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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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Lower your cholesterol NHS

If you have high cholesterol, you should talk to your GP about how you can lower it. People who need statins can be prescribed them, and your GP can also advise you on healthy lifestyle changes. Some pharmacies sell low-dose statins, which you can buy without a prescription, but they're no substitute for lowering your cholesterol by eating a healthy, balanced diet and being active.

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