

Title:
Cholesterol

Word Count:
627

Summary:

This article explains how to keep your cholesterol levels low by using mostly natural methods.

Keywords:

cholesterol, blood fat, cholesterol levels

Article Body:

Ways To Keep It Low

These days we hear a lot of warnings about cholesterol, but the funny thing is, cholesterol is

Unfortunately, there's a lot of confusion surrounding this substance because it's made up of b

Every Day Ways Of Keeping Your Cholesterol Low :-

Watch your weight.

The more overweight you are, the more cholesterol your body produces. So if your weight is up,

Cut Out The Fat.

You'd be wise to cut back on such sources of saturated fat as meat, butter, cheese and hydroge

Switch To Olive Oil.

Olive oil contains monounsaturates which is said to help lower cholesterol levels if added to

Go Easy On The Eggs

Don't feel you have cut them out entirely, if you want to play safe then limit your eggs to ab

Be Full Of Beans

Nutritious and inexpensive, beans and other pulses contain a water-soluble fibre called pectin

Eat More Fruit

Fruit also gets it's cholesterol lowering punch from pectin, so by eating lots of fresh fruit

Have Your Oats

Oat bran also helps to lower cholesterol in a similar fashion to pectin rich fruit. In fact it

Other Foods That Are Recommended.

Carrots can lower cholesterol. Carrots by way of their pectin content the same as fruit. Two c

Take Garlic

Eat raw garlic. As well as reducing your circle of friends, it will reduce harmful blood fats.

Don't Smoke

Studies have shown that heavy smokers have a higher cholesterol than non smokers, so here's an

Medication - Drugs

There's now plenty of drugs on the market for lowering cholesterol levels. But, as with all dr

When I found out my own cholesterol levels were high, I managed to get my levels back to norma

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