

## [LDL CHOLESTEROL HOW TO LOWER](#)



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### **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.

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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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### **Lower Your Cholesterol Fast With These 11 Easy Tips WebMD**

If you have high cholesterol, you're also at higher risk for heart disease. But the good news is, it's a risk you can control. You can lower your bad LDL cholesterol and raise your

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

Doctors generally like to see LDL cholesterol between 135-160, but they do consider other factors, like age, smoking and your family history, when determining the optimal level of LDL that you should have. You may or may not be a candidate for medication. Whatever your doctor thinks is probably best for you.

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

a lower risk of cardiovascular disease and whose LDL cholesterol doesn't hit the target of 100 mg/dl or less with healthy lifestyle change. cardiovascular disease and who don't reach the LDL cholesterol target of 70 mg/dl or less. Statin medications are most effective at lowering LDL cholesterol. All medications should be prescribed and monitored by a health care provider.

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

What is LDL cholesterol? Cholesterol is a fatty substance which is carried around the body in blood by small molecules known as lipoproteins.

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### **How to Lower Cholesterol Naturally in 28 Steps Dr Axe**

How to Lower Cholesterol Naturally: 28 Steps Foods to Eat. There's no need to follow a low cholesterol diet to stay within the healthy LDL cholesterol range.

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### **10 Natural Ways to Lower Your Cholesterol Levels**

Cholesterol has many important functions. This article reviews 10 natural ways to increase good HDL cholesterol and lower bad LDL cholesterol.

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