

[HOW LOWER YOUR CHOLESTEROL](#)



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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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10 Best Foods to Eat to Lower Cholesterol Naturally

Cutting back on high-cholesterol foods like fried foods, sugary desserts, and fatty meats is a start, but you also need to eat more of the fare that can help lower your cholesterol naturally

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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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How to Lower Cholesterol MedlinePlus

Then your liver removes the cholesterol from your body. There are steps that you can take to lower your LDL (bad) cholesterol and raise your HDL (good) cholesterol. By keeping your cholesterol levels in range, you can lower your risk of heart diseases.

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9 Ways to Lower Your Cholesterol in 10 Seconds Eat This

9 Ways to Lower Your Cholesterol in 10 Seconds. In fact, it's as natural to our bodies as blood itself we use cholesterol to form cell membranes, create hormones and perform all sorts of important bodily procedures. We even make it ourselves about 1,000 milligrams of it every day. Some foods contain cholesterol, like egg yolks,

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10 Natural Ways to Lower Your Cholesterol Levels

10 Natural Ways to Lower Your Cholesterol Levels Written by Matthew Thorpe, MD, PhD on December 11, 2017 Cholesterol is made in your liver and has many important functions.

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Your Guide to Lowering Your Cholesterol With TLC

Americans women and men. The higher your blood cholesterol level, the greater your risk. Fortunately, if you have high blood cholesterol, there are steps you can take to lower it and protect your health. This booklet will show you how to take action by following the TLC Program for reducing high blood cholesterol.

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