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Cholesterol Down: Ten Simple Steps to Lower Your Cholesterol in Four Weeks--Without Prescription Drugs [Janet Brill] on Amazon.com. *FREE* shipping on qualifying offers. Take control of your cholesterol with this 10-point plan from nutrition and fitness expert Dr. Janet Brill without using drugs. If you are one of the nearly 100 million

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Lower your cholesterol NHS

Dietary cholesterol has much less of an effect on the level of cholesterol in your blood than the amount of saturated fat you eat does. If your GP has advised you to change your diet to reduce your blood cholesterol, the most important thing to do is to cut down on saturated fat.

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3 Ways to Get Bad Cholesterol Down wikiHow

How to Get Bad Cholesterol Down. Your body needs cholesterol to function properly, and your body should make all the cholesterol it needs. Cholesterol builds hormones, comprises a large part of your brain, helps make vitamin D, and gives a

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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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Lower Your Cholesterol Fast With These 11 Easy Tips WebMD

11 Tips to Cut Your Cholesterol Fast. By Karyn Repinski. From the WebMD Archives . If you have high cholesterol, you re also at higher risk for heart disease. But the good news is, it s a risk

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