

Natural Remedies for High Cholesterol

High cholesterol is prominent in today's society with fast food restaurants everywhere these days. Our lifestyles can become hectic and therefore, eating food on the go seems like a natural choice for most people. If you went to your doctor there's no doubt a diet rich in healthy foods would be the prescription. So, today let's take a close look at the best natural remedies for high cholesterol to get you back on track.

Artichoke Leaf:

This home remedy is believed to accelerate bile production which results in speeding up the cholesterol turnover in your body. The prevention of excessive absorption of the intestines is the overall outcome.

Coenzyme Q10:

This very important enzyme supports the heart and the immune system. This enzyme can also be depleted by taking cholesterol lowering drugs which ultimately end up making you fatigued and can also cause muscle pain.

Red Yeast Rice:

A traditional remedy used throughout china for poor circulation, diarrhea, indigestion and has been used as one of the many natural remedies for high cholesterol.

Garlic:

There are very few natural remedies for ailments that garlic hasn't played a part in. Taking a capsule twice each day or just eating garlic has been known to work very well for cholesterol lowering.

Vitamin C with Bioflavonoid:

Quite simply, incorporating the above into your daily plan will help lower cholesterol. This remedy has been used to great effects by many people across the world.

Honey & Lime Juice:

Mixing both of these into a glass of hot water and taken every morning helps to lower cholesterol (1 teaspoon of each will suffice)

Coriander Seeds:

Boiling 2 tablespoons into a glass of water considerable helps lower cholesterol. Make sure to filter out the decoction before you consume. Taken twice a day is recommended.

Ginger:

Works to lower cholesterol by thinning the blood which in turn improves circulation.

Change Lifestyle:

The most important of all the natural remedies for high cholesterol is to eat healthy, exercise regularly and if you smoke and/or drink, either stops now or considerably reduce your intake. Thank you for stopping by today, drop by anytime. Our last two articles were natural remedies for stress and natural remedies for cholesterol problems.

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