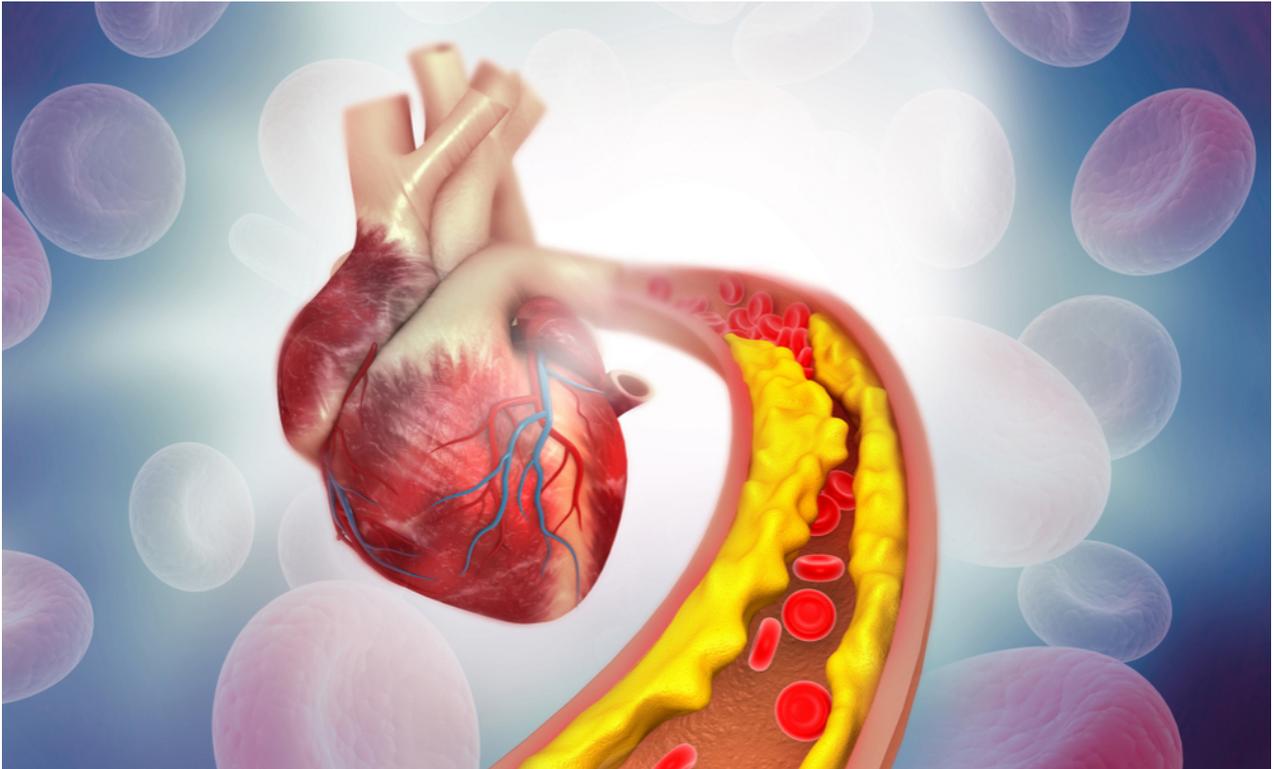


NATURAL WAYS TO REDUCE CHOLESTEROL



Taking the Right Steps to Reduce High Cholesterol

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**How 53-year-old man
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**“Simply switching to a
Healthy, Plant-based Diet can
lessen stroke risk by reducing
Cholesterol and Blood
pressure, flooding your body
with Antioxidants and
improving Blood flow”**

