

HOW TO KEEP YOUR CHOLESTEROL LOW



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How to Keep Your Cholestrol Low. To maintain low cholesterol levels, you need to do many of the same things you would do to lower your cholesterol levels. That is, to maintain good cholesterol, you must eat healthy and exercise. You can

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10 Natural Ways to Lower Your Cholesterol Levels

10 Natural Ways to Lower Your Cholesterol Levels 1. Focus on Monounsaturated Fats. As opposed to saturated fats, 2. Use Polyunsaturated Fats, Especially Omega-3s. 3. Avoid Trans Fats. Trans fats are unsaturated fats that have been modified by a process called 4. Eat Soluble Fiber. Soluble

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Low Cholesterol Diet 10 Foods to Try

10 Foods to Break Your Low-Cholesterol Diet Rut. Our heart muscles require potassium to keep it beating strongly, Scritchfield says. Cholesterol: How Much Do You Know? Good Low

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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 Keep Your Cholesterol in Check While on a Low Carb

What Causes Cholesterol Spikes? The basic principle of the low-carb ketogenic diet is to reduce your intake of carbohydrates. In theory, the fact that your body has fewer extra carbs to convert into fats should help you lose weight.

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How to Keep Your Heart Healthy and Your Cholesterol Levels Low

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5 Ways To Keep Cholesterol Low HealthPrep

Saturated fats, like the ones you find in red meat and dairy products, will raise your cholesterol. However, lean cuts of meat, low-fat dairy and olive oil have healthy fat that improve heart health.

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