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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Tips On Lowering Cholesterol**

**By Kathryn Whittaker**

Are you looking for ways to lower cholesterol? People these days are very conscious of their weight and their cholesterol level as well. It is not surprising to find people searching for tips and suggestions on how to lower their high cholesterol. Perhaps it is because of the health disadvantages that can result.

Several heart ailments have been connected to high cholesterol level in the body. Some people, for whom the risk of a stroke is high, should not take high cholesterol for granted.

Health is an essential aspect to a happy life, but it must be monitored. Generally, having good health means that a good diet and exercise regime is followed. What you eat plays a significant role in your cholesterol level. So it is essential that one should choose the proper food and nutrition in order to attain the right level of cholesterol that you need. Having cholesterol levels that are too high could result in ill health so lowering cholesterol levels is necessary.

There are two types of cholesterol, the LDL and the HDL cholesterol. Imagine the HDL as the healthy type and the LDL as the non-healthy one. In particular, HDL can eventually aid in carrying cholesterol out of the blood vessels while the LDL permits it to be deposited inside the artery walls. But it is good news that you can do something about it.

So, let us start by discussing it. Eating hot dogs, mayonnaise, bologna and salami may be very pleasing, but these foods could easily increase your cholesterol levels. You don't want that, so your food choice instead should be replaced with sandwiches made of lean turkey and a whole lot of fresh, green vegetables.

Restrict eating those highly processed foods and those that you know have high fat levels. As much as possible avoid trans fats, for these further raise the LDL cholesterol and advance the lowering of the beneficial HDL.

Moreover, it is advisable that you do not eat foods like shortening, margarine, and especially those which contain partially hydrogenated soybean oil. Furthermore, eat those foods that are rich in

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Omega-3. Salmon is a really good option so buy red salmon varieties, for they are fantastic sources of Omega-3. Flax seed is also rich in Omega-3. Nuts are also great alternatives to your high-fat cravings.

Try walnuts, almonds, cashews, and pecans. They are high in fat but they are not the kind that causes harm. You should also cut down on rich desserts. Why not try to eat other alternatives like angel food cakes, jelly, crackers or fat-free yogurts?

Fresh, green vegetables are rich in fiber and these will aid in lowering cholesterol. Fruits, vegetables, cereals, beans and oatmeal are nutritious and can trim down your cholesterol levels as well. Try to grill if you are going to eat steak or burgers for a treat. This would lower the intake of fatty grease and it tastes great too. In addition, olive oil is better to use and try to avoid bacon bits, egg yolks, and other like foods. And most of all avoid fast foods.

If you suffer from high cholesterol, you should consult your primary care physician for advice before making any changes to your diet.

Kathryn Whittaker has an interest in Health related topics. To find out how you can lower high cholesterol please visit this Lowering Cholesterol

<http://www.thirtydaystolowercholesterol.com>

site.

### **5 Simple Steps to Lower Your Cholesterol Level**

**By Frank Mangano**

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You can lower cholesterol without drugs by following some basic steps that will not only change your cholesterol readings, but also improve your health today and in the future. So often we use a prescription drug and hope it will magically cure whatever ails us. The truth is prescription drugs for lowering cholesterol do work. The problem is both the short term and long-term side effects.

Even more dangerous than the side effects of prescription drugs to lower cholesterol is not getting cholesterol under control. Over time, high cholesterol can lead to numerous conditions of the heart and arteries, not the least of which are atherosclerosis (hardening of the arteries), stroke or heart attack.

Here are 5 steps you can take today to lower your cholesterol without prescription drugs.

Eat right. May sound simple, but diet has such a significant impact on lowering cholesterol that it should be the number one factor you look at in determining if your high cholesterol is hereditary or a matter of dietary choices. A low fat and low cholesterol diet is the first step toward lowering

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cholesterol.

**Exercise.** Improving cardiovascular health is a step toward reversing the effects of high cholesterol. Exercise itself doesn't directly lower cholesterol, but will strengthen the heart and entire circulatory system.

**Quit smoking.** If you smoke, the plaque build up in the arteries due to high cholesterol is accelerated. When plaque blocks the flow of blood to the heart, the muscle has to work harder to get oxygen. This can lead to a heart attack. If the arteries get completely blocked with plaque from high cholesterol then a stroke can occur.

**Relax.** Chronic stress can affect cholesterol levels. If you are constantly stressed and eating a low cholesterol diet, you may not see any improvement in cholesterol readings until you learn to relieve stress.

**Talk to your doctor.** Not all doctors are quick to prescribe medications. In fact, the more enlightened doctors will help you form a diet and exercise plan that is suitable for your current overall health and abilities as a first step toward lowering cholesterol. It is always important to ask your doctor if your decision to follow a specific diet or exercise plan is right for you. In addition, do not stop taking medications before consulting with your doctor. You can lower your cholesterol with diet and exercise, and under the care of your doctor, see about removing drugs from the process.

It does not take long to see significant improvements in your cholesterol. Lower cholesterol can be yours in just a matter of weeks. If you would like to understand more about cholesterol, the prescriptions most often used to treat it, and what you can do to lower cholesterol naturally and without prescription drugs, visit one of the Internet's leading resources on cholesterol:

<http://www.60daystolowercholesterol.com>

Frank Mangano is an author, researcher and health advocate who dedicates his life to finding solutions for people interested in reducing their risk of health problems by improving their overall quality of life naturally, without the use prescription medication. Learn more by visiting his website:

<http://www.60daystolowercholesterol.com>



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