Michael Greger

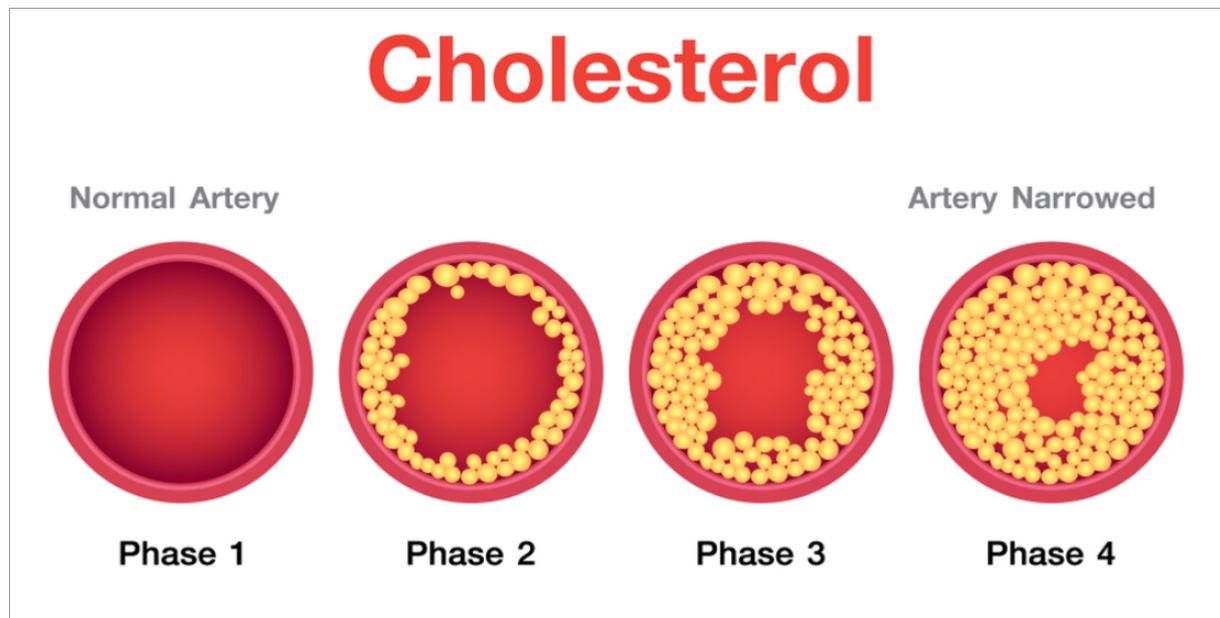
Introduction

There has been a substantial increase in people having high cholesterol levels. It has been proven in many studies that an unhealthy increase in blood cholesterol levels can lead or be associated with the development of heart disease. High cholesterol levels can also increase the risk of strokes and heart attacks. Coronary heart disease is the leading cause of death among people living in industrialized societies such as the US. The increasing incidence of high cholesterol levels in people living in this part of the world can often be contributed to a high saturated fat diet, smoking and leading a sedentary lifestyle.

Although statins and other known drugs being used to lower cholesterol levels have been proven to be very effective, there are also other ways available for people to lower their cholesterol levels without the use of such drugs. One of these is trying to lead a more active lifestyle. Physical activity and exercise is an important part of several low cholesterol therapies that aim to reduce bad cholesterol levels. Regular exercise can also help in reducing blood pressure, excess weight as well as decrease the diabetes risk.

Scientists have found that a low cholesterol diet can help decrease

cholesterol levels by as much as 29 percent in one month. This suggests that a combination diet can also be as effective as drugs like statins used to treat people with high cholesterol levels. It has also been established that eating low cholesterol and high fiber foods can cut individual cholesterol level by seven percent.



Lowering Cholesterol

The human body produces oils and other substances that circulate in the bloodstream. An example is insulin, which is secreted from the pancreas in response to the increase in the amount of sugar coming from the food that the person eats. The cells then absorb this, which gives the individual calories that are used as energy.

Another substance that the body produces naturally is cholesterol. This is also ingested in the food people eat. There are two types of cholesterol namely LDL and HDL.

LDL is better known as bad cholesterol. The reason why it is bad is because too much of this in the system may put the person at risk of suffering from either a heart attack or a stroke.

