

## [HOW DO YOU LOWER CHOLESTEROL](#)



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You should not eat foods fortified with plant sterols as a substitute for medication. You can use plant sterol-enriched foods while taking cholesterol medication, but check with your doctor first. Get active. An active lifestyle can also help to lower cholesterol levels.

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### **Do you need to lower your Cholesterol Silverhairs**

The Lancet medical magazine has recently published an article arguing that everyone over 50 should take statins to lower their cholesterol.

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