

## **LOWER CHOLESTEROL WITHOUT DRUGS**



## **RELATED BOOK :**

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

If your cholesterol is creeping upward, your doctor has probably told you that diet and exercise the traditional cornerstones of heart health could help to bring it down. 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.

<http://ebookslibrary.club/download/How-to-lower-your-cholesterol-without-drugs-Harvard-Health.pdf>

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

Sometimes healthy lifestyle changes aren't enough to lower cholesterol levels. If your doctor recommends medication to help lower your cholesterol, take it as prescribed while continuing your lifestyle changes. Lifestyle changes can help you keep your medication dose low.

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### **How to Reduce Cholesterol Without Medication or Even**

Diet and exercise if you've ever had a blood test showing your cholesterol is high and wondered how to reduce cholesterol without medication, your doctor has likely told you that you need to change your diet and increase your exercise. This combination is the standard, first-line therapy to lower cholesterol without medication.

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

How to Lower Cholesterol Without Medication. But too much of this waxy substance particularly the bad LDL (low-density lipoprotein) cholesterol can attach to the walls of arteries and limit or block the flow of blood, eventually causing heart disease. Good HDL (high-density lipoprotein) cholesterol carries LDL cholesterol from the body to the liver, which eliminates it from the body.

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

Adding foods every day that are naturally rich in fiber, like beans and brown rice, are an excellent way to lower your LDL cholesterol without drugs. The recipe below combines two great foods into one healthy cholesterol-lowering dish.

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### **How to Lower Cholesterol Naturally Without Medication**

Clinical studies show that policosanol is as effective as prescription drugs on how to lower cholesterol naturally, without side effects. For example, in a study of 53 diabetic patients, policosanol lowered total cholesterol by 14.2 percent, LDL (bad) cholesterol 20.4 percent and even raised the levels of HDL (good) cholesterol by 7.5 percent.

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### **5 Medications To Lower LDL Cholesterol Levels WebMD**

The Most Common Cholesterol Meds: Statins. These are usually the first type of drug that doctors prescribe to lower LDL. They also lower triglycerides, which are another type of blood fat, and mildly raise your "good" (HDL) cholesterol. Statins include: Atorvastatin (Lipitor) Fluvastatin (Lescol) Lovastatin. Pitavastatin (Livalo)

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

In order to help lower LDL cholesterol, reduce saturated fat in your diet and increase dietary fiber. Saturated fats increase your body's production of LDL cholesterol. Dr. Gianos says to cut saturated fat to less than 10 grams per day, and to eat 30 grams of fiber per day, 10 grams of which should be insoluble fiber.

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