

[GOOD BAD CHOLESTEROL](#)



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Two types of proteins called lipoproteins carry cholesterol in the blood: LDL and HDL. High LDL levels raise your risk for heart disease and stroke.

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Understanding Cholesterol Levels LDL HDL Total

That is why LDL cholesterol is referred to as "bad" cholesterol. When it comes to HDL cholesterol-- "good" cholesterol - a higher number means lower risk.

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How to Raise Good Cholesterol and Lower Bad Cholesterol

How to Raise Good Cholesterol and Lower Bad Cholesterol. Improving your cholesterol numbers is not only lowering LDLs, but raising HDLs. Making an effort

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LDL The 'Bad' Cholesterol WebMD

SOURCES: American Heart Association: "LDL and HDL Cholesterol: What's Bad and What's Good?" Tabas, I. Journal of Clinical Investigation, 2002.

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

HDL Good vs LDL Bad Cholesterol Ratio Levels Chart

Cholesterol is a waxy, fat-like waxy substance that the body needs to make vitamin D, hormones, and substances that help digestion. HDL

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Facts About LDL The Bad Kind of Cholesterol Health Line

There are two kinds of cholesterol one good, and one bad. Learn about LDL, the "bad" kind, such as normal levels, risk factors, and how to reduce them.

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The Difference Between 'Good' and 'Bad' Cholesterol And

If you've ever wondered about the difference between good and bad cholesterol, you're not alone. Learn how to improve your cholesterol here.

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good cholesterol Expert advice from HEART UK

LDL cholesterol is often referred to as "bad cholesterol" because too much is unhealthy. HDL is often referred to as good cholesterol

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