

I HAVE LOW CHOLESTEROL%0A

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[Cholesterol: Can It Be Too Low? - Healthline](#)

Cholesterol problems are usually associated with high cholesterol. That's because if you have high cholesterol, you're at a greater risk for cardiovascular disease.

Cholesterol, a fatty

[Cholesterol level: Can it be too low? - Mayo Clinic](#)

For example, people with depression may have low cholesterol levels, but it has not been proved that lowering cholesterol with statin therapy causes depression. However, the benefits of lowering total and LDL cholesterol have been demonstrated extensively, particularly in individuals with heart disease or at high risk of heart disease or strokes.

[What Causes Low HDL Cholesterol Levels?](#)

In fact, studies have shown that low HDL levels are linked to an increased risk of developing cardiovascular disease.

This is especially true if other lipids, such as LDL cholesterol and triglycerides, in your blood are also high.

[Top 10 Cheeses Low in Cholesterol - myfooddata](#)

On average low cholesterol cheeses have 7mg (2% DV) of cholesterol per ounce vs high cholesterol cheeses which have 31mg cholesterol (12% DV) per ounce. Below is a table of the 10 cheeses lowest in cholesterol per ounce. For more, see the list of

[What Does Low Cholesterol Mean? | Livestrong.com](#)

You have three main types of cholesterol -- LDL, HDL, and total. All three contribute to heart disease in some way. If your LDL level is 129 mg/dL or less, and your total cholesterol level is lower than 200 mg/dL, your doctor considers your cholesterol low, along with your risk of developing heart disease.

[Why Low Cholesterol is NOT Good For You - Mercola.com](#)

Mercola.com

Too little of one type of cholesterol has been linked to memory loss and Alzheimer's disease. Scientists studied more than 3,500 civil servants to investigate how levels of HDL, or "good" cholesterol were associated with memory.

[Low Testosterone: 12 Signs in Men - Healthline](#)

Low testosterone, or low T, is diagnosed when levels fall below 300 nanograms per deciliter (ng/dL). A normal range is typically 300 to 1,000 ng/dL, according to the Food and Drug Administration.

[The Dangers of Low Cholesterol | HowStuffWorks](#)

A study conducted in the late 1990s at the Duke University Medical Center found that otherwise healthy women with cholesterol levels below 160 mg/dL were more likely to show signs of depression and anxiety than women with normal or high cholesterol levels.

Can You Have Blocked Arteries With Low Cholesterol

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If you have non-cholesterol-related risks for blocked arteries and heart disease, your doctor may recommend a variety of medications to lower your blood pressure, relax your arteries, improve the blood flow to your heart or reduce your heart's workload.

The Heart Attack Culprit: Cholesterol Isn't to Blame
WELLNESS The Heart Attack Culprit: Cholesterol Isn't to Blame Dr. Barry Sears Zone Living, CBN.com Heart disease is the number-one killer of American men and women today and this is odd, considering that heart disease was an uncommon cause of death at the beginning of the