

## [HOW TO LOWER YOUR LDL](#)



## **RELATED BOOK :**

### **Lower Your Cholesterol Fast With These 11 Easy Tips WebMD**

But if you make just a few, small changes, you might be able to lower your dose and chance of side effects. Follow these tips to cut your cholesterol and get back on the road to good health.

<http://ebookslibrary.club/download/Lower-Your-Cholesterol-Fast-With-These-11-Easy-Tips-WebMD.pdf>

### **4 Simple Ways to Lower Your LDL Cholesterol**

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

In this Article: Reducing LDL with a Balanced Diet Reducing LDL with Healthy Lifestyle Habits Making It Easier Community Q&A 9 References. Cholesterol can block your arteries and prevent blood from reaching your heart, so it's important to know how to bring down your LDL the "bad" kind of cholesterol.

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

If your LDL levels are still too high after trying these 6 nutrition-based approaches, talk to your doctor about cholesterol-lowering medications like statins, but give these 6 tips your best shot, encourages Dr. Danine Fruge, MD, ABFP, Medical Director at the Pritikin Longevity Center.

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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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### **10 Natural Ways to Lower Your Cholesterol Levels**

For example, one study replaced saturated fats in 115 adults diets with polyunsaturated fats for eight weeks. By the end, total and LDL cholesterol levels were reduced by about 10% .

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### **Your Guide to Lowering Your Cholesterol With TLC**

Excess weight tends to increase your LDL level. Also, it typically raises triglycerides, a fatty substance in the blood and in food (see Box 2), and lowers HDL. Losing the extra pounds may help lower your LDL and triglycerides, while Your Guide to Lowering Your Cholesterol With Therapeutic Lifestyle Changes raising your HDL.

<http://ebookslibrary.club/download/Your-Guide-to-Lowering-Your-Cholesterol-With-TLC.pdf>

### **How To Lower Your Cholesterol Without Medication**

Thanks to their fiber and monounsaturated fat, avocados could help lower your total cholesterol by 18 points, your LDL cholesterol by 16 points, and your triglycerides by 27 points, suggests an

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