

## HOW TO LOWER THE LDL



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### **Cholesterol How to Lower LDL without Medication**

Many people today consume not only far too many calories, but also too much of the wrong types of foods, which leads to high cholesterol levels and lots of unwelcome health problems.

<http://ebookslibrary.club/Cholesterol--How-to-Lower-LDL-without-Medication.pdf>

### **How to Lower LDL Cholesterol Levels Healthfully**

A high level of LDL--low-density lipoprotein--cholesterol places a person at risk for developing heart disease or having a heart attack, according to the National Heart, Lung and Blood Institute.

<http://ebookslibrary.club/How-to-Lower-LDL-Cholesterol-Levels-Healthfully.pdf>

### **How to Lower Triglycerides LDL Cholesterol Eating Well**

1. LDL (Bad) Cholesterol. Target: Below 100 mg/dl\* High levels of LDL (above 160 mg/dl) can result in plaque buildup, increasing the risk of atherosclerosis, or hardening of the arteries, which can lead to heart attack or stroke. Getting your LDL to goal level is priority No. 1 to prevent or delay cardiovascular disease.

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### **How to Lower Your LDL Cholesterol 15 Steps with Pictures**

How to Lower Your LDL Cholesterol. Cholesterol can block your arteries and prevent blood from reaching your heart, so it's important to know how to bring down your LDL the "bad" kind of cholesterol. Luckily, it's a lot easier to lower your

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### **How To Reduce LDL Cholesterol Naturally SymptomFind.com**

Though there are numerous cholesterol-lowering medications out there today, it's still a good idea for individuals to try to lower their cholesterol levels naturally.

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### **How to Lower Bad Cholesterol LDL Without Reducing HDL**

Q: Can you lower your LDL cholesterol without lowering HDL? A: Certainly. But it's not as simple as eating less fat, which tends to lower both LDL, the harmful kind of cholesterol that contributes to heart disease, and HDL, the protective variety.

<http://ebookslibrary.club/How-to-Lower-Bad-Cholesterol--LDL--Without-Reducing-HDL.pdf>

### **How to Lower LDL Cholesterol Levels Reverse Heart Disease**

Achieving lower LDL cholesterol levels most likely isn't your only problem. If you have been told your level of LDL cholesterol is high and you are looking for information about how to lower LDL and vLDL (very low density lipoprotein) cholesterol levels this article may be of some help.

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### **Lowering Cholesterol Naturally 6 Tips Pritikin**

6 Dietary and Lifestyle Tips To Lower LDL Levels. To dramatically lower your LDL and non-HDL cholesterol levels without resorting to high doses of statins (and maybe even eliminating the need for statins altogether), the doctors and dietitians at the Pritikin Longevity Center recommend these 6 dietary/lifestyle tips: 1. Limit your intake of foods full of saturated fats, trans fats, and dietary cholesterol.

<http://ebookslibrary.club/Lowering-Cholesterol-Naturally-6-Tips-Pritikin--.pdf>

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