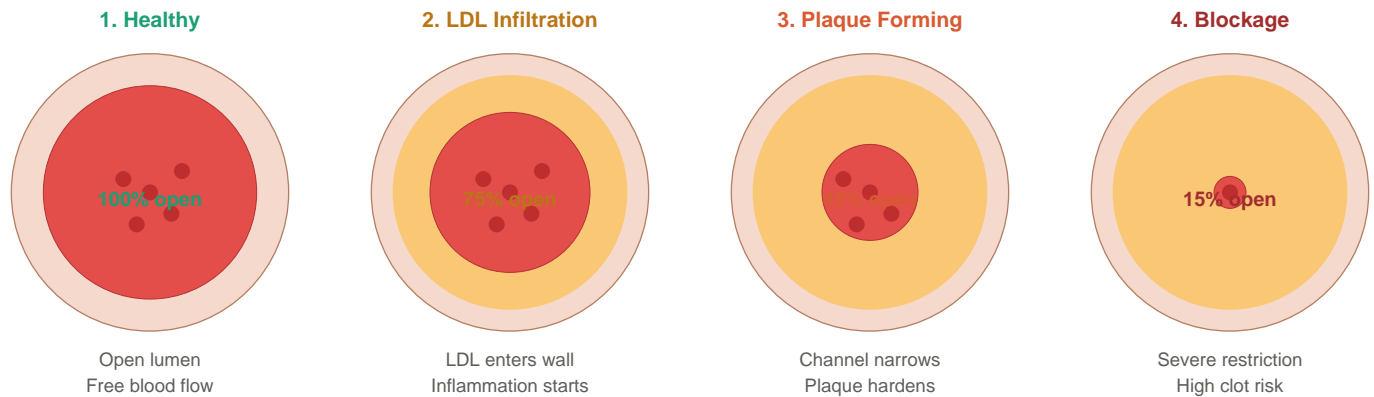
Raise HDL — Eat More	Why It Helps
Avocado	Rich in monounsaturated fats that directly raise HDL levels
Extra Virgin Olive Oil	Cold-pressed; use for cooking and dressings daily
Fatty Fish (salmon, sardines)	Aim for 2–3x per week; EPA/DHA resolve inflammation
Walnuts & Almonds	Healthy fats and fiber; a small handful daily is enough
Flaxseed & Chia Seeds	Plant protein that supports HDL and lowers LDL simultaneously

Edamame	Plant protein that supports HDL and antioxidant intake
Dark Leafy Greens	Anti-inflammatory base; vitamin K supports vascular health
Berries	Blueberries and strawberries reduce oxidative stress
Dark Chocolate 70%+	Small amounts support HDL and antioxidant intake

## LDL — Foods That Raise Bad Cholesterol

Food	Risk	Why It Damages
Trans fats / hydrogenated oils	<b>SEVERE</b>	Raises LDL AND lowers HDL simultaneously — worst combination
Fast food	<b>SEVERE</b>	Combines trans fats, refined flour, sugar and industrial oils in one meal
Fried foods	<b>HIGH</b>	Oxidized fats from industrial seed oils directly promote arterial plaque
Processed / deli meats	<b>HIGH</b>	Saturated fat + sodium nitrates + inflammatory compounds
Packaged baked goods	<b>HIGH</b>	Trans fats + refined flour — double hit on cholesterol
Full-fat dairy (butter, cream)	<b>HIGH</b>	Suppresses liver's LDL receptor activity after every meal
Red meat (fatty cuts)	<b>HIGH</b>	Large saturated fat load forces more LDL carriers into circulation
Lamb	<b>HIGH</b>	Saturated fat + arachidonic acid (inflammatory) + purines (kidney stress)
Sugary drinks & sodas	<b>MOD-HIGH</b>	Fructose converts to triglycerides and small dense LDL overnight
White bread & refined flour	<b>MODERATE</b>	Rapid glucose conversion produces small dangerous LDL particles
Coconut oil in excess	<b>MODERATE</b>	90%+ saturated fat — behaves like animal fat in excess

## HOW LDL BUILDS UP IN YOUR ARTERIES



**The Mechanism:** Saturated fats suppress liver LDL receptors (less clearing). Trans fats raise LDL AND lower HDL. Refined sugars produce small dense LDL particles that penetrate artery walls more easily. Oxidized LDL triggers immune response → foam cells → plaque buildup.

## MEAL TIMING — When to Stop Eating



### Ideal — Stop by 7pm

Gives the body 3+ hours to digest before sleep.  
Insulin drops, fat burning begins, liver detoxes overnight.

### Acceptable — Up to 8pm

Keep meal light: vegetables + lean protein.  
No heavy starches or sugar. 2 hrs before sleep.

### Caution — 9pm eating

Insulin spikes before sleep. Body stores not burns.  
LDL + triglycerides rise. Glucose elevated by morning.

### Harmful — 10pm or later

Disrupts circadian metabolism. Liver stores not detoxes.  
Linked to higher LDL, insulin resistance, organ fat.

