

[LOWER YOUR CHOLESTEROL](#)



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But the good news is, it's a risk you can control. You can lower your bad LDL cholesterol and raise your good HDL cholesterol. You just have to make some simple changes.

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Top 5 lifestyle changes to improve your cholesterol Mayo

If your doctor recommends medication to help lower your cholesterol, take it as prescribed while continuing your lifestyle changes. Lifestyle changes can help you keep your medication dose low. Lifestyle changes can help you keep your medication dose low.

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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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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.

<http://ebookslibrary.club/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.pdf>

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.

<http://ebookslibrary.club/Lower-your-cholesterol-NHS.pdf>

10 Natural Ways to Lower Your Cholesterol Levels

This article will review 10 natural ways to increase the good HDL cholesterol and lower the bad LDL cholesterol.

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How to Lower Your Cholesterol wikiHow

Cholesterol is an essential lipid that helps your body function properly. It has many functions including helping your glands make hormones, your liver to produce bile, and your cells to maintain their structural integrity.

However, too much of certain types of cholesterol exposes you to a number of

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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%

<http://ebookslibrary.club/How-To-Lower-Cholesterol-Naturally-Prevention.pdf>

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