

[HOW TO KEEP YOUR CHOLESTEROL DOWN](#)



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Too much cholesterol, however, can increase the risk of a heart attack. Low-density lipoprotein (LDL) is known as "bad cholesterol." It is important to manage LDL cholesterol by eating right, exercising regularly, and avoiding bad habits like smoking. Learning to keep bad cholesterol down is essential to maintaining your long-term health.

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Ways to Keep your Bad Cholesterol Down Heart Health

Lowering your cholesterol rests in your hands; there are various strategies you can use to lower your cholesterol and decrease your risk for heart diseases. Here are some easy cholesterol lowering approaches and strategies. Set the Target. To get your cholesterol number down, you need to decide your target.

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Lower your cholesterol NHS

If you do eat foods designed to lower your cholesterol, read the label carefully. These foods need to be eaten every day and in the right amount, as having too much could be harmful. Statins. Statins are medicines that can help lower your cholesterol.

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Tips To Keep Your Cholesterol under Control LifeLivity

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Keep your cholesterol down Irish Examiner

Low-density lipoprotein (LDL) takes cholesterol from the liver to the body tissues. If there is too much of this cholesterol in the blood, it can build up in the walls of the blood vessels and cause them to narrow. This is why LDL cholesterol is sometimes called bad cholesterol. For a healthy heart, keep LDL cholesterol low.

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How to lower your cholesterol without drugs Harvard Health

7 ways to reduce stress and keep blood pressure down. How to lower your cholesterol without drugs. If your cholesterol is creeping upward,

<http://ebookslibrary.club/How-to-lower-your-cholesterol-without-drugs-Harvard-Health.pdf>

Lower Your Cholesterol Fast With These 11 Easy Tips WebMD

Living with high cholesterol? WebMD gives you 11 tips to lower it, 11 Tips to Cut Your Cholesterol Fast. It'll help keep your cholesterol in check.

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How to Lower Your Cholesterol Levels Without Medication

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10 Natural Ways to Lower Your Cholesterol Levels

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Tips From Medical Experts On How To Keep Your Heart Healthy. FYI: Keeping Cholesterol Down Without Meds. FYI story image CBS

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