

High Cholesterol Solutions

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Your Guide to Lowering Your Cholesterol With TLC

The main goal in treating high cholesterol is to lower your LDL level. Studies have proven that lowering LDL can prevent heart attacks and reduce deaths from heart disease in both men and women. Your Guide to Lowering Your Cholesterol With Therapeutic Lifestyle Changes Changes Cholesterol Classifications BOX 3 Total Cholesterol Less than 200 mg/dL Desirable 200-239 mg/dL ...

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oils) and poor quality fats, high fructose corn syrup, artificial sweeteners and flavorings, preservatives, dyes and anything you could not imagine growing in nature. All of this stuff literally confuses the body. Your weight regulation and metabolism malfunctions. MSG (monosodium glutamate), for example, found in most processed foods often under other names such as ...