

## [HOW TO LOWER MY BAD CHOLESTEROL](#)



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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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### **Top 5 lifestyle changes to improve your cholesterol Mayo**

Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Soluble fiber is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears. Add whey protein. Whey protein, which is found in dairy products, may account for many of the health benefits attributed to dairy.

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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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### **How to Raise Good Cholesterol and Lower Bad Cholesterol**

How to Raise Good Cholesterol and Lower Bad Cholesterol. Improving your cholesterol numbers is not only lowering LDLs, but raising HDLs. Making an effort to improve your cholesterol will help you reduce risk of heart disease and stroke.

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### **5 Tactics To Reduce Cholesterol Quickly Pritikin**

Take medications, if you need to, to lower your cholesterol into healthy ranges. Drugs like statins can be very effective, says Dr. Danine Fruge, MD, ABFP - Medical Director at the Pritikin Longevity Center, but do continue in your efforts to eat well and exercise because a healthy lifestyle can give you far, far more than drugs alone.

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### **9 Ways to Lower Your Cholesterol in 10 Seconds Eat This**

Or bad ( lazy ) cholesterol, rather than carrying excess cholesterol to your liver, simply deposits it in the blood, leading it to build up in your arteries. High levels mean an increased risk of heart disease , while lower levels reflect a lower risk.

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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.

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### **11 foods that lower cholesterol Harvard Health**

They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%. 9. Soy. Eating soybeans and foods made from them, like tofu and soy milk, was once touted as a powerful way to lower 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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