

[HOW TO LOWER HIGH CHOLESTEROL](#)



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Lower Your Cholesterol Fast With These 11 Easy Tips WebMD

And although this kind of sounds trite, really one of the best and most effective ways to reduce cholesterol is by having a low fat diet, particularly saturated fat.

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Top 5 lifestyle changes to improve your cholesterol Mayo

Moderate physical activity can help raise high-density lipoprotein (HDL) cholesterol, the "good" cholesterol.

With your doctor's OK, work up to at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week.

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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.

<http://ebookslibrary.club/download/10-Best-Foods-to-Eat-to-Lower-Cholesterol-Naturally.pdf>

11 foods that lower cholesterol Harvard Health

The reverse is true, too changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Doing this requires a two-pronged strategy: Add foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis.

<http://ebookslibrary.club/download/11-foods-that-lower-cholesterol-Harvard-Health.pdf>

How to Lower Cholesterol MedlinePlus

Lipoprotein apheresis to lower cholesterol. Familial hypercholesterolemia (FH) is an inherited form of high cholesterol. Some people who have FH may get a treatment called lipoprotein apheresis. This treatment uses a filtering machine to remove LDL cholesterol from the blood. Then the machine returns the rest of the blood back to the person. Supplements to lower cholesterol. Some companies sell supplements that they say can lower cholesterol.

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Your Guide to Lowering Your Cholesterol With TLC

Knowing Your Cholesterol Level You can have high cholesterol and not realize it. Most of the 65 million Americans with high cholesterol have no symptoms. So it's important to have your blood cholesterol levels checked. All adults age 20 and older should have their cholesterol levels checked at least once every 5 years.

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