### What the body does during the overnight fast:

#### Hours 1–3

Insulin drops,  
digestion completes

#### Hours 4–8

Fat burning begins,  
liver starts detox

#### Hours 8–12

Cellular repair,  
glucose stabilizes

#### Hours 12–16

Deep autophagy,  
LDL clearance peaks

Time	Status	Rule
By 7:00 PM	■ IDEAL	3+ hours before sleep — insulin drops, liver detoxes freely all night
By 8:00 PM	■ ACCEPTABLE	Small protein + vegetable meal only. No heavy starches or sugar
9:00 PM	■ CAUTION	LDL + triglycerides rise overnight. Blood glucose stays elevated into morning
10:00 PM+	■ AVOID	Circadian disruption. Liver stores instead of detoxing. Higher LDL risk

## ■ JUICING — What's Safe After 7PM

Juice Type	7PM	8PM	9PM	Notes
Cucumber & celery	■	■	■	Best evening juice — supports overnight kidney flush
Pure leafy greens	■	■	■	Zero glucose load, mineral-rich for cellular repair
Ginger & lemon water	■	■	■	Stimulates bile flow, anti-inflammatory
Beet juice	■ ■	■	■	Natural sugars — morning protocol only
Carrot juice	■ ■	■	■	Higher glycemic — move to morning
Fruit-heavy juice	■	■	■	Fructose converts to triglycerides overnight
Ginger + Turmeric + 2 Orange + 1 Lemon + 2 Green Apple + Carrot + Beet	■	■	■	MORNING ONLY — anti-inflammatory powerhouse. Drink before 10AM while insulin sensitivity is highest.

## ■ CUCUMBER BENEFITS · SUPPLEMENTS

### Cucumber — The Triple-System Food

- **Kidneys:** 96% water, natural diuretic, zero phosphorus — safe daily even for kidney patients
- **Heart/LDL:** Plant sterols compete with dietary cholesterol. Fiber in skin binds bile acids.
- **Glucose:** Near-zero glycemic index. Slows gastric emptying at start of meals.
- **Liver:** Morning juice activates bile flow and sets the liver up for the day.
- **Anti-inflammatory:** Fisetin inhibits COX-2 enzyme — gentle natural anti-inflammatory.

**Always eat/juice with skin on. Skin carries plant sterols, flavonoids, and silica.**

### Key Supplements

#### Chromium Picolinate 400–800mcg

With largest meal. Improves insulin receptor sensitivity. Start at 400mcg while restoring kidney function.

#### Berberine 500mg 2–3x/day with meals

Activates AMPK pathway. Reduces hepatic glucose production.

#### Ceylon Cinnamon 1–2g/day

Cinnamaldehyde mimics insulin. Always Ceylon — NOT cassia.

#### Milk Thistle (silymarin) 140mg 3x/day

Gold standard for liver protection and cholesterol metabolism.

#### Dandelion Root Tea — Daily

Gentle diuretic for kidney filtration. Stimulates bile flow.

## ■ BREAD COMPARISON · ELECTROLYTES

Metric	Dave's Killer Bread	Nature's Own (2 slices)	Winner
Sodium	360mg ■ ■	240mg ■	Nature's Own
Carbohydrates	31g ■ ■	24g ■	Nature's Own
Protein	6g ■	6g ■	Tie
Organic / Non-GMO	Yes ■	No ■	Dave's Killer
Ingredient quality	Clean, organic ■	Soybean oil, monoglycerides ■ ■	Dave's Killer
Best use	Occasional burger bun	Daily sandwich / toast	—

Electrolyte Source	Best For	How to Use
Coconut water	Potassium + magnesium for muscle weakness	Mid-morning after initial water hydration

Cucumber celery juice	Deep cellular hydration, kidney flush	First thing AM + any time after 7PM
Water + sea salt + lemon + honey	Quick electrolyte replenishment	16oz water, pinch salt, half lemon, drizzle honey
Hibiscus tea + pinch salt	Blood pressure balance, heat exhaustion	Warm or iced throughout the day
Avocado or banana	Fast potassium for muscle weakness	With breakfast — avocado preferred for kidneys

## ■ DAILY PROTOCOL — The Full Picture

Time	Action	Why
<b>Rising</b>	16oz water + pinch sea salt + lemon	Primes cellular absorption before anything else
<b>Morning</b>	Cucumber celery juice (skin on)	Kidney flush, bile activation, anti-inflammatory base
<b>Breakfast</b>	Egg whites + leafy greens + avocado	Low phosphorus protein, HDL-raising fats, fiber
<b>With meals</b>	Chromium Picolinate 400mcg	Insulin receptor support — take with largest meal
<b>Before meals</b>	1 tbsp ACV in water	Reduces post-meal glucose spike
<b>After meals</b>	10–15 min walk	Strongest free intervention for glucose control
<b>By 10AM</b>	Ginger + Turmeric + 2 Orange + 1 Lemon + 2 Green Apple + Carrot + Beet juice	Anti-inflammatory powerhouse — drink before 10AM while insulin sensitivity is high
<b>5–6 PM</b>	Protein power bowl (early dinner)	Allows 12–16hr overnight fast before next morning
<b>By 7 PM</b>	Kitchen closes for solid food	Protects overnight liver detox and LDL clearance
<b>Evening</b>	Cucumber celery juice or herbal tea	Safe after 7PM — supports overnight kidney work
<b>Bedtime</b>	Water only	Maintain hydration without digestive burden

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This guide is for educational and nutritional support purposes. Consult your physician before making changes if you have diagnosed medical conditions or are on medication.