

[HOW TO LOWER HIGH LDL CHOLESTEROL](#)



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4 Simple Ways to Lower Your LDL Cholesterol

Decreasing daily cholesterol intake to less than 200mg can lower LDL by 5 to 8 percent. Losing 10 pounds can reduce your LDL by 5 to 8 percent. Adding 5 to 10 grams of soluble fiber to your day can decrease LDL 3 to 5 percent. Adding 2 grams daily of plant sterols can reduce LDL by 5 to 15 percent.

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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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Cholesterol Top foods to improve your numbers Mayo Clinic

Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Five to 10 grams or more of soluble fiber a day decreases your LDL cholesterol. One serving of a breakfast cereal with oatmeal or oat bran provides 3 to 4 grams of fiber. If you add fruit, such as a banana or berries, you'll get even more fiber.

<http://ebookslibrary.club/download/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.pdf>

How to Lower Triglycerides LDL Cholesterol EatingWell

People with prediabetes and type 2 diabetes tend to have low levels of HDL cholesterol and high levels of triglycerides. Weight Loss Can Lower Triglycerides and LDL Cholesterol. It doesn't take dramatic weight loss to lower LDL and triglyceride levels.

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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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How to Lower LDL Cholesterol Levels Healthfully

A high level of LDL--low-density lipoprotein--cholesterol places a person at risk for developing heart disease or having a heart attack, according to the National Heart, Lung and Blood Institute. The goal of lowering this type of cholesterol is to lower a person's risks for these conditions.

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