

## [HOW LOWER YOUR CHOLESTEROL](#)



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If you have high cholesterol, you're also at higher risk for heart disease. But the good news is, it's a risk you can control. You can lower your bad LDL cholesterol and raise your

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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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### **How to Lower Cholesterol MedlinePlus**

What is cholesterol? Your body needs some cholesterol to work properly. But if you have too much in your blood, it can stick to the walls of your arteries and narrow or even block them.

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### **10 Natural Ways to Lower Your Cholesterol Levels**

10 Natural Ways to Lower Your Cholesterol Levels Written by Matthew Thorpe, MD, PhD on December 11, 2017 Cholesterol is made in your liver and has many important functions.

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### **How to Lower Your Cholesterol wikiHow**

Cholesterol is an essential lipid that helps your body function properly. It has many functions including helping your glands make hormones, your liver to produce bile, and your cells to maintain their structural integrity.

However, too much of certain types of cholesterol exposes you to a number of

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### **Lower your cholesterol NHS**

Lower your cholesterol. Eating a healthy diet and doing regular exercise can help lower the level of cholesterol in your blood. Adopting healthy habits, such as eating a healthy, balanced diet and keeping active, can also help prevent your cholesterol levels becoming high in the first place.

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### **How Long Does It Take to Lower Cholesterol Healthline**

If you're going to use lifestyle to lower your cholesterol, you have to do it regularly. You can't just do it for a few months and then quit, says Dr. Goldberg.

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

If your cholesterol is creeping upward, your doctor has probably told you that diet and exercise the traditional cornerstones of heart health could help to bring it down.

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### **How to Lower Your Cholesterol Quickly Safely and**

Your cholesterol is higher than you want it to be. Maybe it's a little on the high end, maybe it's flirting with dangerous, or maybe it's off the charts.

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### **How to Lower Cholesterol Naturally in 28 Steps Dr Axe**

There are tons of natural remedies out there for how to lower cholesterol levels, often promising quick results with next to no effort required on your part.

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### **How to Lower Cholesterol Without Medication**

High cholesterol doesn't mean a lifetime of medication. It's entirely possible to lower your cholesterol naturally

with the right approach.

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**How to Lower Your Cholesterol Fast in Time for Blood Tests**

Get your second and final cholesterol test on the morning of day 7. Again, make sure you fast for 12 hours before the test. According to the results almost everyone has seen so far, your cholesterol should be higher when you eat less fat, and much lower when you eat as much fat as you possibly can.

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