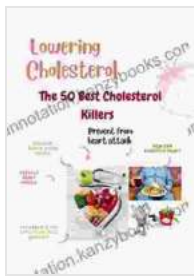


Lowering Cholesterol: The 50 Best Cholesterol Killers

High cholesterol is a major risk factor for heart disease, stroke, and other health problems. Fortunately, there are many things you can do to lower your cholesterol levels, including eating a healthy diet, exercising regularly, and taking medication if necessary.



Lowering Cholesterol: The 50 Best Cholesterol Killers

by Katie Kimball

★★★★★ 5 out of 5

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One of the most effective ways to lower your cholesterol levels is to eat a diet rich in soluble fiber. Soluble fiber binds to cholesterol in the digestive tract and prevents it from being absorbed into the bloodstream. Foods that are high in soluble fiber include oats, beans, lentils, apples, and pears.

In addition to eating a healthy diet, you should also exercise regularly. Exercise helps to lower cholesterol levels by increasing the production of

HDL cholesterol, the "good" cholesterol that helps to remove LDL cholesterol, the "bad" cholesterol, from the bloodstream.

If you have high cholesterol, your doctor may recommend that you take medication to lower your cholesterol levels. There are a variety of medications available, including statins, bile acid resins, and niacin. Your doctor will work with you to determine which medication is right for you.

In addition to the tips above, there are a number of other things you can do to lower your cholesterol levels, including:

- Quit smoking
- Lose weight if you are overweight or obese
- Limit your intake of saturated fat and trans fat
- Eat more fruits and vegetables
- Reduce your stress levels

If you are concerned about your cholesterol levels, talk to your doctor. Your doctor can help you determine if you have high cholesterol and recommend the best course of treatment.

The 50 Best Cholesterol Killers

Here is a list of the 50 best foods and supplements that can help lower your cholesterol levels:

1. **Oats** are a whole grain that is high in soluble fiber. Soluble fiber binds to cholesterol in the digestive tract and prevents it from being absorbed into the bloodstream. Oats can be eaten cooked or uncooked, and

they can be added to a variety of dishes, such as oatmeal, smoothies, and baked goods.



2. **Beans** are another good source of soluble fiber. Beans are also a good source of protein, iron, and folate. Beans can be cooked and

added to a variety of dishes, such as soups, stews, and salads.



3. **Lentils** are a type of legume that is high in soluble fiber. Lentils are also a good source of protein, iron, and folate. Lentils can be cooked

and added to a variety of dishes, such as soups, stews, and salads.



4. **Apples** are a good source of soluble fiber. Apples are also a good source of vitamin C, potassium, and antioxidants. Apples can be eaten

fresh, cooked, or juiced.



5. **Pears** are another good source of soluble fiber. Pears are also a good source of vitamin C, potassium, and antioxidants. Pears can be eaten

fresh, cooked, or juiced.

