

## HOW CAN I LOWER MY HIGH CHOLESTEROL%0A

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

But if you make just a few, small changes, you might be able to lower your dose and chance of side effects. Follow these tips to cut your cholesterol and get back on the road to good health. **Ban Trans Fats** They raise your LDL, lower your HDL, and increase your risk of developing heart disease and stroke, Steinbaum says.

[How to Lower Creatinine: 8 Home Remedies to Reduce Levels](#)

Creatinine is a blood chemical made when you use your muscles. If you can't remove creatinine properly, it can build up in your blood. You can talk with your doctor about treating the underlying cause to lower your creatinine. We'll explain eight home remedies that can help you naturally lower your creatinine levels.

[High Cholesterol Symptoms - Healthline](#)

A blood test is the only way to know if your cholesterol is too high, by high cholesterol can put you at serious risk of of your lower leg

[Food Chart for Lowering Cholesterol | LIVESTRONG.COM](#)

Food Chart for Lowering Cholesterol, by but what you eat now can help lower your numbers. High cholesterol How Can I Lower My Cholesterol

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[High Blood Cholesterol: What You Need to Know](#)

Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels. **Physical Activity** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight.

[# How Can I Lower My Bad Cholesterol Naturally - Manthana ...](#)

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Know the types (HDL and LDL), and how to lower high cholesterol. Skip navigation. U.S. National Library How can I lower my cholesterol?