

[HOW TO LOW MY CHOLESTEROL](#)



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Lower Your Cholesterol in 11 Easy Steps WebMD

You still may need to take medicine to get your cholesterol back on track. But if you make just a few, small changes, you might be able to lower your dose and chance of side effects.

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Top 5 lifestyle changes to improve your cholesterol Mayo

Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Soluble fiber is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears. Add whey protein. Whey protein, which is found in dairy products, may account for many of the health benefits attributed to dairy.

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10 Natural Ways to Lower Your Cholesterol Levels

For example, high levels of low-density lipoprotein (LDL) result in cholesterol deposits in blood vessel walls, which can lead to clogged arteries, strokes, heart attacks and kidney failure .

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Your Guide to Lowering Your Cholesterol With TLC

The amount of LDL cholesterol your body makes and how fast it is removed from your body is determined partly by genes. High blood cholesterol can run in families. However, very few people are stuck with a high cholesterol just by heredity and everyone can take action to lower their cholesterol.

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10 Best Foods to Eat to Lower Cholesterol Naturally

Cutting back on high-cholesterol foods like fried foods, sugary desserts, and fatty meats is a start, but you also need to eat more of the fare that can help lower your cholesterol naturally

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How to Lower Cholesterol MedlinePlus

There are steps that you can take to lower your LDL (bad) cholesterol and raise your HDL (good) cholesterol. By keeping your cholesterol levels in range, you can lower your risk of heart diseases. What are the treatments for high cholesterol? The main treatments for high cholesterol are lifestyle changes and medicines.

<http://ebookslibrary.club/download/How-to-Lower-Cholesterol--MedlinePlus.pdf>

11 foods that lower cholesterol Harvard Health

The same holds true for eating your way to lower cholesterol. Adding several foods to lower cholesterol in different ways should work better than focusing on one or two. A largely vegetarian "dietary portfolio of cholesterol-lowering foods" substantially lowers LDL, triglycerides, and blood pressure.

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