

## **HOW TO KEEP YOUR CHOLESTEROL DOWN**



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### **3 Ways to Get Bad Cholesterol Down wikiHow**

Too much cholesterol, however, can increase the risk of a heart attack. Low-density lipoprotein (LDL) is known as "bad cholesterol." It is important to manage LDL cholesterol by eating right, exercising regularly, and avoiding bad habits like smoking. Learning to keep bad cholesterol down is essential to maintaining your long-term health.

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

Sometimes healthy lifestyle changes aren't enough to lower cholesterol levels. If your doctor recommends medication to help lower your cholesterol, take it as prescribed while continuing your lifestyle changes. Lifestyle changes can help you keep your medication dose low.

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### **Steps you can take to keep your cholesterol level down**

Steps you can take to keep your cholesterol level down: Substitute unsaturated fats for saturated fats Polyunsaturated fats (such as safflower and corn oil) and monounsaturated fats (such as olive oil) help to lower blood cholesterol levels.

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### **FYI Keeping Cholesterol Down Without Meds CBS News**

Tips From Medical Experts On How To Keep Your Heart Healthy. FYI: Keeping Cholesterol Down Without Meds The American Heart Association offers some information on cholesterol, your body and

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### **Ways to Keep your Bad Cholesterol Down Heart Health**

Ways to keep your bad cholesterol down and prevent heart diseases. Heart Health By Himanshu Sharma , Onlymyhealth editorial team / Nov 10, 2017 ; Quick Bites.

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### **Lower Your Cholesterol Fast With These 11 Easy Tips WebMD**

Relax. Get lost in a good book, meet a friend for coffee, or take to your yoga mat. It ll help keep your cholesterol in check.

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### **Cholesterol Foods That Will Keep Your Levels Down Now**

These 5 Foods keep your LDL Cholesterol Levels to a Minimum Keeping LDL cholesterol levels down is important because when they are high, they can potentially cause a lot of problems. One major risk factor when it comes to high LDL levels is heart disease.

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### **12 Foods that Lower Cholesterol Page 2 Daily Health**

12 Foods that Lower Cholesterol. 2. Red Grapes. A glass of wine a day can help keep you healthy and safe from a variety of health problems. Similar to a glass of red wine, red grapes offer an abundance of antioxidants and flavonoids to protect your health. In addition to these health-boosting compounds, red grapes are a great source of soluble

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### **10 Natural Ways to Lower Your Cholesterol Levels**

Cholesterol is made in your liver and has many important functions. For example, it helps keep the walls of your cells flexible and is needed to make several hormones. However, like anything in

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### **How to lower your cholesterol without drugs Harvard Health**

If your cholesterol is creeping upward, your doctor has probably told you that diet and exercise the traditional cornerstones of heart health could help to bring it down. And if you'd prefer to make just one change at a time to lower your cholesterol naturally, you might want to begin with your diet.

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### **10 Best Foods to Eat to Lower Cholesterol Naturally**

Having a daily half-cup serving of beans or legumes could lower your LDL cholesterol by an average of 5 percent in just six weeks, Having one every day really might help keep the (heart

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