

Title:
Cholesterol Control

Word Count:
625

Summary:
Newspapers have reported on the drawbacks of having a diet high in fat. High-fat diet has been

Keywords:
cholesterol, home remedies for Cholestrol, Home based cure for cholestrol.

Article Body:
Newspapers have reported on the drawbacks of having a diet high in fat. High-fat diet has been

Doctors recommend reducing and avoiding high-fat diets containing meat, eggs and dairy products

- Increase the intake of Vitamin E: It is advised to increase your intake of Vitamin E to 400
- Eat your breakfast: People who skip the breakfast have higher cholesterol levels than those
- Eat small meals frequently: Large meals have been shown to release a large amount of insulin
- Add Vitamin C to your diet: Though other vitamins and minerals play an important role in the
- Increase garlic intake: Taking seven cloves of garlic a day will reduce cholesterol levels s
- Skip decaf: Avoid decaffeinated coffee since it has been shown to raise LDL levels. This is
- Munch grapes: Grapes and their products have a compound which lowers cholesterol significant
- Have grapefruit: Grapefruit contains pectin which reduces cholesterol significantly. Hence,
- Eat beans: Lima beans, kidney beans, navy beans, soybeans and other legumes have been shown
- Splurge on carrots: Carrots have plenty of pectin, the most useful type of fibre for lowerin

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