

## [HOW DO I GET MY CHOLESTEROL DOWN](#)



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### **3 Ways to Get Bad Cholesterol Down wikiHow**

Your body needs cholesterol to function properly, and your body should make all the cholesterol it needs. Cholesterol builds hormones, comprises a large part of your brain, helps make vitamin D, and gives a layer of protection to your body's cells. Too much cholesterol, however, can increase the risk of a heart attack.

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

In those people, they really do benefit from cholesterol lowering drugs. But there are other things that you can get from over-the-counter, like omega fatty acids, omega-3 fatty acids in particular.

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### **Top 5 lifestyle changes to improve your cholesterol Mayo**

Exercise can improve cholesterol. Moderate physical activity can help raise high-density lipoprotein (HDL) cholesterol, the "good" cholesterol. With your doctor's OK, work up to at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week.

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### **5 Tactics To Reduce Cholesterol Quickly Pritikin**

Take medications, if you need to, to lower your cholesterol into healthy ranges. Drugs like statins can be very effective, says Dr. Danine Fruge, MD, ABFP - Medical Director at the Pritikin Longevity Center, but do continue in your efforts to eat well and exercise because a healthy lifestyle can give you far, far more than drugs alone.

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### **How Long Does It Take to Lower Cholesterol**

Cholesterol is a waxy, fatty substance that's found in your body and that travels through your bloodstream. Your body needs a certain amount to function properly, but it produces all it needs.

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### **12 Foods that Lower Cholesterol Daily Health Life Styles**

There are many foods that taste great and are low in calories, but these same foods may be loaded with cholesterol that can increase your risk of coronary artery disease or stroke. Let's take a look at 12 foods that can lower your cholesterol levels so that you can continue enjoying your healthy lifestyle. 1. Avocados.

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### **10 Simple Ways to Lower Cholesterol Without Drugs**

Check your Vitamin D level. Vitamin D deficiency is linked to high cholesterol. The body's ability to synthesize Vitamin D from the sun diminishes as you age. Get your vitamin D levels checked with a blood test. If your level is low, take a daily vitamin D supplement.

<http://ebookslibrary.club/download/10-Simple-Ways-to-Lower-Cholesterol-Without-Drugs--.pdf>

### **How to Lower Your Cholesterol Levels Without Medication**

If you fix your diet reduce the amount of saturated fats you consume, increase your fiber intake to between 5 grams and 10 grams a day, and make other heart-healthy food choices you can reduce your cholesterol level by 15 percent to 20 percent, Dr. Wiener explained. Add in weight loss often a result of combining better diet and exercise routines and you can push your numbers down even further.

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

7 ways to reduce stress and keep blood pressure down. When it comes to preventing and treating high blood pressure, one often-overlooked strategy is managing stress. How to lower your cholesterol without drugs. You can begin to reduce your "bad" LDL cholesterol naturally by making a few simple changes in your diet.

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