

HOW TO REDUCE YOUR BAD CHOLESTEROL



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Lower Your Cholesterol in 11 Easy Steps WebMD

Opt for Olive Oil. Substituting olive oil for butter may reduce LDL cholesterol by as much as 15%, which is similar to the effect of a low dose of medication, Samaan says. The good fats in olive oil benefit your heart. Choose extra-virgin olive oil.

<http://ebookslibrary.club/download/Lower-Your-Cholesterol-in-11-Easy-Steps-WebMD.pdf>

10 Natural Ways to Lower Your Cholesterol Levels

Exercise. While even low-intensity exercise like walking increases HDL, making your exercise longer and more intense increases the benefit (30, 31). Based on a review of 13 studies, 30 minutes of activity five days a week is enough to improve cholesterol and reduce the risk of heart disease.

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Top 5 lifestyle changes to improve your cholesterol Mayo

A few changes in your diet can reduce cholesterol and improve your heart health: Reduce saturated fats. Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol. Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol the "bad" cholesterol.

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10 Best Foods to Eat to Lower Cholesterol Naturally

Margarine. Switching to a margarine with plant sterols, such as Promise active or Benecol, could help lower cholesterol. Plant sterols are compounds that reduce cholesterol absorption; a study published in AJCN found that women who had a higher plant sterol based diet were able to lower total cholesterol by 3.5%.

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How to Raise Good Cholesterol and Lower Bad Cholesterol

Educate yourself about good cholesterol. HDL, or high-density lipoprotein cholesterol, acts as the body's waste-disposal system in the blood. HDL combs through blood for bad cholesterol, LDL, and flushes it out to your liver for disposal. HDL lowers inflammation throughout the body and may even help against Alzheimer's.

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5 Tactics To Reduce Cholesterol Quickly Pritikin

#1 Focus on fruits, vegetables, whole grains, and beans. Plant foods high in soluble fiber are especially beneficial in lowering total and LDL bad cholesterol levels. Good sources include beans (pinto beans, black beans, etc), yams, oats (yes, eat your oatmeal!), barley, and berries.

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How to Lower Cholesterol Without Medication

Unsaturated Fats. When used instead of saturated fats, unsaturated fats can help you lower your cholesterol.

There are two types of unsaturated fat: monounsaturated, found in olive, canola, sunflower, and peanut oils, and polyunsaturated fats, which are in safflower, sunflower, corn, soybean, and cottonseed oils.

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How to Lower Cholesterol with Diet MedlinePlus

17 grams. Saturated fat is a bad fat because it raises your LDL (bad cholesterol) level more than anything else in your diet. It is found in some meats, dairy products, chocolate, baked goods, and deep-fried and processed foods. Trans fat is another bad fat; it can raise your LDL and lower your HDL (good cholesterol).

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

How to Reduce your Bad Cholesterol Level without Medication

Eliminate trans fats from your diet, as they raise bad LDL cholesterol and lower the good HDL cholesterol levels and put you at greater risk of strokes and heart disease. Avoid trans fats by steering clear of fried, greasy or

baked foods like cakes, cookies and frozen pizza.

<http://ebookslibrary.club/download/How-to-Reduce-your-Bad-Cholesterol-Level-without-Medication.pdf>

11 foods that lower cholesterol Harvard Health

Add these foods to lower LDL cholesterol. Vegetable oils. Using liquid vegetable oils such as canola, sunflower, safflower, and others in place of butter, lard, or shortening when cooking or at the table helps lower LDL. 7.

Apples, grapes, strawberries, citrus fruits. These fruits are rich in pectin, a type of soluble fiber that lowers LDL.

8.

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