

## **HOW DO YOU REDUCE YOUR LDL CHOLESTEROL**



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### **4 Simple Ways to Lower Your LDL Cholesterol**

Having high levels of LDL cholesterol, also known as bad cholesterol, can place you at risk of developing heart disease if it is left untreated. The good news is that, unlike other risk factors, you may be able to prevent high LDL levels or lower your LDL levels if they are already high.

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### **Lower Your Cholesterol in 11 Easy Steps WebMD**

You don't have to lose a lot of weight to lower your cholesterol. If you're overweight, drop just 10 pounds and you'll cut your LDL by up to 8%. But to really keep off the pounds, you'll

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### **How to Lower Your LDL Cholesterol 15 Steps with Pictures**

The best way to lower your LDL cholesterol is to exercise. Try taking 30 minute walks every day or do long-distance walking for 2-3 hours every few days. You can also try bodyweight exercises or try strength training. Just remember you cannot out-exercise a bad diet. If you start exercising, make healthy tweaks to your diet.

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### **10 Natural Ways to Lower Your Cholesterol Levels**

For example, one study replaced saturated fats in 115 adults' diets with polyunsaturated fats for eight weeks. By the end, total and LDL cholesterol levels were reduced by about 10%.

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### **How to lower your cholesterol without drugs Harvard Health**

And if you'd prefer to make just one change at a time to lower your cholesterol naturally, you might want to begin with your diet. A major analysis of several controlled trials involving hundreds of men and women found that dietary changes reduced LDL and total cholesterol while exercise alone had no effect on either.

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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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### **Lowering Cholesterol Naturally 6 Tips Pritikin**

If your LDL levels are still too high after trying these 6 nutrition-based approaches, talk to your doctor about cholesterol-lowering medications like statins, but give these 6 tips your best shot, encourages Dr. Danine Fruge, MD, ABFP, Medical Director at the Pritikin Longevity Center.

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### **Lowering LDL cholesterol US News**

10 Ways to Lower LDL and Raise HDL. Your doctor tells you that your level of LDL the "bad" type of cholesterol is too high, and, in a double whammy, he says that your level of HDL the "good"

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