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4. Vitamins to Help Lower Cholesterol. There are certain vitamins that help to prevent and alleviate high cholesterol Vitamin C. Vitamin C can help to lower cholesterol by inhibiting the enzyme that helps to produce cholesterol in your body. In addition, research tells us that regular vitamin C helps to heal arteries damaged by high cholesterol.

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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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Fruits and vegetables have scads of ingredients that lower cholesterol including fiber, cholesterol-blocking molecules called sterols and stanols, and eye-appealing pigments. The heart-healthy list spans the color spectrum leafy greens, yellow squashes, carrots, tomatoes, strawberries, plums, blueberries.

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How to lower your cholesterol levels without using medications

Exercise your way to lower cholesterol. The benefits of exercise cannot be over-emphasized. Exercising helps to increase the good cholesterol (HDL) in your body. HDL, as mentioned above, carry the cholesterol back to the liver. By having more HDL, you will get lower cholesterol in the blood. Lower cholesterol in the blood means less chance of having fat deposits around the blood vessels.

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