

[LOWER MY CHOLESTEROL](#)



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I tell patients that you have to start somewhere and just keep going, says Suzanne Steinbaum, DO, an attending cardiologist at Lenox Hill Hospital in New York City.

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How To Lower Cholesterol Naturally Prevention

Here's How To Lower Cholesterol Naturally With Food. Add these healthy choices to your grocery list.

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Lower My Cholesterol

Imagine my shock when after reviewing my test results, the doctor delivered an ultimatum: he would give me three months to lower my cholesterol to under 200, or I d have to go on Lipitor. My cholesterol levels were 250, my triglycerides were too high and my numbers were steadily climbing (the year before it had been 240).

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Lower your cholesterol NHS

If your doctor has told you that you have high cholesterol and you can lower it by changing your diet, there's no need to buy special products to lower your cholesterol. These products are not recommended by doctors and are no substitute for a healthy, balanced diet.

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Lowering Cholesterol Naturally 6 Tips Pritikin

Lowering cholesterol naturally. In research on more than 4,500 men and women following the Pritikin Program of diet and exercise, LDL levels plummeted 23%, and in just three weeks. The men and women had learned how to live Pritikin-style at the Pritikin Longevity Center, which has been teaching heart-healthy living skills since 1975.

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How to lower your cholesterol without drugs Harvard Health

How to lower your cholesterol without drugs You can begin to reduce your "bad" LDL cholesterol naturally by making a few simple changes in your diet. Image:Thinkstock

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How To Lower My Cholesterol

When my doctor told me I need to lower my cholesterol, one of the things she suggested was to swallow a raw clove of garlic everyday. I have been doing this for the past couple of weeks and have now decided to check online to see whether garlic really does lower cholesterol.

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How to lower cholesterol healthdirect

Can I lower my cholesterol through dietary changes? Dietitians Association of Australia Dietitians Association of Australia We know that its possible to lower your blood cholesterol level by making changes to your diet

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