

Lowering Cholesterol To Stay Alive

Contributed by Webmaster

By Ben Needles

High cholesterol is a very common problem. Since high cholesterol can lead to heart disease, and at worst case death by heart attack, it is important to do all that you can to lower your cholesterol. In some cases, lowering your cholesterol can mean the difference between life and death.

Here are some tips for lowering cholesterol, as well as what heart disease symptoms you should be looking for.

If you are interested in naturally lowering cholesterol, it is important to keep in mind that a healthy lifestyle is key. Diet is one of the biggest factors that contributes to how high or low your cholesterol is. Decreasing the amount of trans fat, saturated fat and cholesterol that is in the foods that you eat will help lower your cholesterol.

What this means is you will want to eliminate or reduce the amount of fast food and junk food that you eat. Also reduce the amount of red meats and poultry that you eat. Instead, eat healthy fruits, vegetables and whole grains.

Exercise is also important when it comes to lowering cholesterol. Try to come up with a regular cardio exercise routine that you enjoy, whether it consists of aerobic dance or swimming or any one of dozens of fun exercise routines you can undertake.

Certain factors, such as your gender and age, may also contribute to your cholesterol. Finally, keep in mind that a medical condition or a medication that you may be on can also cause your cholesterol to be high.

The reason that high cholesterol can lead to heart disease is because it causes plaque to build up in the arteries, which blocks regular blood circulation. Some of the heart disease symptoms that you should watch out for include an irregular heartbeat, a shortness of breath, nausea, indigestion or heartburn, dizziness, sweating and pain or discomfort that affects the chest, arm, breastbone or back.

If you experience one or more of these heart disease symptoms, it is in your best interest to visit the doctor.

As you can see, there are some very basic steps that you can take to lower your cholesterol, such as eating healthier and exercising more. The most important thing is to listen to your doctor. If you have any existing medical conditions or medications, be sure to find out if they may be the cause of your high cholesterol. Lowering cholesterol is a very important key to reducing your risk of heart disease and should not be taken lightly.

And of course there are companies dedicated to finding natural and organic solutions to management of high cholesterol levels. If you are unable to succeed using those methods above, but are concerned about using drugs to lower your cholesterol levels then there are very good solutions you can find to manage your cholesterol, naturally.

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About the Author (text)Want to know more about naturally lowering your cholesterol? Visit Peter's Website Natural Health-Natural Skin Care at <http://naturalskinhealth.com/cholesterol/> and find out more about naturally achieving glowing healthy skin at <http://naturalskinhealth.com/>

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