

## HOW TO LOW LDL CHOLESTEROL%0A

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[Cholesterol: Can It Be Too Low? - Healthline](#)

LDL is sometimes referred to as bad cholesterol. This is because it's the kind of cholesterol that can clog your arteries. HDL, or the good cholesterol, helps bring LDL cholesterol from the bloodstream to the liver. From the liver, the excess LDL cholesterol is removed from the body. The liver plays another key role in cholesterol. [What Causes Low HDL Cholesterol Levels?](#)

For instance, let's say a person is overweight and smokes and is found to have a low HDL on a routine blood test. Instead of prescribing a medication to increase the HDL to a "normal" number, a doctor will focus on smoking cessation counseling, exercise, and weight loss these measures can all effectively raise the HDL.

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

Allowing less than 7 percent of calories to be from saturated fats can reduce LDL by 8 to 10 percent. Decreasing daily cholesterol intake to less than 200mg can lower LDL by 5 to 8 percent. Losing 10 pounds can reduce your LDL by 5 to 8 percent. Adding 5 to 10 grams of soluble fiber to your day can decrease LDL 3 to 5 percent. [Sliding scale for LDL: How low should you go? - Harvard Health](#)

Research has lowered the target for the level of "bad" LDL cholesterol, but an individual's cardiovascular risk should factor into determining

[HDL cholesterol: How to boost your 'good' cholesterol](#) ...

In terms of diet, try to avoid trans fats, as they can increase LDL cholesterol and lower HDL cholesterol levels. Foods prepared with shortening, such as cakes and cookies, often contain trans fats, as do most fried foods and some margarines. Moderate use of alcohol has been linked with higher levels of HDL cholesterol.

[How to Increase Low HDL Cholesterol](#)

[How to Increase Low HDL Cholesterol](#). Part of the series: Blood Pressure & Cholesterol. HDL cholesterol, or good cholesterol, is what protects

[How low should LDL cholesterol go? - SAFE](#)

Achieving ultra-low LDL cholesterol levels safely results in additional lowering of cardiovascular events, new research indicates.

[What happens when LDL cholesterol levels go too low](#) ...

In long term studies of patients that are treated with statin drugs to very low LDL values (30-40's), there has not been an association with more side effects.