

## [HOW CAN I LOWER MY BAD CHOLESTEROL](#)



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### **Lower Your Cholesterol Fast With These 11 Easy Tips WebMD**

But the good news is, it's a risk you can control. You can lower your bad LDL cholesterol and raise your good HDL cholesterol. You just have to make some simple changes.

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### **How can I lower my bad cholesterol High Cholesterol**

Although blood cholesterol helps digest food and make hormones, too much of it can harden your arteries and cause heart disease. Also known as hypercholesterolemia, high blood cholesterol can accumulate along the walls of your arteries, the main supplier of oxygen from the heart to other parts of your body.

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### **How to Raise Good Cholesterol and Lower Bad Cholesterol**

Improving your cholesterol numbers is not only lowering LDLs, but raising HDLs. Making an effort to improve your cholesterol will help you reduce risk of heart disease and stroke. Since your body should be able to produce enough cholesterol by itself, that which comes from food should be controlled. With discipline, you can take steps to raise your good HDL cholesterol and lower bad LDL cholesterol.

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### **Lowering Cholesterol Naturally 6 Tips Pritikin**

Lowering Cholesterol Naturally 6 Tips Here are 6 drug-free alternatives for lowering LDL (bad) cholesterol. To avoid a heart attack, research has found that a key strategy is getting LDL (bad) cholesterol way down.

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### **How To Lower Cholesterol Naturally Prevention**

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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### **Bad Cholesterol Lowering it Too Much Healthline**

Can You Lower Your Bad Cholesterol Too Much? Written by Shawn Radcliffe on September 7, 2017 New drugs used alongside statins can lower LDL cholesterol to really low levels, but do the risks

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### **How to Lower Your LDL Cholesterol 15 Steps with Pictures**

How to Lower Your LDL Cholesterol. Cholesterol can block your arteries and prevent blood from reaching your heart, so it's important to know how to bring down your LDL the "bad" kind of cholesterol. Luckily, it's a lot easier to lower your

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