

Title:

Basic information about Cholesterol

Word Count:

363

Summary:

An informative article with basic information on cholesterol, risks associated with high chole

Keywords:

cholesterol, LDL, HDL

Article Body:

Cholesterol is a waxy, fatty substance that is found in every cell of the body. It is involved

The amount of cholesterol in the body depends on factors such as the rate of cholesterol produ

The excess cholesterol in our body circulates in the bloodstream. High levels of cholesterol i

Different types of Cholesterol

Low-Density Lipoprotein (or LDL) cholesterol is a bad type of cholesterol that is most likely

Cholesterol & Heart Disease

High cholesterol is one of the major contributors to heart disease. Research strongly indicate

Reasons which lead to a Rise in Cholesterol:

Poor eating habits

Smoking

Excess weight or Obesity

Heredity factor

Daily Stress

Over Alcohol consumption

Ways to control or lessen Cholesterol:

Good eating habits

It is very important to follow good eating habits in order to lower your cholesterol.

Regular exercising

Experts recommend at least 30 minutes or more of moderate-intensity physical activity five day

Weight loss and maintaining it

You can lower your LDL (^bad cholesterol~) and elevate your HDL (^good cholesterol~) just by d

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