

[HOW CAN I LOWER CHOLESTEROL](#)



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If you're looking to lower your cholesterol, the key may be simply changing your morning meal. Switching up your breakfast to contain two servings of oats can lower LDL ("bad") cholesterol by 5.3%

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How to Lower Cholesterol Naturally in 28 Steps Dr Axe

When it comes to how to lower cholesterol, using a mix of diet and lifestyle modifications can be most effective. Switching out unhealthy foods for heart-healthy options, squeezing in more exercise and trying out a few cholesterol-lowering supplements and essential oils can all keep cholesterol levels down to enhance heart health.

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How to Lower Cholesterol MedlinePlus

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How to lower cholesterol healthdirect

An active lifestyle can also help to lower cholesterol levels. Activities range from walking and cycling to more vigorous exercise such as running and dancing. Doing 30 minutes of moderate-intensity aerobic activity on most days can improve your cholesterol levels.

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How Can I Lower My Cholesterol Before a Blood Test

Swap saturated fats for healthy fats. Saturated fats increase your cholesterol levels, while unsaturated fats lower them. The main source of saturated fat is animal products such as whole-fat dairy, eggs, organ meat and red meat.

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Limiting the amount of saturated fat, trans fat, and cholesterol you eat and engaging in an increased amount of physical activity can help to lower your blood cholesterol levels.

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How can I naturally lower my LDL cholesterol High

Ways to lower LDL cholesterol are to include diet and exercise into everyday life. Eating a diet low in saturated and trans fats and high in fruits, vegetables and seeds. This can be supplemented by daily routine exercise.

However, for some people, medications may be required to bring cholesterol down to safe levels.

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