HDL in simple terms is good cholesterol because its job is to regulate the flow the bad one so this can be filtered out of the person's system. There must be a balanced between the two so the

individual is healthy.

Whenever people get a blood test, the patient will see a breakdown of the LDL and HDL in the system. Though not that significant as the first two, doctors pay attention to two other figures namely the total cholesterol and the triglyceride level.

In order to be given a clean bill of health, the patient must stay within a certain range. Those who have less than 200mg/dl in total cholesterol are safe. The same goes for someone who has less than 150mg/dl in the triglycerides.

So what happens if the person goes beyond the limit? In simple terms, the individual is at risk of developing high blood pressure or a heart disease. The good news is that the person can still prevent such a thing from happening.

There are four simple ways to do it and this must be done gradually before something bad really happens to the individual.

The first is to change the diet. This means eating less of those that are high in saturated fats such as red meat and dairy products. This should be changed for fish, fruits, nuts, oatmeal and vegetables.

Studies have shown that those who eat oatmeal regularly are able to reduce the LDL and triglycerides level in just 2 weeks. Imagine what could happen if this is done even after just a month?

The second is exercise. The body has stored fat after how many years of not engaging in any physical activity. Changing the eating habits can only go so far and sweating it out will increase the metabolic rate thus helping reduce the patient's cholesterol levels.

The third, which doesn't happen often, is for the individual to take supplements to aid in the reduction of cholesterol. Examples of these are bile acid resins, ezetimibe, fibric acid, niacin and statins.

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These are available in different brands and studies have proven this can lower the cholesterol from 15% to 30% when this is taken in regularly.

Should exercise and dieting not work, the patient must remember that the intake of these drugs has certain side effects. The doctor should explain this before even prescribing this so the individual can choose from the wide range of drugs that can be used to lower one's cholesterol.

Prevention is the best way to combat any disease. A regular checkup at the doctor's office will surely save money instead of being confined in the hospital.

Initiatives to Lower Instant Rise in Bad Cholesterol Levels

It is scientifically proven that the genes you inherit have something to do with high-rise cholesterol levels in the body. The vast majority factor is due to lifestyle, saturated fat intake and calorie, poor eating habits especially without exercise, excessive drinking (alcohol enhance rise of cholesterol), and menopausal stage in women when estrogen is on the brink to diminish, and mostly with the senior citizens group.

Lowering Cholesterol Level is definitely gird to right-on-the-spot suspension to what's already been existing (bad LDL) that's exposed to some tolerating factors triggering fatal risk to life in the absence of any remedial measures.

Instant Solutions to Lower Cholesterol Level

Many people have the primary notion, by merely engaging in exercise, eating the right food without saturated animal fats, lard and dairy, it could be a total solution to treat high cholesterol levels. Going thru these food lipid sources does not mean it instantly suspends the side effects to various cardiovascular diseases, and disorders in the artheroma degeneration relating to

the arterial walls.

A research that would benefit a great deal to suspend the existing risk to high cholesterol level that calls for instant decrease is introduced from credibly efficient, and effective medication from reliable Medical Groups doing prescriptions of "Statins," the CRESTOR (rosuvastatin calcium), actual medicine to put to a halt on too high bad cholesterol levels down by 52%, at a 10mg. dosage, compared to the 7 mg placebo.

Additional advantage of this statin type drug "Crestor," it increases the HDL (good cholesterol) by 14%, versus to 3% up HDL of the placebo. Imagine, medicating to lower the LDL- bad cholesterol, and at the same instant working to increase the HDL-good cholesterol. Its indeed significant pro-life saving approach-defense to a rise in the side effects disorders, and ailments that link to bad cholesterol.



