

**Lowering Your Cholesterol
Naturally: Learn How To Get
Started Lowering Your
Cholesterol Naturally Today
by
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The Causes of High Cholesterol and Ways to Lower it Naturally

High cholesterol is a problem that is caused by the lack of a proper healthy balanced diet, bad eating habits and in some cases it is hereditary. Certain individuals inherit the condition familial hypercholesterolemia, a condition where the cholesterol levels are dangerously high. In other cases, the individuals tend to eat a lot of foods that contain high cholesterol or a lot of saturated fats which will basically increase your low density lipoproteins levels (LDL), that is, your bad cholesterol which is a health risk that causes a blockage to your arteries and subsequently causing heart disease among other ailments.

To maintain normal cholesterol levels and improve your health, it is advisable to eat foods that are low in cholesterol and to exercise regularly. Foods like fresh fruits, vegetables, nuts, fish, chicken, lean meat should be incorporated into your daily diet as they are low in cholesterol and will increase your high density lipoprotein levels (HDL), your good cholesterol whose main function is to reduce the LDL levels in your body by excretion.

Taking regular walks, or signing up in a gym are just one of the ways you can exercise not necessarily on a daily basis but as often as you can preferably thrice or four times in a week but for an individual who is trying to combat the problem of high cholesterol it is best to exercise on a daily basis for an hour or two.

It is hard sometimes to avoid some of your favorite foods like candy bars and chips, but you need to realize that your main focus is to lower your cholesterol levels in your body and more so to ensure that your cholesterol ratio is good, which is your LDL to HDL ratio. Total cholesterol figures do not indicate your individual good and bad cholesterol levels so they are not very accurate in making a diagnosis. Doctors claim that a good cholesterol ratio is 3:1 and to maintain normal cholesterol levels consume not more than 200mg of cholesterol a day.

The liver produces most of the cholesterol in your body therefore with a diet change it might not really do the trick and it is always best to combine it with natural cholesterol supplements that contain Phytosterols, Policosanol and D-Limonene that will help combat the bad cholesterol by reducing its production

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and absorption while simultaneously increasing your good cholesterol levels.

Living a healthy lifestyle should be a priority to anyone who values life. It is simple to keep to a healthy diet and regular exercise and one should not wait to have suffered a heart attack caused by high cholesterol to change their lifestyle.

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Tips that can help Lower Cholesterol Levels

The liver produces most of the cholesterol in our bodies and therefore it is important that we keep to healthy diet of vegetables, fresh fruits and regular exercise on a daily basis. There are two types of cholesterol levels in our bodies, low density lipoproteins (LDL), this are bad cholesterol levels and the high density lipoproteins (HDL) which are the good cholesterol levels. The LDL levels are very harmful to your body for they are the cause of heart attacks and this is due to the fact that they cause blockage to your arteries. The HDL levels main function is to actually reduce the production and absorption of your bad cholesterol.

Individuals battling with high cholesterol can use various cholesterol treatment alternatives, for example statin which is quite popular and usually everyone's first choice. Although very effective at lowering your LDL levels it does however have severe side effects. It is best to lower the cholesterol naturally by eating foods that are low in cholesterol and using natural cholesterol supplements such as Policosanol found in sugar cane, Theaflavins found in both green black tea and Phytosterols found in plant membranes. Combining a healthy diet with natural supplements will help you combat high cholesterol the safe and most natural way. You do not have to worry about dealing with other ailments that are brought about by cholesterol medication.

Low diet cholesterol menus or recipes are a good start to a healthier lifestyle. Keep to a diet that is enjoyable to eat and at the same time beneficial to your health. Foods to exclude in your daily diet include; red meat which you can substitute for fish or chicken, foods rich in saturated fats should be eliminated completely from your diet or should be consumed in very low quantities and not as often. Healthy food may not be very tasty as fatty foods but they offer the most benefit to your body.

Increase the amount of soluble fiber in your body by eating foods like whole grains, they help with digestion and lower you bad cholesterol by removing the dietary fats. While making meals avoid deep frying your foods to prevent the loss of nutrients and substitute animal oil to vegetable oil when cooking. Avoid eating snacks like potato chips and candy bars instead do some exercise by taking a short walk or jogging for a short distance. If you eat out, go to a restaurant where they serve foods that are low in cholesterol and when shopping

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for foods always check the labels for cholesterol levels. For an individual who has high cholesterol problems and drinks alcohol or smokes, these habits should be stopped entirely for they accelerate your chances of getting a stroke or heart attack. It is quite simple and easy to maintain your health if you take good care of yourself.

Learn more about how to lower your cholesterol naturally without dangerous drugs at <http://www.bodybalancenorth.com/cholest>. Find out how to lower cholesterol naturally.

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Ways You can Naturally Lower Cholesterol

Cholesterol screening is important because you will be aware if you have a high cholesterol problem. Doctors will usually recommend certain medication for treatment however before you decide to use the medication it is good to find out about other cholesterol treatment alternatives available that do not require ingestion of drugs. The good news is there are ways that you can use to lower your cholesterol naturally and they include:

Exercising on a daily basis will increase your good cholesterol levels, which are the HDL levels. Visiting a gym, or doing simple exercises like jogging, taking a walk or a short run is sufficient to get you in good shape and health. You do not necessarily need to exercise on a daily basis however try to exercise as many times as you can in a week and for an hour or half hour. Reports also show that Yoga helps reduce high cholesterol, and it accomplishes this by reducing the hormones that are released when you are stressed out and simultaneously will cause your cholesterol to reduce.

