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## **Cholesterol Beating Supplements & Fat Burners**

**A Special Report By Gareth Thomas**

**DISCLAIMER:** I am not a doctor or nutrition scientist and am sharing my knowledge and personal opinions in this report. Please consult a medical professional before taking any form of medication or supplement regime. I take no responsibility for any actions taken by any person as a consequence of reading or acting upon the information in this report.

**There are many supplements out there claiming to suppress or eliminate the affects of poor nutrition. Some work and some do not.**

**Today we will take a quick look at what supplements are best for lowering the harmful cholesterol and triglycerides that are associated with heart disease.**

**We will also look at the best fat burners and the ingredients of popular fat burning stacks that are for sale.**



Hi from Gareth at <http://www.FreeFitnessGuru.com>

<http://www.Twitter.com/gareththomasnz>

<http://www.Myspace.com/gareththomasnz>

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## **Cholesterol Control**

The good news is that there are two outstanding supplements that will help to reduce just about everybody's cholesterol.

Omega 3 oils and Beta Glucan.

I'm sure you have heard of Omega 3. This substance is common in oily fish like salmon and tuna. You can buy bulk containers of capsules on ebay and at health stores.

Omega 3 works – there is no question of this.

A second and much less well known supplement is Beta Glucan. This is a soluble fibre that is derived from barley, yeast and grains. Beta glucan is approved by the FDA as a protective supplement for heart disease.

What's great about Beta Glucan is that its non-toxic and by taking more the affect is increased. FDA recommends 3 gms per day but research has shown that people taking up to 10 gms per day had no side effects and even greater results with their lipid profile.

Unfortunately most Beta Glucan capsules are only 100 mg's – well below the required amount. They are also quite expensive at retail prices.

The solution is to buy it in bulk. Contact [www.PureBulk.com](http://www.PureBulk.com) or find a chinese manufacturer to buy from direct. I contacted a company in china and they offered the product at US\$160 for 2.2 lbs including shipping.

PureBulk have told me they will order the product so drop them an email for more information.

## **Beta Glucan Super Immune Booster**

Beta Glucan is clinically and medically proven to substantially boost the human immune system. This is an added bonus for sufferers of overtraining, colds & flu or worse.

Oat bran cereals contain soluble fibre and Beta Glucan but you would really need to eat a lot to get the required amount – its easier to supplement.



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Barley is also a great source of this nutrient.

Common foods that may help correct cholesterol levels include the following:

Oats  
Apples  
Pears  
Peas  
Baked Beans  
Yoghurt  
Almonds  
Eggplant  
Olive Oil  
Canola Oil  
Lecithin  
Garlic

Some other supplements that are good for your heart include:

Ginkgo Biloba  
Metamucil  
Vitamin C  
Vitamin E  
Plant Sterolesters – Beta Sitosterol  
CoQ 10

## **Niacin and Cholesterol**

Finally we will discuss niacin. Niacin or B3 (not nicotinamide) is clinically proven to reduce harmful cholesterol in the blood.

100 mg is a standard dose but Niacin can be toxic to the liver. Also as soon as you stop using it your cholesterol level will increase once more. Some times this can take place as a dangerous spike.

*Its best to consult a doctor if you want to try Niacin therapy.*

**That's it for triglycerides and Cholesterol  
Omega 3 and Beta Glucan should do the job in 2-3 weeks**



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## Fat Burners

Ok lets discuss the fat burner stacks. There are some spectacular before and after shots in the muscle mags. Who wouldn't want a ripped guts right ?

Well many of the commercial stacks have similar ingredients:

Two ingredients I personally prefer to avoid are caffeine and yohimbine.

Caffeine makes me dehydrated and it makes me pass urine constantly. So for me its off the list. For you it may be OK though – particularly if you are an endomorph suffering fluid retention. I have also found I lose muscle mass when using caffeine to lose weight.

Yohimbine is also popular in these stacks. Yohimbine has various side effects and I prefer not to use it. **You make your own decision.**

## The Good Stuff

Lets get into it – a list of supplements that are common to most of the fat loss products.

### Number One is **GREEN TEA**

Green Tea is a numero uno fat loss ingredient. In its natural form it contains a fair dose of caffeine but its easy to get in decaf form. It also contains anti – oxidants.

Green tea works, it alters the bodies absorption of carbohydrates, normalizes blood sugars and decreases appetite without feelings of hunger.

Just buy some tea and drink it throughout the day – simple.



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Another chinese slimming tea is Oolong tea or Wu Yi tea. This is claimed to be superior to Green tea for fat loss.

You may have heard of the ECA stack which is effedrine, caffeine and aspirin. Unfortunately effedrine is used to make methamphetamines and is banned in many nations. Caffeine and aspirin both have side affects.

So lets look at some more supplements that are a bit safer to use.

Guggulsterones

L-Carnitine

Acai Berry

White willow bark

A combination of the above list with green tea, chinese slimming tea and the cholesterol lowering stack from section one should do wonders.

If you want to take it beyond that you can add caffen and yohimbine.

OK folks that's all for this simple report – [Take action and save yourself a great deal of money](#) – Also you will end up with a better blend of ingredients than the retail supplements.



If... However this report has got you interested in making your own supplements Then you really will love this ebook by The "Muscle Nerd", Jeff Anderson.

Of all Jeff's ebooks this is my favorite by far – **because it saves me money.**

Not only that it puts me in control of my nutrition – **I can make the supplements I want.**

[\*\*CLICK HERE for "Homemade Supplement Secrets"\*\*](#)



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