

How to Lower Cholesterol to Prevent Heart Strokes

Contributed by Webmaster

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Unhealthy lifestyle, obesity, improper diet and food intake are the major factors responsible for high cholesterol levels. There are mainly two types of cholesterol LDL (bad cholesterol) and HDL (good cholesterol). When there is excess of LDL in a person's blood, it will build up in the inner walls of his arteries which can end up causing the blocking of the arteries and thus causes atherosclerosis. Whereas, when there is a high amount of HDL present, it will actually aid in preventing heart attacks, though when the level of HDL is low, it can put the person at risk of experiencing a heart attack.

One of the major risks of having high total cholesterol is triglyceride, which is a type of fat that is obtained from the food that you eat and which is also produced in the body. When there is a high level of triglycerides, you are at a risk of having high total cholesterol in which you can get high LDL as well as low HDL.

According to health experts, diet plays an important role in lowering cholesterol level. When combined with a right medication, diet has a significant role in reducing cholesterol level.

Replace regular and full-fat dairy products to low fat or skimmed ones because these are not only good in lowering cholesterol level but also effective in managing your weight. Include plenty of vegetables and fruits because these are low in calories, cholesterol, and fat no matter how much you consume. Restrict saturated and trans fatty elements contained by hydrogenated vegetable oils because they increase blood cholesterol levels. Do not eat processed and junk foods. Take lean meats such as turkey and chicken meats in place of red meat because they are effective in decreasing cholesterol levels.

Disclaimer: This article is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

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