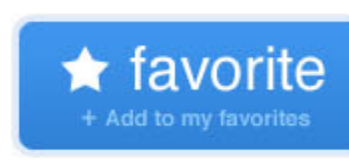


Natural Products to Lower Cholesterol

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Cholesterol is categorized into three types of lipids (fats): LDL (bad cholesterol), HDL (good cholesterol) and triglycerides. When combined, these three types of cholesterol make up total cholesterol. While your body produces all of these types, you accumulate excess amounts through the foods you eat. And while you can raise your cholesterol by eating all the wrong foods, you can also decrease your cholesterol by consuming natural products that are healthy for you and your lipid levels.



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Oats
 Oatmeal and oat bran are both forms of soluble fiber. According to Gloria Tsang, registered dietitian and contributor for HealthCastle.com, eating 5 to 10 g of soluble fiber each day can lower your LDL cholesterol by 5 percent. In some cases, LDL levels were lowered by as much as 23 percent.

Artichoke Extract
 Consuming 1,800 to 1,920 mg of artichoke extract per day may help reduce your LDL and total cholesterol levels. According to the Mayo Clinic, you should divide the recommended amount into two or three doses through the day. The possible side effects associated with this product include gas and an allergic reaction.

Omega-3 Fatty Acids
 Fish is an excellent source of protein and omega-3 fatty acids. These fatty acids may help lower your LDL cholesterol and triglycerides, while raising your levels of HDL. Tsang recommends eating two to three servings of fish each week to reap the benefits. If you are not a fan of seafood, omega-3s can be found in supplement form. The usual recommended dosage is 1,000 mg per day.

Green Tea
 According to HealthyHeartGuide.com, green tea extract may lower your LDL and triglycerides while raising your levels of HDL. The experts at The University of Maryland Medical Center state that the polyphenols in green tea help absorb cholesterol in the intestines, thus reducing total cholesterol levels.

Another report by Green-Tea-Health-News.com claims that drinking at least five glasses of green tea a day can lower levels of LDL up to 16 percent while lowering total cholesterol by 11 percent.

Plant Sterols
 Considered one of the five superfoods for lowering cholesterol, plant sterols are a natural substance that blocks the absorption of cholesterol. According to HealthCastle.com, you simply need to consume two servings of sterol-fortified foods each day to lower your LDL by 10 to 15 percent. Examples of sterol-fortified foods include orange juice, margarine and yogurt.

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- [Flush Out Cholesterol](#)
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- [LDL HdL](#)
Learn to Naturally Raise Your HDL Cholesterol Levels Here. www.NorthCreekMedicine.com/HDL
- [Lowering Cholesterol](#)
Looking for Lowering Cholesterol? See our Lowering Cholesterol guide. Spectrum-Health.org

References

- University of Maryland Medical Center: [Green tea](#)
- Green-Tea-Health-News.com: [Green tea cholesterol research](#)
- HealthCastle.com: [Super foods to lower cholesterol](#)

About this Author
 Based in Espyville, PA, Hannah Rice Myers has more than 10 years experience as a freelance writer, specializing in the health industry. Many of her articles have appeared in newspapers as well as Curing Epilepsy: Hope Through Research. Rice received her Masters Degree in nursing from Upstate Medical University in 2001.

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Article reviewed by Renee Peterson

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