The application of the medicine could only be fully administered by your licensed physician to qualify for a prescription. Best inform your medical consultant about other things affecting your life and lifestyles, your pre-conditioned health status, and among other things; as, (1) liver, kidney problems, and woman-pregnancy, (2)

excessive or non-excessive drinking, alcohol affects functions of the liver, (3) family history-line of high cholesterol cases, (4) if you're currently with problems on diabetes, thyroid functions, and hypothyroidism, recently been heart or hypertension attack victim, (5) have any problem other than these diseases that are associated with high cholesterol (6) of Chinese or Japanese ancestry, (7) taking over the counter medicines, "antacids," (8) also inform what prescriptions are you taking aside from all the rest.

Side effects may arise in the event you're taking the CRESTOR, like constipation, muscle aches, abdominal pain, weakness and nausea. These are just mild symptoms and tend to go away in time.

The importance in maintaining normal cholesterol level is to get thru minimal access to fatty substances that are unsaturated. A reliable research on the effect of "olive" oil for use in our daily cooking is best introduce in reducing bad cholesterol.

On the other hand, the "coconut oil" from among several vegetable oils like sunflower, corn, soy, rapeseed, palm kernel, and cottonseed still excel as the best to be cholesterol reducing medium to bad cholesterol. This is based on a report from Dr. P. Rethinam and Mohartuyo, Asian and Pacific Coconut Community press Released and quoted from the Jakarta Post, June 18, 2003. All other things about the coconut oil are good advantage to health concerning cholesterol levels were contents in that PR issue.

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Learning the Proper Diet to Lower Cholesterol

Cholesterol is one of the major substances that cause heart attacks, high blood cholesterol levels, and weight problems. Despite its “bad guy image,” this waxy, fat-like substances made in the body by the person’s own liver serves a number of vital functions unknown to many.

Basically, there are two types of cholesterol: the Low-Density Lipoprotein (LDL) and the High-Density Lipoprotein (HDL). The former refers to the bad type of cholesterol that is known to clog the person’s blood vessels, thus, increasing the risk for a heart attack or a heart disease. Studies show that a diet that is high in saturated fat is a main dietary cause of a raised LDL cholesterol level. The latter, on the other hand, is the good type of cholesterol that helps clear LDL cholesterol out of the blood stream, thus, reducing the risk for any heart illness. Researches have shown that a diet rich in fruit and vegetables along with average levels of omega-3 from fish oil greatly helps raise HDL cholesterol levels.

Although diet is the major reason for having high cholesterol levels, experts agree that factors such as genetics, lack of exercise or regular physical activity, obesity, unhealthy lifestyle such as excessive drinking and smoking, hormones, and varying high and low cholesterol levels can trigger the sudden increase of cholesterol levels in the body.

Cholesterol is a growing problem in the health of many people in the world. Experts say that people over 20 years of age should be more concerned about their cholesterol levels; thus, they should start doing everything they can to lower LDL cholesterol. Although it is quite hard to stick to the needed requirements and regiments to combat the growing problem, experts say that it can be controlled with the proper diet to lower cholesterol.

Studies show that a good diet to lower cholesterol can reduce a person’s risk for heart diseases while getting rid of bad fats because this diet to emphasizes on eating heart-healthy foods. But, aside from using the proper and proven low cholesterol diets available today, the most important thing is that knowing and taking in the right foods and effective cholesterol formulas to assist in lowering cholesterol levels.

Experts say that a diet to lower cholesterol includes good foods like grains—especially whole grain products and cereals—fish rich in omega3 such as salmon and tuna, a variety of fruits and leafy vegetables, nuts, juices, and the like. Here are other effective means of lowering cholesterol level through diet:

