

[HOW DO YOU GET YOUR CHOLESTEROL DOWN](#)



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3 Ways to Get Bad Cholesterol Down wikiHow

Cut high-cholesterol foods from your diet. Consume fewer foods derived from animals, like meats (especially red meats), dairy products, and eggs. These can be high in saturated fats, therefore raising bad cholesterol. Even if you've been eating unhealthily for years, it's never too late to modify your diet and make healthy changes.

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Lower Your Cholesterol in 11 Easy Steps WebMD

You still may need to take medicine to get your cholesterol back on track. But if you make just a few, small changes, you might be able to lower your dose and chance of side effects.

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How Long Does It Take to Lower Cholesterol

Cholesterol is a waxy, fatty substance that's found in your body and that travels through your bloodstream. Your body needs a certain amount to function properly, but it produces all it needs.

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Top 5 lifestyle changes to improve your cholesterol Mayo

High cholesterol increases your risk of heart disease and heart attacks. Medications can help improve your cholesterol. But if you'd rather first make lifestyle changes to improve your cholesterol, try these five healthy changes. If you already take medications, these changes can improve their cholesterol-lowering effect.

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Natural Ways to Get Your Cholesterol Down The People's

The other agent you used to get your cholesterol down is also interesting. The active ingredient in turmeric (curcumin) has been shown to reduce triglycerides and raise beneficial HDL cholesterol (Simental-Mendia et al, Critical Reviews in Food Science and Nutrition, online, Nov. 29, 2017).

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12 Foods that Lower Cholesterol Daily Health Life Styles

There are many foods that taste great and are low in calories, but these same foods may be loaded with cholesterol that can increase your risk of coronary artery disease or stroke. 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.

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5 Tactics To Reduce Cholesterol Quickly Pritikin

If you're serious about lowering your cholesterol and taking good care of your heart, these 5 tactics are a great place to start. They'll also help you shed excess weight, which will also improve heart health.

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