

## HOW CAN I LOWER MY 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

[LDL Pictures: Lowering Bad Cholesterol With Food Curb Cholesterol, Not Flavor. It's no secret that certain foods can help you lower your LDL \( bad \) cholesterol, which causes a buildup of plaque in the arteries that leads to heart disease.](#)

[5 Tactics To Reduce Cholesterol Quickly | Pritikin](#)

Take medications, if you need to, to lower your cholesterol into healthy ranges. Drugs like statins can be very effective, says Dr. Danine Fruge, MD, ABFP - Medical Director at the Pritikin Longevity Center, but do continue in your efforts to eat well and exercise because a healthy lifestyle can give you far, far more than drugs alone.

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

Ask your doctor for a cholesterol blood test. High cholesterol does not have overt side effects, but it can be devastating on your health. Illnesses that come from bad cholesterol are serious, and should only be treated by a healthcare professional.

[How Long Does It Take to Lower Cholesterol? - Healthline](#)

LDL, the bad cholesterol, carries cholesterol to your body's tissues and blood vessels. If your body has too much LDL, it will deposit the excess along the walls of your blood vessels.

[How to Lower Bad Cholesterol \(LDL\) Without Reducing HDL](#)

Q: Can you lower your LDL cholesterol without lowering HDL? A: Certainly. But it's not as simple as eating less fat, which tends to lower both LDL, the harmful kind of cholesterol that contributes to heart disease, and HDL, the protective variety.

[4 Simple Ways to Lower Your LDL Cholesterol](#)

Although many cholesterol medications can lower LDL levels to varying degrees, your healthcare provider may want to use therapeutic lifestyle changes (TLC) to see how low your LDL can go before medication is needed.

[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.

#### **Lowering Cholesterol Naturally - 6 Tips | Pritikin ...**

To avoid a heart attack, research has found that a key strategy is getting LDL (bad) cholesterol way down. Striving for LDL levels of 100 and below is good, but dropping to 80 and lower may be even better.

#### **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.

#### **10 Natural Ways to Lower Your Cholesterol Levels**

While dietary cholesterol has little influence on cholesterol levels, other foods in your diet can worsen them, as can family history, smoking and a sedentary lifestyle.

#### **How to lower your cholesterol without drugs - Harvard Health**

You can begin to reduce your "bad" LDL cholesterol naturally by making a few simple changes in your diet. Image:Thinkstock You don't have to follow an all-or-nothing approach.

#### **Bad Cholesterol: Lowering it Too Much - Healthline**

The new analysis suggests that the benefits of lowering your LDL cholesterol continue to increase the lower you go, even at ultra-low levels, at least in terms of reducing your risk of developing

#### **HDL (Good) vs. LDL (Bad) Cholesterol Ratio, Levels, Chart ...**

If your total cholesterol, LDL, VLDL, and triglyceride numbers are elevated and/or your HDL cholesterol number is low, your doctor may recommend lifestyle changes like a heart healthy diet and exercise, or in some cases, medication to lower your cholesterol numbers.