

## [HOW DO YOU REDUCE YOUR CHOLESTEROL](#)



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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 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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### **Top 5 lifestyle changes to improve your cholesterol Mayo**

High cholesterol increases your risk of heart disease and heart attacks. Medications can help improve your cholesterol. But if you'd rather first make lifestyle changes to improve your cholesterol, try these five healthy changes. If you already take medications, these changes can improve their cholesterol-lowering effect.

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### **5 Tactics To Reduce Cholesterol Quickly Pritikin**

Did you know that for every 10% drop in your cholesterol level, your heart attack risk drops by 20% to 30%? There's more good news: Most of us can reduce cholesterol quickly, and without the need for medications.

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### **How to lower your cholesterol without drugs Harvard Health**

You can begin to reduce your "bad" LDL cholesterol naturally by making a few simple changes in your diet. Image:Thinkstock You don't have to follow an all-or-nothing approach.

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### **How to lower cholesterol healthdirect**

If your doctor has advised you to change your diet to reduce the level of cholesterol in your blood, the most important thing to do is to cut down on saturated fat. It's also a good idea to increase your intake of fruit, vegetables and fibre. Fibre and cholesterol. There are two different types of fibre: soluble fibre and insoluble fibre. Most foods contain a mixture of both.

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### **Your Guide to Lowering Your Cholesterol With TLC**

To reduce blood triglyceride levels: control your weight, be physically active, don t smoke, limit alcohol intake, and limit simple sugars (see Box 20 on page 36) and sugar-sweetened beverages.

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