

REDUCE LDL CHOLESTEROL



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LDL Pictures Lowering Bad Cholesterol With Food WebMD

Curb Cholesterol, Not Flavor. It s no secret that certain foods can help you lower your LDL (bad) cholesterol, which causes a buildup of plaque in the arteries that leads to heart disease

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Your Guide to Lowering Your Cholesterol With TLC

Low density lipoprotein, or LDL, which also is called the bad cholesterol because it carries cholesterol to tissues, including the arteries. Most of the cholesterol in the blood is the LDL form. The higher the level of LDLcholesterol in the blood, the greater your risk for heart disease.

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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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Top 5 lifestyle changes to improve your cholesterol Mayo

Top 5 lifestyle changes to improve your cholesterol 1. Eat heart-healthy foods. Reduce saturated fats. 2. Exercise on most days of the week and increase your physical activity. 3. Quit smoking. Quitting smoking improves your HDL cholesterol level. 4. Lose weight. Carrying even a few extra pounds

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Lowering Cholesterol Naturally 6 Tips Pritikin

Legumes help lower LDL cholesterol, non-HDL cholesterol, blood sugar, and insulin levels, and may even lower cancer risk. Nuts and seeds have been proven to modestly lower LDL cholesterol levels. To avoid blood-pressure-raising salt, choose raw or dry-roasted, unsalted varieties.

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10 Natural Ways to Lower Your Cholesterol Levels

Cholesterol has many important functions. This article reviews 10 natural ways to increase good HDL cholesterol and lower bad LDL cholesterol.

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How to Lower Cholesterol with Diet MedlinePlus

Limit foods with cholesterol. If you are trying to lower your cholesterol, you should have less than 200 mg a day of cholesterol. Cholesterol is in foods of animal origin, such as liver and other organ meats, egg yolks, shrimp, and whole milk dairy products. Eat plenty of soluble fiber.

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