

REDUCE CHOLESTEROL WITHOUT DRUGS



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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.

<http://ebookslibrary.club/download/How-to-lower-your-cholesterol-without-drugs-Harvard-Health.pdf>

Top 5 lifestyle changes to improve your cholesterol Mayo

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, raise your total cholesterol. Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol the "bad" cholesterol.

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How to Lower Cholesterol Without Medication

How to Lower Cholesterol Without Medication. But too much of this waxy substance particularly the bad LDL (low-density lipoprotein) cholesterol can attach to the walls of arteries and limit or block the flow of blood, eventually causing heart disease. Good HDL (high-density lipoprotein) cholesterol carries LDL cholesterol from the body to the liver, which eliminates it from the body.

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How to Reduce Cholesterol Without Medication or Even

Diet and exercise if you've ever had a blood test showing your cholesterol is high and wondered how to reduce cholesterol without medication, your doctor has likely told you that you need to change your diet and increase your exercise. This combination is the standard, first-line therapy to lower cholesterol without medication.

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Lowering Cholesterol Naturally 6 Tips Pritikin

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. Striving for LDL levels of 100 and below is good, but dropping to 80 and lower may be even better. Go ahead, binge on beans!

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How to Lower Your Cholesterol Naturally Without Drugs

How to Lower Your Cholesterol Naturally Without Drugs. They found that 1 in 6 people had side effects while taking statins. The most common side effects noted in the study were muscle and joint pains and spasms, followed by nausea, diarrhea, and constipation.

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Foods That Lower Cholesterol Everyday Health

These plant compounds are found naturally in small amounts in certain fruits and vegetables, oils, nuts, seeds, and grains and in higher amounts in certain fortified foods. They help prevent cholesterol from being absorbed, which can lower LDL without negatively impacting HDL cholesterol.

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Alternatives to Statins for Lowering Cholesterol Healthline

Statins are prescription drugs designed to lower cholesterol. Statins function by inhibiting an enzyme needed to produce cholesterol in the liver. Without the help of that enzyme, your body cannot transform the fat you consume into cholesterol. Having too much cholesterol circulating in your arteries is dangerous because it can build up plaque.

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