

[HOW TO REDUCE BAD CHOLESTEROL](#)



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DAVID MONTGOMERY: The ways to reduce your bad cholesterol have a lot to do with your lifestyle. So your diet is really important.

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10 Best Foods to Eat to Lower Cholesterol Naturally

Getting 5 to 10 grams of soluble fiber daily could help lower LDL cholesterol (the bad cholesterol that can build up in your arteries) by as much as 11 points, according to the National

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Lowering Cholesterol Naturally 6 Tips Pritikin

Adding foods every day that are naturally rich in fiber, like beans and brown rice, are an excellent way to lower your LDL cholesterol without drugs. The recipe below combines two great foods into one healthy cholesterol-lowering dish. Don't like beans or rice? Check out these other great cholesterol-lowering recipes.

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Top 5 lifestyle changes to improve your cholesterol Mayo

Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol the "bad" cholesterol. Eliminate trans fats. Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes.

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10 Natural Ways to Lower Your Cholesterol Levels

This article will review 10 natural ways to increase the good HDL cholesterol and lower the bad LDL cholesterol.

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How to Raise Good Cholesterol and Lower Bad Cholesterol

Saturated and trans fats are the "bad" fats, and double-whammies at that: they lower your HDL and heighten your LDL. Replacing saturated and trans fats with good fats (see above section) will help you lower your LDL levels. Saturated fats include butter, lard, shortening, whipped cream, coconut, and palm oil.

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12 Foods that Lower Cholesterol Daily Health Life Styles

Let's take a look at 12 foods that can lower your cholesterol levels so that you can continue enjoying your healthy lifestyle. 1. Avocados. So your friends have told you to avoid eating avocados because they are high in fats and cholesterol. You look up the nutrition facts of an avocado and you see that this is really the case.

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How to Lower Cholesterol Naturally in 28 Steps Dr Axe

When it comes to how to lower cholesterol, using a mix of diet and lifestyle modifications can be most effective. Switching out unhealthy foods for heart-healthy options, squeezing in more exercise and trying out a few cholesterol-lowering supplements and essential oils can all keep cholesterol levels down to enhance heart health.

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How to lower your cholesterol without drugs Harvard Health

(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.

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

10 Ways to Lower Cholesterol Health

How to reduce cholesterol More than 100 million Americans have high cholesterol (above 200 mg/dL), which

can clog arteries and cause heart attacks and strokes.

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How to Lower Your Elevated LDL Cholesterol FH Foundation

Cholesterol is naturally produced by your body and is essential to its function throughout your everyday life. However, excessively high levels of cholesterol in particular, LDL cholesterol are bad and can lead to serious health problems such as clogged arteries, heart disease, and stroke.

<http://ebookslibrary.club/download/How-to-Lower-Your-Elevated-LDL-Cholesterol-FH-Foundation.pdf>

How to Reduce your Bad Cholesterol Level without Medication

Bad cholesterol is a silent killer as it goes undetected until serious complications arise. The only way to keep track of your blood cholesterol levels is to get regular blood tests done, on an annual or semi-annual basis.

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