

HOW TO LOWER CHOLESTEROL WITHOUT MEDICATIONS



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(However, adding aerobic exercise did enhance the lipid-lowering effects of a heart-healthy diet.) The people in the studies followed a variety of diets, from Mediterranean to low-fat to low-calorie. However, the most effective diets substituted foods with the power to lower cholesterol for those that boost cholesterol.

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How to Lower Cholesterol Without Medication

Unsaturated Fats. When used instead of saturated fats, unsaturated fats can help you lower your cholesterol.

There are two types of unsaturated fat: monounsaturated, found in olive, canola, sunflower, and peanut oils, and polyunsaturated fats, which are in safflower, sunflower, corn, soybean, and cottonseed oils.

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Lower Your Cholesterol Fast With These 11 Easy Tips WebMD

Substituting olive oil for butter may reduce LDL cholesterol by as much as 15%, which is similar to the effect of a low dose of medication, Samaan says. The good fats in olive oil benefit your heart. Choose extra-virgin olive oil. It's less processed and contains more antioxidants, which help prevent disease.

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10 Simple Ways to Lower Cholesterol Without Drugs

10 Ways to Lower Cholesterol Without Statins. Check your Vitamin D level. Vitamin D deficiency is linked to high cholesterol. The body's ability to synthesize Vitamin D from the sun diminishes as you age. Get your vitamin D levels checked with a blood test. If your level is low, take a daily vitamin D supplement.

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How to Lower Your Cholesterol Naturally Without Medication

In order to lower cholesterol naturally without medication, we are really talking about the lifestyle changes that will help to reduce cholesterol. Your doctor would have advised whether to use lifestyle changes only or to use them in conjunction with medication such as statins.

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Alternatives to Statins for Lowering Cholesterol Healthline

Some medications can help lower this type of fat directly. Once these levels go down, the total amount of cholesterol is often lowered. A common prescription for high triglycerides is niacin or vitamin B-3. Niacin can help lower bad cholesterol (LDL) and increase good cholesterol (HDL).

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