

SEO Content Outline: How to Lower Cholesterol

Outline: Maddy

SEO Main Keywords:

Keywords	Search Volume	Keyword Difficulty
How to Lower Cholesterol	40,500	91.32%
Foods That Lower Cholesterol	40,500	87.16%
Normal Cholesterol Levels	33,100	85.51%
What Causes High Cholesterol	18,100	90.97%
How to Lower Cholesterol Naturally	8,100	86.15%
Supplements to Lower Cholesterol	3,600	82.29%

Link to Google Sheet with Identified SEO Keyword Set ([KDT Report](#))

Answer the Public Common Questions: [How to Lower Cholesterol](#)

Main Content:

Main Content	Info
Focus Keyword:	How to Lower Cholesterol
Tier (CTA):	<u>T2</u>
Word Count Goal:	1400 - 1600
Distribution Plan:	Blog,FB, Twitter, Email
Audience:	People looking for natural remedies on how to lower their cholesterol.

Competing Sites for This Keyword
MedlinePlus
Mayo Clinic
Harvard Health
HealthLine
Prevention

Semantic / Associated Keywords: Terms to use within the article.

Headers: Intro <h2>What Causes High Cholesterol?</h2> <h3>Obesity</h3> <h3>Diabetes</h3> <h3>Etc.</h3> <h2>Natural Ways to Lower Cholesterol</h2> <h3>Exercise</h3> <h3>Quit Smoking</h3> <h3>Diet</h3> <h3>Avoid Trans Fat</h3> <h3>Etc.</h3> <h2>Foods That Lower Cholesterol</h2> <h2>Supplements to Lower Cholesterol</h2> <h3>Fish Oil</h3> <h3>Omega 3</h3> <h3>Bergamot</h3> <h3>Glucosamin</h3> <h3>Etc.</h3> <h2>Normal Cholesterol Levels</h2>	Body: ldl, hdl, good, bad, heart disease, weight, overweight, liver, high cholesterol, coronary artery, metabolic syndrome, exercise, physical activity, 30 minutes, smoking, quit smoking, lifestyle changes, food, fats, trans fats, omega-3 fatty acids, soluble fiber, protein, lose weight, alcohol, saturated fats, fatty fish, nuts, beans, monounsaturated fat, arteries, polyunsaturated fat, moderation, supplements, natural, lipoprotein, garlic, triglyceride, salmon, insoluble, blood pressure, hydrogenated oils, heart-healthy, lowering cholesterol, plant sterols, stanols, diet, weight loss, olive oil, canola oil, healthy eating, fiber supplements, red meat, oat bran, heart health, total cholesterol, levels, vegetable oils, dairy products, side effects, vegetables, fruits, absorb(ing)(ed), calories,
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SEMRush Topic Research Report Checked

Yes

Purpose:

The purpose of this article is to provide natural remedies on how to lower high cholesterol. People reading this article already know that they live with high cholesterol and rather than taking medication from a doctor they are looking for natural remedies. Some people might not know the cause other than genetics, but stress/diet can also cause high cholesterol so we want to explain these topics.

URL: /how-to-lower-cholesterol-naturally/

Title (60 char.): How to Lower Cholesterol Naturally

<h1>How to Lower Cholesterol Naturally </h1>

Meta Description (142 char.): Writer create. Please include Lower Cholesterol

Internal Links:

<https://www.globalhealingcenter.com/natural-health/astragalus-root-health-immune-system-anti-aging-benefits/>

<https://www.globalhealingcenter.com/natural-health/pecans-for-cardiovascular-health/>

<https://www.globalhealingcenter.com/natural-health/weight-loss-benefits-bergamot-essential-oil/>

<https://www.globalhealingcenter.com/natural-health/9-health-benefits-of-a-vegetarian-diet/>

<https://www.globalhealingcenter.com/natural-health/what-are-fats/>

The screenshot shows a Google search results page for the query "how to lower cholesterol". The search bar at the top contains the text "how to lower cholesterol" and a magnifying glass icon. Below the search bar, there are tabs for "All", "Videos", "News", "Shopping", "Images", "More", "Settings", and "Tools". The "All" tab is selected. Below the tabs, it says "About 82,300,000 results (0.57 seconds)". The first result is an advertisement titled "Lowering Cholesterol" with a green "Ad" label. The ad text includes "Prescription treatment website", "Find PDF's to Help Educate Patients on Treating High Cholesterol", and "Coverage & assistance · Important safety info · Prescribing & dosing info · Prescribing information". Below the ad, there are two links: "PCSK9i Treatment Updates" and "Clinical Resources Here". The "PCSK9i Treatment Updates" link has sub-links "Sign Up to Receive Clinical Updates" and "About a High Cholesterol Treatment". The "Clinical Resources Here" link has sub-links "Download Treatment Information For Patients and Dosage Flashcards". Below these links, there is a section titled "1. Eat heart-healthy foods" with a list of five items: "1. Choose healthier fats. Saturated fats, found primarily in red meat and dairy products, raise your total cholesterol and low-density lipoprotein (LDL) cholesterol, the 'bad' cholesterol. ...", "2. Eliminate trans fats. ...", "3. Eat foods rich in omega-3 fatty acids. ...", "4. Increase soluble fiber. ...", and "5. Add whey protein." Below the list, there is a link titled "Lifestyle changes to reduce cholesterol - Mayo Clinic" with the URL "https://www.mayoclinic.org/diseases...cholesterol/in.../reduce-cholesterol/art-20045935".