1. Make sure that you visit your attending physician first before trying out any low cholesterol diets so he/she could administer the proper examinations and assess your general health status.
2. You can lower your cholesterol levels by replacing saturated fat with polyunsaturated fat in meat, chicken, and whole milk products.
3. Refrain from eating refined carbohydrates contained by bakery products, pastas, and sugary or sugar-added foods.
4. When eating out, make sure that you ask the waiter to make serving substitutions like steamed or boiled food preparations. If possible, also pick lean meat, fish, or skinless chicken that is broiled, baked, grilled, steamed, or poached instead of being fried and ask for lots of vegetable side dishes and fresh fruit desserts.
5. Cutting down on eggs, margarine, or butter out of your daily diet.
6. Use natural-based oils such as vegetable, corn, and olive oils when cooking instead of the usual cooking oil.
7. Load up on a lot of garlic when you're preparing dishes because it contains substances that help lower HDL cholesterol.
8. Take in high quality daily vitamin mineral supplements like Vitamin E to improve blood circulation, and Vitamin C and vitamin B3 to lower your high cholesterol levels.



Lisa Nelson RD

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So what type of foods must be avoided to have lower levels of cholesterol in the body? The first is reducing the quantity of red meat being consumed. A good example is steak, ham and bacon that is high in fat.

Giving it up will be difficult so eating smaller portions should be done especially for those who are moderate or at a high risk of getting a heart disease or a stroke.

Fried food such as hamburgers and fries should also be avoided. The ingredients and oil used in cooking these things are also high in cholesterol that could be dangerous to one's health. This also includes pre-packaged frozen meals that a lot of people will just throw in the microwave after a long day at the office.

Dairy products such as milk, eggs and chicken should also be reduced. If the person has a hard time giving this up, this can be substituted using non-fat milk or yogurt to provide calcium that the body needs.

It is safe for kids to have junk food, candies and cake. As the individual gets older, these things have to be avoided. This is because the ingredients used in making these products are high in fat.

Now that more or less the food the person should avoid has been revealed, it is time to mention those that can be substituted to maintain a good diet.

Ideally, those who want to reduce the cholesterol intake should have a diet that contains less than 30% of fat. Those who can eat less will do better in living a healthy life.

The best products in the market to get are beans, fish oil, fruits, garlic, grains, soy, vegetables and whole grain bread. These things have vitamins and minerals as well as omega 3 acids that are known to reduce cholesterol levels in the body.

Different variations can be done daily so the person will not get tired of eating the same thing just to have a healthy diet. If planning this is difficult, a dietitian will gladly help and make

changes every week so the cholesterol levels will improve when the patient pays another visit to the clinic.

Food to Consume To Lower Cholesterol

There is a saying that goes. "We are what we eat." This is so true as the food being consumed may affect the cholesterol levels inside the person's system. This makes this makes the person prone to high blood pressure or heart disease through age, which could leave the patient, paralyzed or dead.

The only thing to do before it is too late is to make some changes in the individual's diet. While many of the good stuff that people love to eat have high concentrations of LDL better known as bad cholesterol, this can all change by consuming those that have HDL or good cholesterol. Here are a few examples.

A good way to start a healthy diet is to have a breakfast. Instead of eating bread, the individual can consume oatmeal instead. Studies have shown this can lower the cholesterol in the body by more than 20% after just two weeks of use. This figure can go down some more if this becomes a habit before going to work.



It is tough to just have oatmeal in the morning. Sometimes, the individual can have a fruit. An example could be an apple.

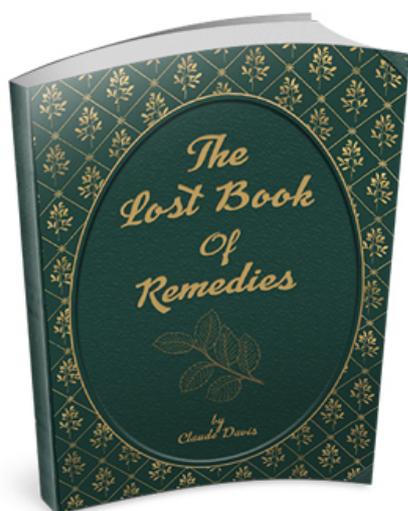
Studies have shown that people who eat at least 2 full apples a day or drink 12 ounces of apple juice are able to reduce the chances of heart diseases by 50%. This can be purchased at the supermarket and eaten during anytime of the day such as dessert after a light meal or as a snack.

