

## Cholesterol

**Cholesterol** can be both good and bad, so it is important to learn what cholesterol is, how it affects your health and how to manage your blood cholesterol levels. Understanding the facts about cholesterol will help you take better care of your heart and live a healthier life, reducing your risk for heart attack and stroke. To control your cholesterol, get a cholesterol screening, eat foods low in saturated fat and cholesterol, maintain a healthy weight, exercise regularly and follow all your healthcare professional's recommendations.

***Tags:** heart health, arteries, arteriosclerosis, hypertension, heart arrhythmia, high blood pressure, hypertension, blood pressure, arterial health, congestive heart failure, HDL, LDL, heart attack, stroke, arrhythmia, congenital heart disease, coronary artery disease, myocardial infarction, heart failure, ischemic heart disease, mitral valve prolapse, pulmonary stenosis, angina*

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**HealthQuest Radio Show:** Cholesterol is Not the Culprit

***NOTE:** Any recommendations are based on general conditions and are not specific to the individual. It is strongly recommended that anyone seeking the most effective treatment do so through the specific recommendations of a licensed and qualified healthcare professional.*