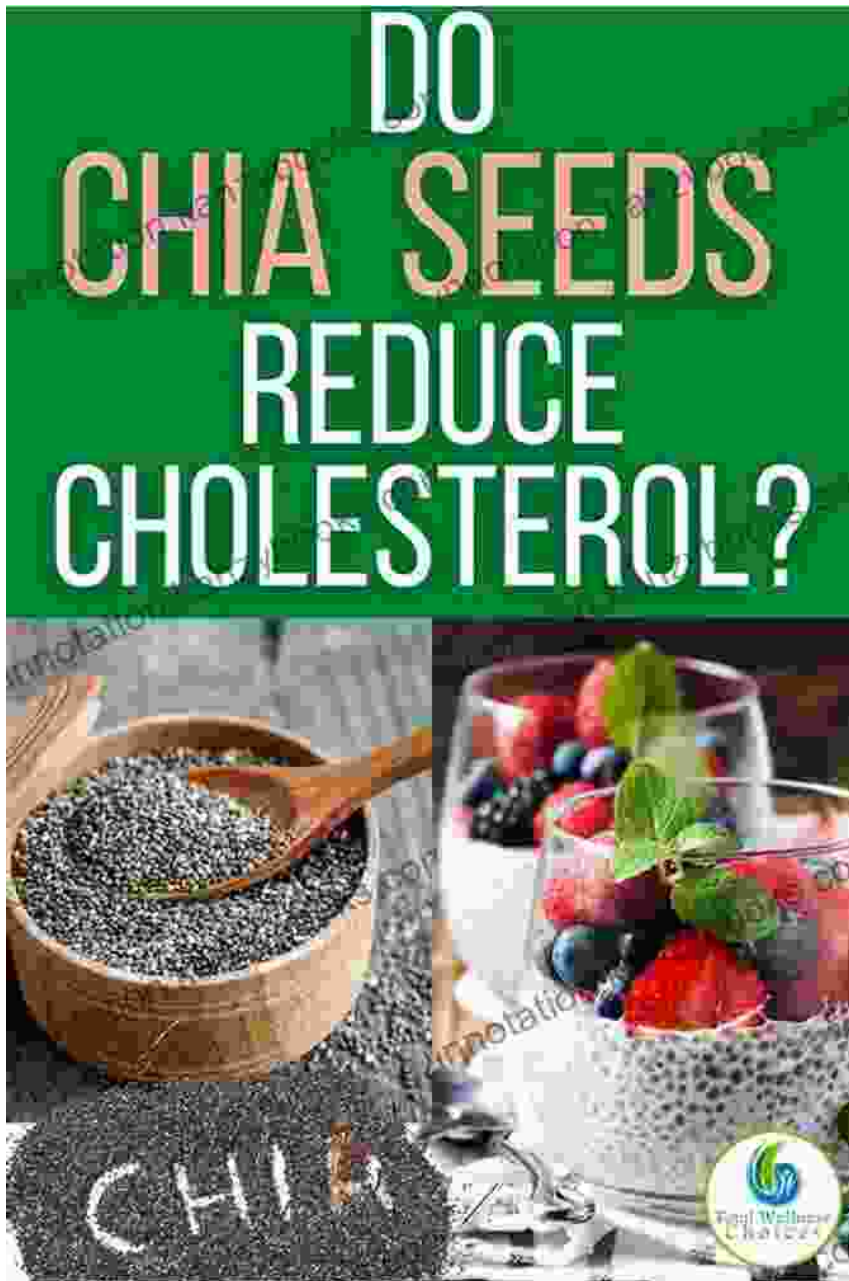


6. **Ground flaxseed** is a good source of soluble fiber. Ground flaxseed can be added to a variety of foods, such as oatmeal, smoothies, and

baked goods.



7. **Chia seeds** are a good source of soluble fiber. Chia seeds can be added to a variety of foods, such as oatmeal, smoothies, and yogurt.



