

[HOW TO LOWER BAD CHOLESTEROL](#)



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High cholesterol increases your risk of heart disease and heart attacks. Medications can help improve your cholesterol. But if you'd rather first make lifestyle changes to improve your cholesterol, try these five healthy changes. If you already take medications, these changes can improve their cholesterol-lowering effect.

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10 Best Foods to Eat to Lower Cholesterol Naturally

Getting 5 to 10 grams of soluble fiber daily could help lower LDL cholesterol (the bad cholesterol that can build up in your arteries) by as much as 11 points, according to the National

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11 foods that lower cholesterol Harvard Health

They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%. 9. Soy. Eating soybeans and foods made from them, like tofu and soy milk, was once touted as a powerful way to lower cholesterol.

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Lowering Cholesterol Naturally 6 Tips Pritikin

Here are 6 drug-free alternatives for lowering LDL (bad) cholesterol. To avoid a heart attack, research has found that a key strategy is getting LDL (bad) cholesterol way down. Striving for LDL levels of 100 and below is good, but dropping to 80 and lower may be even better.

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How to Raise Good Cholesterol and Lower Bad Cholesterol

Improving your cholesterol numbers is not only lowering LDLs, but raising HDLs. Making an effort to improve your cholesterol will help you reduce risk of heart disease and stroke. Since your body should be able to produce enough cholesterol by itself, that which comes from food should be controlled.

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How to Lower Cholesterol with Diet MedlinePlus

Trans fat is another bad fat; it can raise your LDL and lower you HDL (good cholesterol). Trans fat is mostly in foods made with hydrogenated oils and fats, such as stick margarine, crackers, and french fries.

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