

CHOLESTEROL CONTROL



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A few changes in your diet can reduce cholesterol and improve your heart health: Reduce saturated fats. Saturated fats, found primarily in red meat and full-fat dairy products, Eliminate trans fats. Trans fats, sometimes listed on food labels as "partially hydrogenated Eat foods rich in

<http://ebookslibrary.club/download/Top-5-lifestyle-changes-to-improve-your-cholesterol-Mayo--.pdf>

Exercises to Control Your Cholesterol WebMD

Exercise also raises your levels of HDL, or the good cholesterol. Consistent regular exercise can lower triglycerides by 30% to 40% and boost HDL by 5 to 8 mg/dL, says McBride.

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10 Best Foods to Eat to Lower Cholesterol Naturally

Have high cholesterol? You re not alone. The problem affects some 95 million Americans, according to Centers for Disease Control and Prevention, and has been linked to serious health conditions

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How to Lower Cholesterol MedlinePlus

It carries cholesterol from other parts of your body back to your liver. Then your liver removes the cholesterol from your body. There are steps that you can take to lower your LDL (bad) cholesterol and raise your HDL (good) cholesterol. By keeping your cholesterol levels in range, you can lower your risk of heart diseases.

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Beer and Cholesterol Control Healthline

When your doctor talks about your cholesterol, they re actually talking about two types of cholesterol HDL and LDL along with triglycerides, which are a type of fat.

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Lowering Cholesterol Naturally 6 Tips Pritikin

Legumes help lower LDL cholesterol, non-HDL cholesterol, blood sugar, and insulin levels, and may even lower cancer risk. Nuts and seeds have been proven to modestly lower LDL cholesterol levels. To avoid blood-pressure-raising salt, choose raw or dry-roasted, unsalted varieties.

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Cholesterol Control 20 Foods that Keep Your Cholesterol

strongCholesterol Control: Foods that Keep a Check on Your Cholesterol Levels br /Flaxseed/strongbr /Rich in plant-based omega-3 fats, both flaxseed and flaxseed oil are used to reduce total cholesterol and LDL cholesterol.

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