

## [HOW DO YOU LOWER YOUR 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.

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### **Lower Your Cholesterol in 11 Easy Steps WebMD**

11 Tips to Cut Your Cholesterol Fast Ban Trans Fats. "They raise your LDL, lower your HDL, and increase your risk Scale Back. You don't have to lose a lot of weight to lower your cholesterol. Get Moving. " Exercising at least 2 1/2 hours a week is enough to raise HDL and improve LDL Fill Up

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### **How to Lower Your LDL Cholesterol 15 Steps with Pictures**

How to Lower Your LDL Cholesterol Limit your intake of saturated fats. The National Heart, Lung and Blood Institute (NHLBI) Increase the soluble fiber you eat each day. Select foods that contain healthy fats. Those found in fish, seeds, avocados, Add food products containing sterols or

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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 your cholesterol without drugs Harvard Health**

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. A major analysis of several controlled trials involving hundreds of men and women found that dietary changes reduced LDL and total cholesterol while exercise alone had no effect on either.

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### **Lowering LDL cholesterol US News**

10 Ways to Lower LDL and Raise HDL. Your doctor tells you that your level of LDL the "bad" type of cholesterol is too high, and, in a double whammy, he says that your level of HDL the "good

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### **Cholesterol How to Lower LDL without Medication**

But before you get to that point, you should think about what you can do to reduce your levels of bad, or LDL, cholesterol. That leads to the question how to lower LDL without medication? Low-density lipoprotein (LDL) cholesterol is the most common form of cholesterol found in the body the next most common is high-density

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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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### **How to Lower Your Elevated LDL Cholesterol FH Foundation**

Altering your diet is the easiest way to lower your elevated LDL cholesterol, and should be your first course of action, as every cholesterol-lowering strategy starts with your dietary habits. A balanced diet consisting of fruits, vegetables, whole grains, fish, and various plants will significantly help you lower your LDL cholesterol level.

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