Formulate a diet that is healthy and well balanced. Many people enjoy foods that are deep fried because they taste a lot better than foods that are either steamed or boiled, but if you have high cholesterol problems, it is advisable to you eliminate foods with saturated fats from your daily diet completely and start to eat foods free of cholesterol like vegetables and fresh fruits as well as foods that will help you reduce your bad cholesterol like nuts and fish. It is also said that Benecol that comes from stanols found in pine trees contains active ingredients that reduce cholesterol levels if consumed on a daily basis.

Natural supplements combined with a healthy diet greatly lower cholesterol levels. They are not drugs but substances found in certain foods or plant membranes. For example, OC MAX uses an enzyme called Serratia E15 silkworm that helps lower cholesterol levels. It effectively lowers your bad cholesterol levels (LDL). It is essential to consult a doctor first before using any natural supplements.

A combination of a low cholesterol diet, natural supplements and regular exercise, will do your body a great good. You will not only reduce the cholesterol levels in your body but your body will be able to fight off other ailments that can be contributed to a poor health lifestyle.

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What To Consider When Using Natural Remedies?

Natural remedies used to lower high cholesterol levels are not only safe but also very effective. A healthy diet and regular exercise are the best natural remedies for high cholesterol. Reports show that they can lower cholesterol levels by 35% in weeks and with a combination of natural supplements the cholesterol levels are greatly reduced. The liver produces most of the cholesterol in our bodies and is used for certain functions in our bodies however too much of it is harmful.

Cholesterol is said to be a waxy fat like substance that does not dissolve in blood instead, to move around the body it is carried either by the low density cholesterol which is the bad cholesterol or the high density cholesterol which is the good cholesterol. The LDL deposits amounts of cholesterol on the artery walls as it moves on to its intended destination. These deposits buildup to form what is known as plaque, nevertheless the good cholesterol (HDL) will clean up the deposits from time to time. Natural remedies can be effective in 3 ways, one is that they either lower the total amount of cholesterol, or raise the HDL levels or lower the LDL levels.

Doctors will often prescribe cholesterol medication for treatment, for instance, statins although very effective there are certain concerns that the drug works too well and interferes with the production of an antioxidant known as coenzyme Q10 (COQ10) which is needed for the normal function of all the body muscles including the heart muscle. After its approval it was recommended that Q10 should be added to the statin compound and to be used not as a supplement but a preventive measure against rhabdomyolysis, in layman terms it is what doctors call muscle death. It is for this reason most people with high cholesterol problems are opting for natural remedies.

Maintain your weight; an increase in weight will show that your total cholesterol figures have increased. Most importantly is to ensure an increase in your good cholesterol levels and a decrease in your bad cholesterol levels to maintain your health. Exercising not only keeps you fit but also lowers your cholesterol levels by reducing the bad cholesterol and raising the good cholesterol levels. Eating a healthy diet and especially foods that are low in cholesterol and foods that are rich in Omega-3 fatty acids like sardines, tuna, mackerel help reduce the LDL levels and risk of blood clots. Various vegetables have various benefits but

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all vegetables will reduce your cholesterol levels as long as they are cooked in a way that the nutrients are retained.

In conclusion high cholesterol in the body is a worrying problem and especially to an individual who has suffered a stroke or heart attack and in this cases desperation sets in and these individuals will rush to get the best cholesterol medication in the market just to use it and end up in the hospital again this time suffering from a different ailment caused by the ingestion of the medication. Using natural remedies is the safest way to treat high cholesterol problems it may take awhile before you can see the results but it is well worth it.

Here is a List of Low Cholesterol Foods with Natural Nutrients

A large number of people are battling with high cholesterol problems, for others the problem is much worse if they have suffered a heart attack or a stroke. The reasons why most people have this problem, it is because they do not eat healthy foods and quite obviously they have bad eating habits and hardly exercise. It is essential to have a healthy lifestyle for the obvious reason that you increase your chances of living longer.

The cholesterol types in our bodies are the indicators of whether we have a cholesterol problem or not. Having gone through a cholesterol screening process, it is important that you ask your doctor to explain the total cholesterol figures to you, detailing your levels of low density lipoproteins, your bad cholesterol and high density lipoproteins, your good cholesterol. With this diagnosis the doctor will recommend a solution that best suits you, that will help you combat the problem, if one does exist.

There is a natural way to lower high cholesterol levels and this is by keeping to a healthier diet on a daily basis that contains foods that are low in cholesterol. Foods like fresh fruits and vegetables have no cholesterol instead they have vitamins and a lot of good fiber that will improve your health. Garlic is known to be very effective and this can be used while cooking meals. Nuts also lower high cholesterol although they should not be consumed in large quantities because they have a lot of calories which of course do not help in improving your health.

Omega-3 fatty acids found in tuna, sardines, salmon and other foods, helps lower your triglyceride levels improving your healthy and especially your heart. Oatmeal is also a good addition to your diet because it increases your high density lipoprotein levels (HDL), your good cholesterol whose main function is to reduce the levels of your low density lipoproteins which is your bad cholesterol.

Other supplements that can lower your LDL levels significantly are Policosanol, D-Limonene, Theaflavin and Rice Bran oil. Combining these supplements with a healthy diet and regular exercise, the only cause of a premature death will have nothing to do with your health.

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