

[HOW TO LOWER THE LDL](#)



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4 Simple Ways to Lower Your LDL Cholesterol

Having high levels of LDL cholesterol, also known as bad cholesterol, can place you at risk of developing heart disease if it is left untreated. The good news is that, unlike other risk factors, you may be able to prevent high LDL levels or lower your LDL levels if they are already high.

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How to Lower Your LDL Cholesterol 15 Steps with Pictures

Oats are one of the best dietary resources to help lower LDL. Try to get a serving a day, if possible. Grapefruits, nuts, kidney beans, apples, pears, and flax are full of soluble fiber too.

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Lower Your Cholesterol Fast With These 11 Easy Tips WebMD

Substituting olive oil for butter may reduce LDL cholesterol by as much as 15%, which is similar to the effect of a low dose of medication, Samaan says.

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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 Lower LDL Cholesterol Levels Healthfully

Reduce your weight. Being overweight is a risk factor for high cholesterol, therefore, shedding excess pounds can help lower LDL levels, as the National Heart Lung and Blood Institute explains.

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11 foods that lower cholesterol Harvard Health

Add these foods to lower LDL cholesterol 1. Oats. An easy first step to improving your cholesterol is having a bowl 2. Barley and other whole grains. Like oats and oat bran, barley and other whole grains can help 3. Beans. Beans are especially rich in soluble fiber. 4. Eggplant and okra.

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Lowering LDL cholesterol US News

This can lower LDL, though levels will go back up unless you make lasting dietary changes, Eckel says. Aim to lose 10 percent or more of your body weight.

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10 Natural Ways to Lower Your Cholesterol Levels

For example, high levels of low-density lipoprotein (LDL) result in cholesterol deposits in blood vessel walls, which can lead to clogged arteries, strokes, heart attacks and kidney failure .

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Lowering Cholesterol Naturally 6 Tips Pritikin

Lowering Cholesterol Naturally 6 Tips Here are 6 drug-free alternatives for lowering LDL (bad) cholesterol. To avoid a heart attack, research has found that a key strategy is getting LDL (bad) cholesterol way down.

<http://ebookslibrary.club/download/Lowering-Cholesterol-Naturally-6-Tips-Pritikin--.pdf>

Cholesterol Top foods to improve your numbers Mayo Clinic

Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Five to 10 grams or more of soluble fiber a day decreases your LDL cholesterol. One serving of a breakfast cereal with oatmeal or oat bran provides 3 to 4 grams of fiber. If you add fruit, such as a banana or berries, you'll get even more fiber.

<http://ebookslibrary.club/download/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.pdf>

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