

## HOW TO LOWER YOUR CHOLESTEROL%0A

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

10 Natural Ways to Lower Your Cholesterol Levels  
Written by Matthew Thorpe, MD, PhD on December 11, 2017 Cholesterol is made in your liver and has many important functions.

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

They raise your LDL, lower your HDL, and increase your risk of developing heart disease and stroke, Steinbaum says. But it's hard to avoid them. They're found in fried foods, baked goods.

[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.

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

As a rule of thumb, steer clear of highly processed foods, even if they are lower in fat content. Low-fat or diet foods are often loaded with calories, sodium and added sugar.

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

How to Lower Your Cholesterol. Co-authored by Diana Lee, MD. Explore this Article Lowering Cholesterol Through Diet Lowering Cholesterol Through Lifestyle Changes Lowering Cholesterol with Medications Ask a Question Related Articles References. This article was co-authored by Diana Lee, MD. Dr. Lee is a Family Medicine Physician in California. She received her MD from Georgetown University in

[8 Ways to Lower Your Cholesterol in 10 Seconds | Eat This ...](#)

The first step in lowering your cholesterol: Know that the word cholesterol itself shouldn't inspire panic. In fact, it's as natural to our bodies as blood itself—we use cholesterol to form cell membranes, create hormones and perform all sorts of important bodily procedures.

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

Cutting back on high-cholesterol foods like fried foods, sugary desserts, and fatty meats is a start, but you also need to eat more of the fare that can help lower your cholesterol naturally.