

[HOW TO LOWER CHOLESTEROL WITHOUT DRUGS](#)



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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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This can only be done with a doctor's prescription. It is useful to help raise HDL cholesterol, lower LDL cholesterol and triglycerides, and increase particle size. 8.

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How to Lower Your Cholesterol Naturally Without Drugs

There are good reasons to lower your cholesterol without statin drugs and use a natural approach. There are more doctors today questioning whether the benefits of statin drugs are worth the risks.

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How to Lower Your Cholesterol Naturally Without Drugs

Although high cholesterol has some serious effects, it is treatable. Some people have turned to prescription medication which has many negative side effects. Thankfully, this health issue can be treated naturally. It does take a change in habits, but anyone can make these changes. This article will discuss how to lower cholesterol naturally.

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How to Lower Cholesterol Naturally Without Medication Drugs

Below I have described how to lower cholesterol naturally without medication and drugs by outlining nutritional supplements you can take and then various Lifestyle changes you should implement. I have tried to keep things very simple and easily understandable. Rest assured that within the next 5 to 10 minutes you will have a good idea of how to lower cholesterol naturally and then you can work your plan and start lowering cholesterol without medication & drugs.

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How to Lower Cholesterol Without Drugs

It is easy to eat your way to high cholesterol levels. It's even easier to pop a daily statin to fix your cholesterol problems. Certainly, adapting to a new diet takes more effort and attention. But, it's a method of lowering cholesterol naturally without the risky side effects associated with statin drugs.

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How to lower high cholesterol naturally without

Many readers have contacted me and asked about my own cholesterol numbers. They ask, "How did you achieve LDL cholesterol of 67 without using prescription drugs?"

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5 Tips For Lowering LDL Without Drugs Pritikin Longevity

5 Tips For Lowering LDL Without Drugs. For lipid improvement, particularly LDL lowering, here are 5 key Pritikin Eating Plan guidelines. Consume: Plenty of foods every day that are naturally rich in fiber, especially soluble fiber. For excellent choices, think B, Y, O, B, B. (Yes, we like to improve upon favorite acronyms!) B stands for beans, the most fiber-packed food of all, Y for yams, O for oats, B for barley, and B for berries.
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How to Lower Cholesterol Without Medication

Foods That Lower Cholesterol Soluble Fiber . Fiber, particularly soluble fiber, helps to block cholesterol and fats from being absorbed through the gastrointestinal tract into the bloodstream. Studies suggest that people who increase their soluble fiber intake by 5 to 10 grams each day can lower their LDL cholesterol by about 5 percent.
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