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"GP advised need to get cholesterol down. Busy practice, so told him I would check Internet on how to do this naturally. Always consult your site for all sorts of info, and know what to do now.

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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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How to Lower Your LDL Cholesterol 15 Steps with Pictures

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 LDL levels than it is to raise your HDL levels. Focusing on lowering your cholesterol is a great measure to take for your overall health.

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