



WHAT CAUSES HIGH CHOLESTEROL



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ernesttan.fitness High cholesterol is when you have too much of a fatty substance called cholesterol in your blood. It's mainly caused by eating fatty food, not exercising enough, being overweight, smoking and drinking alcohol. It can also run in families. You can lower your cholesterol by eating healthily and getting more exercise. Control your daily healthy diet with the supports of good supplements as well.

Some tips to practice :

1. Reduce saturated fats. Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol.



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1. Reduce saturated fats. Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol.
2. Eliminate trans fats.
3. Eat foods rich in omega-3 fatty acids.
4. Increase soluble fibre.
5. Add whey protein.
6. Eat good supplements to improve support your health

USANA supplements can improve our health condition and let us stay in the best physical health with a consistent daily intake.

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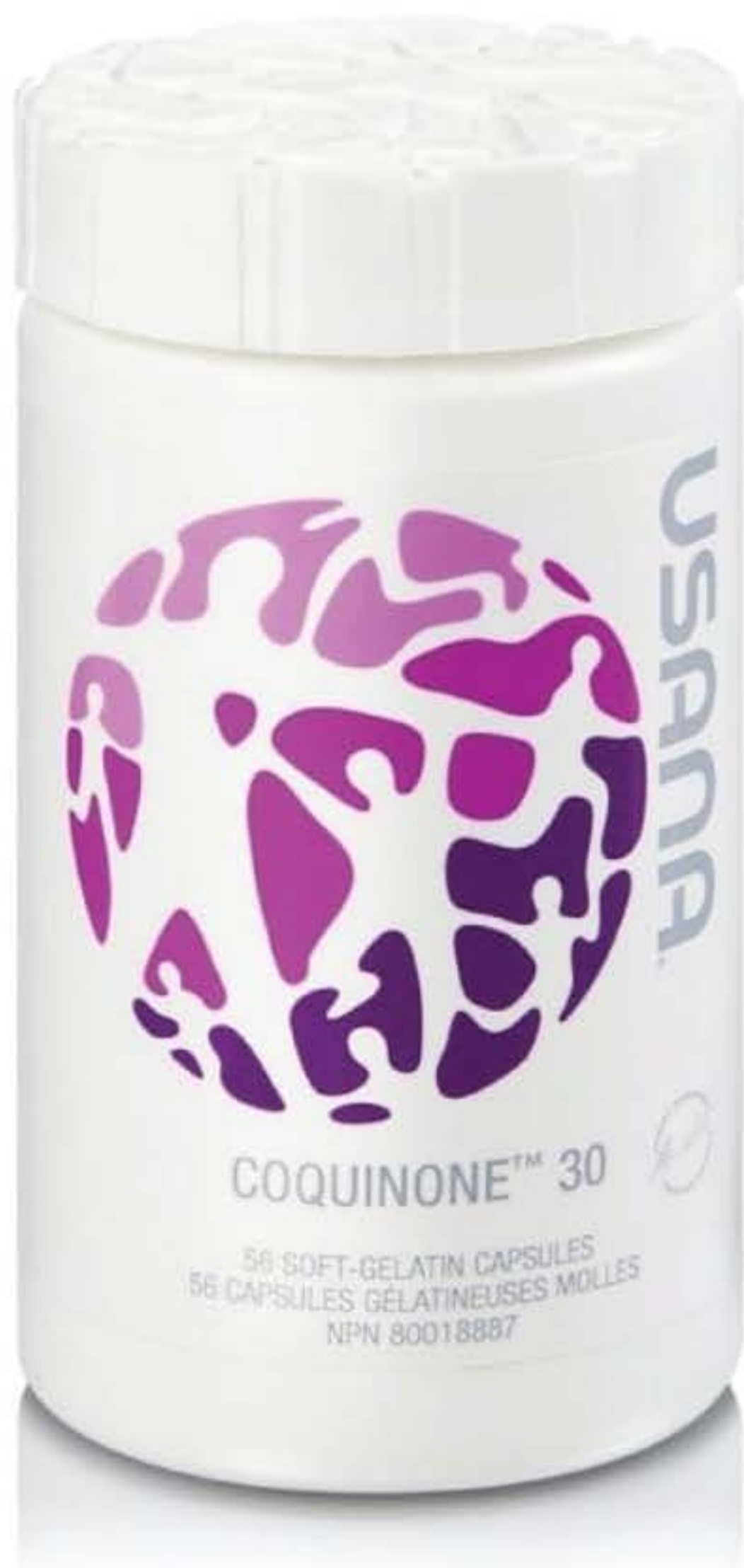


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