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**Open**

**How to lower your cholesterol without drugs**

You can begin to reduce your "bad" LDL cholesterol by making a few simple changes in your diet.

If your cholesterol is creeping upward, your doctor has probably told you that diet and exercise—the traditional cornerstones of heart health—could help to bring it down. And if you'd prefer to make just one change at a time, you might want to begin with your diet. A major 2012 analysis of several controlled trials involving hundreds of men and women found that dietary changes reduced LDL and total cholesterol while exercise alone had no effect on either (however, adding aerobic exercise did enhance the lipid-lowering effects of a heart-healthy diet.) The people in the studies followed a variety of diets, from Mediterranean to low fat to low-calorie. However, the most effective diets substituted foods with cholesterol-lowering power for those that boost cholesterol. According to Kathy McManus, director of the Department of Nutrition at Brigham and Women's Hospital, eating with your LDL in mind doesn't have to be an exercise in self-deprivation. While you may have to say goodbye to a few snacks and fast foods, you can replace them with others that are equally satisfying. "You don't have to follow an all-or-nothing approach. It's really a matter of common sense," she says. She suggests a few ways to start getting your cholesterol under control.



**You don't have to follow an all-or-nothing approach. It's really a matter of common sense.**

**Weed out the worst fats**

There is so much evidence implicating trans fats in heart disease that the FDA has proposed removing the "generally recognized as safe" designation from them. "The first thing we do when I'm counseling patients is to go over all the sources of trans fats in their diet and make substitutions," McManus says. Trans fats are created by adding hydrogen to a liquid fat to help it solidify. Food manufacturers started using trans fats because they extend the shelf life of packaged baked goods. Fast-food purveyors look to them because they can be re-used again and again. Although public pressure has forced the food industry to phase out trans fats, they haven't disappeared entirely. To avoid eating them inadvertently, scrutinize the labels on food packages before you put them in your shopping cart. If you see "partially hydrogenated" in the list of ingredients, pass that product by. If trans fats aren't banned from restaurants in your area, ask if the cook uses partially hydrogenated oil before you order. Saturated fats and dietary cholesterol, which are derived primarily from animal products, aren't exactly heart-healthy, but it's all right to eat them in small amounts.

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- FIVE THINGS TO DO THIS MONTH**
- 1 Exercise your body and brain. Physical and mental workouts can help preserve memory. (page 2)
  - 2 Consider liquid vitamins for nutrient deficiencies. The risks are lower than for oral supplements. (page 1)
  - 3 Take a bubble bath. A relaxing soak in a warm tub will help you sleep better. (page 1)
  - 4 Read the food labels. Don't "partially hydrogenate" and the words "oil" and "fat" are red flags. (page 1)
  - 5 Review your screening schedule. Talk to your doctor about Pap smears and pelvic exams. (page 1)

**ADJECTIVES**

**Adjectives + Preposition**



**1- Fill in the gaps with a preposition.**

- a) Susan is very fond \_\_\_\_\_ my children.
- b) My friends are always very nice \_\_\_\_\_ me.
- c) I'm sorry \_\_\_\_\_ what I said this morning. I didn't mean it.
- d) Some of the students are rude \_\_\_\_\_ the teachers.
- e) The girls are not least a bit interested \_\_\_\_\_ football.
- f) This exercise is very similar \_\_\_\_\_ that one.
- g) the children are responsible \_\_\_\_\_ looking after the dog.
- h) Are you afraid \_\_\_\_\_ flying?
- i) I feel sorry \_\_\_\_\_ abandoned animals.
- j) Is she excited \_\_\_\_\_ moving to New York?

**2- Fill in the gaps with a suitable adjective.**

- a) Little children are usually \_\_\_\_\_ of the dark.
- b) She has a miserable life. I feel very \_\_\_\_\_ for her.
- c) I'm very \_\_\_\_\_ at Maths. I always get excellent marks.
- d) Although they are sisters, they are very \_\_\_\_\_ from each other.
- e) I'm \_\_\_\_\_ of listening to his silly stories.
- f) they are very \_\_\_\_\_ about going on holiday tomorrow.
- g) my mother was \_\_\_\_\_ with us because we broke the window.
- h) she is \_\_\_\_\_ of her three cars.
- i) He was punished because he was \_\_\_\_\_ to his mother.
- j) Wendy is \_\_\_\_\_ in all her school subjects.
- k) Our teacher is really kind. She's always \_\_\_\_\_ to us.
- l) The police said that he was \_\_\_\_\_ for the accident.

Answer key

1

- a) of
- b) to
- c) about
- d) to
- e) in
- f) to
- g) for
- h) of

**Complete the sentences with a, an, the, or no article (-).**

1. We went to Vietnam on \_\_\_\_\_ holiday and spent a week in \_\_\_\_\_, north of \_\_\_\_\_ country.
2. I've got \_\_\_\_\_ rabbit and \_\_\_\_\_ dog. \_\_\_\_\_ rabbit's called Snowy and \_\_\_\_\_ dog's called Eric.
3. In \_\_\_\_\_ school photo, Kim is standing on \_\_\_\_\_ right and Harry is standing in \_\_\_\_\_ middle next to \_\_\_\_\_ Headmaster.
4. I live in \_\_\_\_\_ flat in \_\_\_\_\_, centre of London, very close to \_\_\_\_\_, Big Ben and \_\_\_\_\_ Houses of Parliament.
5. Loch Ness is \_\_\_\_\_ most famous lake in \_\_\_\_\_ Scotland, because of \_\_\_\_\_ Loch Ness Monster.
6. David has \_\_\_\_\_ job working for \_\_\_\_\_ United Nations in \_\_\_\_\_ Netherlands, but he lives far away from his office. It takes him \_\_\_\_\_ hour to get to work.
7. They found \_\_\_\_\_ Titanic at \_\_\_\_\_ bottom of \_\_\_\_\_ Atlantic Ocean.
8. In \_\_\_\_\_ USA, most people go to work by \_\_\_\_\_ car.
9. My uncle went to \_\_\_\_\_ clinic, because he had \_\_\_\_\_ ear infection.
10. Phuket is in \_\_\_\_\_ south of \_\_\_\_\_ Thailand on \_\_\_\_\_ west coast.
11. We went to \_\_\_\_\_ wedding, but we couldn't park near \_\_\_\_\_ church, so we had to walk for ten minutes to get there.
12. She decided to go to \_\_\_\_\_ top of \_\_\_\_\_ Eiffel Tower to take photos of \_\_\_\_\_ city.
13. El Paso is on \_\_\_\_\_ border of \_\_\_\_\_ Mexico and \_\_\_\_\_ United States.
14. I know \_\_\_\_\_ Eskimo. He lives in \_\_\_\_\_ igloo near \_\_\_\_\_ Arctic Circle.
15. I met \_\_\_\_\_ Queen of \_\_\_\_\_ England when I was in \_\_\_\_\_ UK.
16. My sister stayed at \_\_\_\_\_ Ritz Hotel for her honeymoon.
17. The man was sent to \_\_\_\_\_ prison for robbing \_\_\_\_\_ convenience store in \_\_\_\_\_ Philippines.
18. There are two bedrooms, one with \_\_\_\_\_ double bed and one with \_\_\_\_\_ single bed. \_\_\_\_\_ windows of \_\_\_\_\_ large bedroom look onto \_\_\_\_\_ small garden.
19. \_\_\_\_\_ River Nile in Egypt flows into \_\_\_\_\_ Mediterranean Sea.
20. The population of \_\_\_\_\_ United Kingdom is approximately 65 million.





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