

[LOW BAD CHOLESTEROL](#)



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Lower cholesterol is usually better, but in rare cases having a very low level of low-density lipoprotein (LDL, or "bad") cholesterol or a very low total cholesterol level has been associated with some health problems.

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LDL Pictures Lowering Bad Cholesterol With Food WebMD

Pears and apples have a lot of pectin, which is a type of fiber that can lower cholesterol. So do citrus fruits like oranges and lemons. Berries are also high in fiber.

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Cholesterol Can It Be Too Low Healthline

With low cholesterol, there s no chest pain signaling a buildup of fatty substances in an artery. Depression and anxiety can spring from many causes, including possibly low cholesterol.

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LDL HDL Good Bad Cholesterol cdc gov

LDL (low-density lipoprotein), sometimes called bad cholesterol, makes up most of your body s cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke. HDL (high-density lipoprotein), or good cholesterol, absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body.

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LDL The Bad Cholesterol MedlinePlus

There are two main types of cholesterol: LDL (bad) cholesterol and HDL (good) cholesterol: LDL stands for low-density lipoproteins. It is called the "bad" cholesterol because a high LDL level leads to a buildup of cholesterol in your arteries.

<http://ebookslibrary.club/download/LDL--The--Bad--Cholesterol--MedlinePlus.pdf>

11 foods that lower cholesterol Harvard Health

But it's a "natural" way to lower cholesterol, and it avoids the risk of muscle problems and other side effects that plague some people who take statins. Just as important, a diet that is heavy on fruits, vegetables, beans, and nuts is good for the body in ways beyond lowering cholesterol.

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