

[HOW TO REDUCE YOUR CHOLESTEROL](#)



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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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Top 5 lifestyle changes to improve your cholesterol Mayo

A few changes in your diet can reduce cholesterol and improve your heart health: Reduce saturated fats. Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol.
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Cholesterol Top foods to improve your numbers Mayo Clinic

Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Five to 10 grams or more of soluble fiber a day decreases your LDL cholesterol. One serving of a breakfast cereal with oatmeal or oat bran provides 3 to 4 grams of fiber. If you add fruit, such as a banana or berries, you'll get even more fiber.
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How to reduce your cholesterol Director magazine

October has been designated National Cholesterol Month in a bid to raise awareness of the grave health risks of having too much bad cholesterol .
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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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4 Simple Ways to Lower Your LDL Cholesterol

Although many cholesterol medications can lower LDL levels to varying degrees, your healthcare provider may want to use therapeutic lifestyle changes (TLC) to see how low your LDL can go before medication is needed.
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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 LDL Cholesterol 15 Steps with Pictures

Increase the soluble fiber you eat each day. Fruits, vegetables, and whole grains are excellent sources of fiber. These foods help to move cholesterol out of the body through stool rather than the body reabsorbing the cholesterol.

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13 Cholesterol Lowering Foods to Add to Your Diet Today

Avocados are an exceptionally nutrient-dense fruit. They're a rich source of monounsaturated fats and fiber two nutrients that help lower bad LDL and raise good HDL cholesterol .

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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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