5 Natural Ways To Lower Cholesterol

Categories: General Prepping, Health/Fitness

71 Million adult Americans have high cholesterol, with around a third of them being treated with statins to lower their cholesterol. Having high cholesterol means LDL, or (the bad one!) cholesterol is too high, which leads to plaque forming on the inside of your arteries, which puts you at significantly higher risk for heart attack and heart failure.

Luckily there are some fairly simple and natural things you can do to lower your cholesterol. James Hubbard, MD, MPH (The Survival Doctor) has laid out five simple and natural things you can start doing today, to reduce your cholesterol. He also includes a secret natural supplement which contains the same ingredient as statins, which could be taken if statins were not available.

This is all useful information for everyone with high cholesterol, but it is particularly useful for preppers, so they can improve their health and reduce their dependence on prescription medications now, before the SHTF.

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(Photo from: The Survival Doctor)