

## [HOW TO LOWER YOUR CHOLESTEROL](#)



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

DAVID MONTGOMERY: The ways to reduce your bad cholesterol have a lot to do with your lifestyle. So your diet is really important. And although this kind of sounds trite, really one of the best and

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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

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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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### **Your Guide to Lowering Your Cholesterol With TLC**

The main goal in treating high cholesterol is to lower your LDL level. Studies have proven that lowering LDL can prevent heart attacks and reduce deaths from heart disease in both men and Your Guide to Lowering Your Cholesterol With Therapeutic Lifestyle Changes Cholesterol Classifications BOX 3 Total Cholesterol Less than 200 mg/dL Desirable

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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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### **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 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.

<http://ebookslibrary.club/download/How-to-Lower-Cholesterol--MedlinePlus.pdf>

### **Lowering Cholesterol Naturally 6 Tips Pritikin**

6 Dietary and Lifestyle Tips To Lower LDL Levels. To dramatically lower your LDL and non-HDL cholesterol levels without resorting to high doses of statins (and maybe even eliminating the need for statins altogether), the doctors and dietitians at the Pritikin Longevity Center recommend these 6 dietary/lifestyle tips:. 1.

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