

HOW TO REDUCE YOUR CHOLESTEROL%0A

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[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.

[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.

[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. Low-fat or diet foods are often loaded with calories, sodium and added sugar.

[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.

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

High levels mean an increased risk of heart disease, while lower levels reflect a lower risk. Unfortunately, part of your risk of high cholesterol is out of your control. Some types run in families, and the balance of HDL and LDL can strongly depend on your age and sex.

[How to lower your cholesterol without drugs - Harvard Health](#)

If your cholesterol is creeping upward, your doctor has probably told you that diet and exercise—the traditional cornerstones of heart health—could help to bring it down. And if you'd prefer to make just one change at a time to lower your cholesterol naturally, you might want to begin with your diet. A major analysis of several controlled trials involving hundreds of men and women found

[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