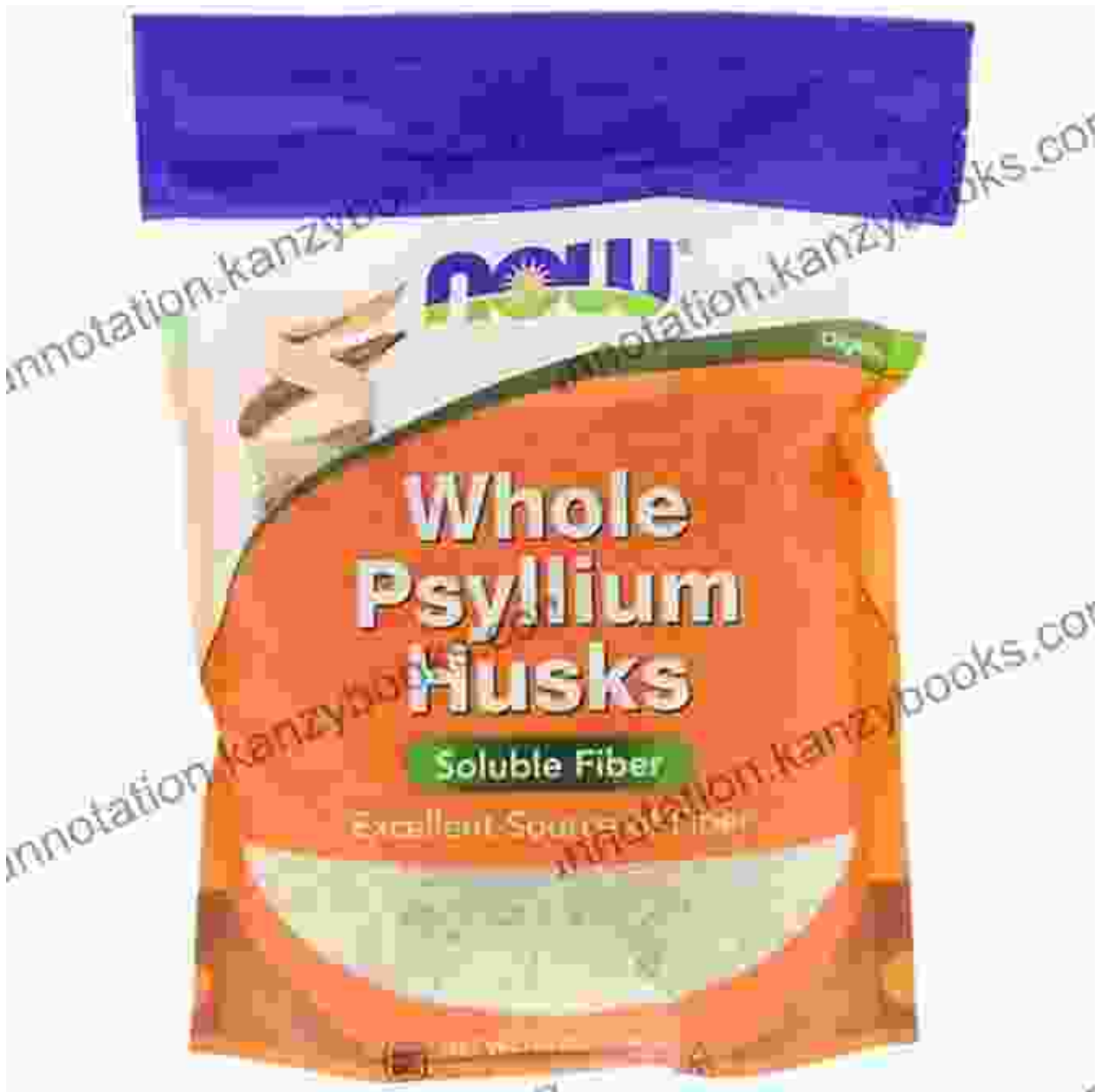
8. **Oat bran** is a good source of soluble fiber. Oat bran can be eaten cooked or uncooked, and it can be added to a variety of dishes, such

as oatmeal, smoothies, and baked goods.



9. **Psyllium husk** is a type of soluble fiber that is derived from the seeds of the *Plantago ovata* plant. Psyllium husk can be taken in capsule or powder form, and it can be added to a variety of foods, such as

oatmeal, smoothies, and baked goods.



10. **Glucomannan** is a type of soluble fiber that is derived from the root of the konjac plant. Glucomannan can be taken in capsule or powder form, and it can be added to a variety of foods, such as oatmeal,

smoothies, and baked goods.



11. **Plant sterols and stanols** are plant-based compounds that are similar to cholesterol. Plant sterols and stanols can block the absorption of cholesterol into the bloodstream. Plant sterols and stanols can be found in a variety of foods, such as fortified margarine, orange juice,

and yogurt.



12. **Red yeast rice** is a type of fermented rice that contains a compound called monacolin K, which is similar to the cholesterol-lowering drug

lovastatin. Red yeast rice can be taken in capsule or tablet form.



13. **Policosanol** is a natural compound that is derived from сахарный тростник. Policosanol has been shown to lower cholesterol levels in

some studies.



14. **Garlic** has been shown to lower cholesterol levels in some studies. Garlic can be eaten fresh, cooked, or in supplement form.



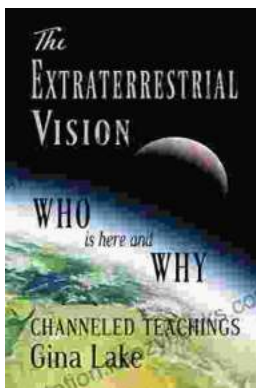
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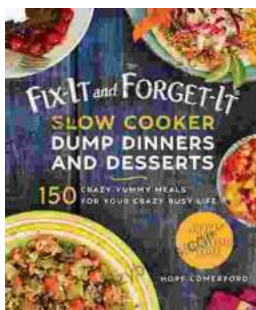


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