Own production (80%)

Stress	Resilience

- meditation/praying
- journalling.
- exercise
- Body treatment
  Massage
  reflexology.
- Essential fatty acids
- stroking a pet
- counselling.

HT + PIT.

CHOLESTEROL

Thyroid

FIBRE

BILE

PANCREAS

LIVER.

Cholesterol production.

Adrenals.

Ovaries.

Sterol

hormone

Herbs

Feverfew
Hawthorn.
Cauliflower
Olive leave
Artichokes.

foods.

Beetroot
celery
Onion family
esp. garlic.
Skins of Fruit veg.

Gut flora.
5-7 lbs bugs

Spices

Turmeric
Black pepper
Cayenne
Fenugreek.
Cinnamon.

especially together.

FATS.

good
Essential fatty acids.

unhelpful.
processed foods.
All substitute butters.

Sugars

Simple
granulated
Isolated goods.
processed foods
eg ketchup + tinned beans.

Complex
molasses
(Agave)
maple.

Exercise.

Stamina.
Stretching
flexibility.

DIGESTION

Absorption of nutrients
Eliminate of bad stuff.

Elimination

10% Fibre.