

HOW DO I LOWER MY CHOLESTEROL WITHOUT DRUGS



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How to lower your cholesterol without drugs Harvard Health

How to lower your cholesterol without drugs 1. Weed out trans fats and saturated fats. 2. Eat more polyunsaturated and monounsaturated fats. 3. Go crazy with colorful fruits and vegetables. 4. Avoid refined sugars and grains. Whole grains are another good source of fiber. 5. Remember to count

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

10 Simple Ways to Lower Cholesterol Without Drugs

Start your day with oatmeal. Oatmeal is the best food defense against cholesterol. The reason is that oatmeal contains soluble fiber, which turns into a gel in the body, which helps you feel full and also interferes with the digestion of cholesterol, whisking it out of your body. Oat bran and cold oat cereals, like Cheerios, do this as well.

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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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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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7 Tips to Fix Your Cholesterol Without Medication HuffPost

7 Tips to Fix Your Cholesterol Without Medication. For the vast majority of people this approach is better than simply taking a cholesterol medication. To reduce your risk of heart disease you

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How to Lower Your Cholesterol Naturally Without Drugs

There are good reasons to lower your cholesterol without statin drugs and use a natural approach. There are more doctors today questioning whether the benefits of statin drugs are worth the risks. Dr. Alexander Turchin, MD, an endocrinologist at Brigham and Women's Hospital in Boston,

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Lowering Cholesterol Naturally 6 Tips Pritikin

6 Dietary and Lifestyle Tips To Lower LDL Levels. To dramatically lower your LDL and non-HDL cholesterol levels without resorting to high doses of statins (and maybe even eliminating the need for statins altogether), the doctors and dietitians at the Pritikin Longevity Center recommend these 6 dietary/lifestyle tips: 1.

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Alternatives to Statins for Lowering Cholesterol Healthline

Statins function by inhibiting an enzyme needed to produce cholesterol in the liver. Without the help of that enzyme, your body cannot transform the fat you consume into cholesterol.

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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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