

HOW TO LOWER YOUR BAD CHOLESTEROL%0A

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[Lower Your Cholesterol Fast With These 11 Easy Tips - WebMD](#)

You can lower your bad LDL cholesterol and raise your good HDL cholesterol. You just have to make some simple changes. You just have to make some simple changes. Video Transcript

[How to Raise Good Cholesterol and Lower Bad Cholesterol ...](#)

Saturated and trans fats are the "bad" fats, and double-whammies at that: they lower your HDL and heighten your LDL. Replacing saturated and trans fats with good fats (see above section) will help you lower your LDL levels.

[10 Best Foods to Eat to Lower Cholesterol Naturally](#)

Getting 5 to 10 grams of soluble fiber daily could help lower LDL cholesterol (the bad cholesterol that can build up in your arteries) by as much as 11 points, according to the National

[Top 5 lifestyle changes to improve your cholesterol - Mayo ...](#)

Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol the "bad" cholesterol. Eliminate trans fats. Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes.

[10 Natural Ways to Lower Your Cholesterol Levels](#)

Cholesterol is made in your liver and has many important functions. For example, it helps keep the walls of your cells flexible and is needed to make several hormones.

[How to Lower Your LDL Cholesterol: 15 Steps \(with Pictures\)](#)

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 LDL levels than it is to raise your HDL levels. Focusing on lowering your cholesterol is a great measure to take for your overall health.

[Eat to lower your cholesterol | Heart and Stroke Foundation](#)

For years, cholesterol has had a bad rep that it doesn't really deserve. The truth is, we need cholesterol to function. Your body makes most of the cholesterol it needs. The rest comes from foods you eat.

[3 Ways to Lower Your Cholesterol - wikiHow](#)

[How to Lower Your Cholesterol](#). 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 Cholesterol is an essential lipid that helps your body function properly. It has many functions including helping your glands make hormones, your liver to

11 foods that lower cholesterol - Harvard Health

Changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Adding foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis, is the best way to achieve a low cholesterol diet. Add these foods to lower LDL cholesterol

Cholesterol: Top foods to improve your numbers -

Mayo Clinic

Decreasing your consumption of saturated fats to less than 7 percent of your total daily calorie intake can reduce your LDL cholesterol by 8 to 10 percent. Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes.

10 Ways to Lower Cholesterol - Health

Pros: Statins include drugs such as Lipitor, Zocor, and Crestor (all the generic names end in statin), and they can lower LDL, or bad, cholesterol by more than 50%.

Lowering Cholesterol Naturally - 6 Tips | Pritikin ...

Lowering Cholesterol Naturally 6 Tips Here are 6 drug-free alternatives for lowering LDL (bad) cholesterol. To avoid a heart attack, research has found that a key strategy is getting LDL (bad) cholesterol way down.

5 Tactics To Reduce Cholesterol Quickly | Pritikin

Plant foods high in soluble fiber are especially beneficial in lowering total and LDL (bad) cholesterol levels. Good sources include beans (pinto beans, black beans, etc), yams, oats (yes, eat your oatmeal!), barley, and berries.

How to Lower Cholesterol Naturally (in 28 Steps) - Dr. Axe

LDL cholesterol, also known as bad cholesterol, is the form that can build up on the artery walls and increase your risk of heart disease. HDL cholesterol, on the other hand, is often dubbed good cholesterol because it travels through the bloodstream, removing harmful cholesterol from the arteries to help enhance heart health.

8 Ways to Lower Your Cholesterol in 10 Seconds | Eat This ...

Or bad (lazy) cholesterol, rather than carrying excess cholesterol to your liver, simply deposits it in the blood, leading it to build up in your arteries. High levels mean an increased risk of heart disease , while lower levels reflect a lower risk.