

[BAD CHOLESTEROL](#)



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LDL The 'Bad' Cholesterol WebMD

It collects in the walls of your blood vessels, where it can cause blockages. Higher levels of LDL raise your chances of a heart attack. That's because of a sudden blood clot that forms there.

<http://ebookslibrary.club/LDL--The-'Bad'-Cholesterol-WebMD.pdf>

LDL HDL Good Bad Cholesterol cdc gov

Cholesterol travels through the blood on proteins called lipoproteins. Two types of lipoproteins carry cholesterol throughout the body: LDL (low-density lipoprotein), sometimes called bad cholesterol, makes up most of your body's cholesterol.

<http://ebookslibrary.club/LDL-HDL--Good-Bad-Cholesterol-cdc-gov.pdf>

LDL The Bad Cholesterol MedlinePlus

What is cholesterol? Cholesterol is a waxy, fat-like substance that's found in all the cells in your body. Your liver makes cholesterol, and it is also in some foods, such as meat and dairy products.

<http://ebookslibrary.club/LDL--The--Bad--Cholesterol--MedlinePlus.pdf>

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Facts About LDL The Bad Kind of Cholesterol Health Line

Cholesterol is a waxy substance that circulates in your blood. Your body uses it to create cells, hormones, and vitamin D. Your liver creates all the cholesterol you need from fats in your diet

<http://ebookslibrary.club/Facts-About-LDL--The-Bad-Kind-of-Cholesterol-Health-Line.pdf>

Cholesterol Top foods to improve your numbers Mayo Clinic

Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears.

<http://ebookslibrary.club/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.pdf>

How to Raise Good Cholesterol and Lower Bad Cholesterol

Ask your doctor for a cholesterol blood test. High cholesterol does not have overt side effects, but it can be devastating on your health. Illnesses that come from bad cholesterol are serious, and should only be treated by a healthcare professional.

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