During lunch or dinner, the person must have some vegetables in the meal. Those who order can have fish or poultry instead of eating red meat. Such dishes are not high in saturated fats, which are healthier.

Those who love to cook at home can try mixing some healthy things ingredients in the meal. One example is garlic that has natural properties that can declog the arteries and again lower the odds of succumbing to heart disease.

Having a can of beans is also good for the diet. This is because it contains soluble fibers that can combat the bad cholesterol in the person's body. There are not that many people who will do this but those who are able to eat even a half an onion daily will be able to increase the HDL and lower the LDL.

People are often told that fats are not good for the diet. This isn't entirely true because this comes in many forms. There are fats that are healthy such as unsaturated ones and omega 3 fatty acids.



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Monosaturated and Polysaturated ones are also effective since these are usually found in cooking oils. This means food preparation also plays a big factor in reducing lowering one's cholesterol levels.

The individual should read the label at the supermarket and read the ingredients to find out if this is healthy for cooking.

Being a bit overweight or noticing a lot of bulges in the body is one way of knowing that the person is potentially at risk for succumbing to disease to high levels of cholesterol in the system.

If the individual is unable to make a proper dietary plan, a specialist can help make one so all the person has to do is follow it.

Natural Ways to Reduce Cholesterol

Cholesterol is just one of substances that the body can make on its own. Unfortunately, eating food that is high in oil and saturated fats creates an imbalance. If precautions are not taken now, the chances of a heart attack and other cardiovascular diseases get higher as the person ages.

Cholesterol is classified into two. The first is called LDL or low-density lipoprotein. This is better known as bad cholesterol and having too much of it can cause problems in the health of an individual.

It is a good thing that the body can counter this with HDL or high-density lipoprotein, which is called good cholesterol. There must a balance between the two so that the heart, blood circulation and all the other systems are working.

The only way for the patient to know the levels in the body is through a blood test. Those who fall within 4.4 to 7.1 have a small chance of experiencing a heart attack. Any figure above that is bad and anything below means the risk are much lower.

The natural way to reduce cholesterol will be to do something physical everyday. A person can do brisk walking every other day while those in between can be working up some sweat in the gym while working on the weight machines.

Studies have shown that getting those muscles to work is much better and safer than taking prescription drugs that are known to have certain side effects when it is taken. The same goes for the use of food supplements since the human body needs exercise to keep in functioning.

Another natural way will be to eat right. This may mean changing one's eating habits but the long terms effects are rewarding. The individual will have to cut down on red meat, other oily foods and junk food. This includes bread, cake, candy bars, cookies, French fries and potato chips.

Changing the way food is cooked is also another way to reduce cholesterol naturally. Instead of frying, the person can try steaming, boiling or the quick way of throwing it in the microwave.

#1 Trick to Normalize Cholesterol!
How 53-year-old man discovered a weird trick that brought his cholesterol down to a healthy level and cleared out his 93% clogged arteries.

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There was a time that doctors encourage children and adults to drink milk. Though this can help strengthen the bones as one ages, this too is has certain ingredients that are not safe. This should be changed for soy or non-fat milk that may taste a little different but is much healthier than the old one.

It is strongly encouraged to drink lots of water and natural fruit juice since it also has the properties that can reduce cholesterol just like eating it before it is mixed using the blender.

Unsweetened tea is also safe to drink. It may taste different so mixing a sachet of Equal or Nutrasweet can add some flavoring.

Watching the food and drinks being consumed is the best way to watch the cholesterol levels and improve the overall health of the person. The first blood test may show disturbing numbers but by exercising and going on a diet, there will be some improvements.

It does not cost much to live a healthier lifestyle if only one tries. This just proves that lowering the cholesterol can be done which is much better than ending up in the hospital with complications that will either mean the life or death of the patient.

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