I am only 39 and I am very fit, but my cholesterol is on the high side, so my doctor wants to put me on statins. Seriously? I run 25 miles a week and I work out, given all the side-effects Vs the benefits of statins for people who have not already had a heart attack, there's no way I am taking a statin drug.

What I will do however, or what I should say - what I have done is incorporate several foods that naturally help to reduce cholesterol and improve artery health. Foods like nuts, avocado, extra virgin olive oil and coconut oil can all help to improve your cholesterol numbers/ratios and your overall health. Check out the post below for a list of 21 foods that can help lower your chances of experiencing a cardiovascular illness.

21 Foods That Naturally Unclog Arteries

(Image from: Natural Living Ideas)