

How to Lower High Cholesterol

Lack of exercise, being overweight and stressed: the deadly formula that raises the risk of heart attacks. **This is due to arteries of the heart muscle getting clogged with traces of cholesterol.** Some tips to improve it through your diet:



Sugar free dairy products



More legumes



More fruits and vegetables



Avoid sweets and sodas



More fish and nuts



Avoid alcohol



Foods rich in healthy fats



More natural, less refined foods



Reduced snacks and processed food

1. PHYSICAL ACTIVITY

The World Health Organization recommends that a person practice at least 150 minutes a week of moderate physical activity. According to WHO, not exercising periodically, does not allow the heart to pump enough blood and allows the accumulation of cholesterol plaques in the heart. These can disintegrate, block the cardiac arteries and cause a heart attack.

2. HEALTHY FOOD

The food that surrounds us is often high in salt, sugar and fat and is that type of food that should be avoided for a person to prevent heart attacks because they also allow clots in the arteries. People should eat a diet rich in vegetables, fruits, legumes, nuts, fish and some meats, but mainly steamed or grilled.

3. MANAGE STRESS

Stress has been recorded as one of the major epidemics of mental health worldwide, according to the World Health Organization. High competitiveness and the eagerness to increase material possessions are hurting the population. This causes heart attacks to affect even young people. To manage stress it is necessary for a person to learn to self-regulate their emotions with yoga, tai chi or meditation for example as WHO recommends.

4. CONTROL OTHER CHRONIC DISEASES

As mentioned above, diseases such as diabetes and hypertension are closely related to heart attacks. Up to 33% of the adult population worldwide is hypertensive. And 80% of this population group has no symptoms, that's why it is said that hypertension is a silent killer.



FOCUSING ON THESE 4 PRINCIPLES WILL ALLOW YOU TO AVOID HEART ATTACKS

A HEALTHY LIFESTYLE IS THE "BEST PREVENTION"

+ MORE SPORTS - LESS CHOLESTEROL

It is recommended to perform exercises that include activities such as walking, running, swimming, dancing and cycling for 30 to 60 minutes daily.

