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Scottish singer Lulu has admitted to taking on drastic lifestyle changes after a diagnosis left her feeling "frightened". Many of us will be marking the beginning of 2022 by making resolutions to better our lives, and it's something Lulu knows all about. After watching her father Eddie pass away as a result of high cholesterol, the 73-year-old singer decided to make the effort to monitor her own which led to a shocking diagnosis. The Daily Express reports that Lulu was left "frightened" when her GP told her that she had raised cholesterol herself - with her fears stemming from the fact it is a big risk factor for coronary heart disease. The diagnosis caused her to reflect on her father's death, and she said: "My father's death - at the age of 71 - was terrible. I loved him dearly. He had worked in the meat market in Glasgow for years and was a great singer. Lulu made big changes to her lifestyle after finding out she had raised cholesterol." Unfortunately, he didn't really take care of his body and he'd had plenty of health warnings that he ignored. "So even though I've always tried to look after myself, when I discovered that I had raised cholesterol, memories of my dad's illness spurred me on and I made sure that I did something about it." She was quickly motivated to make changes to her diet in an effort to lower her cholesterol. The star admitted that she threw away ice-cream from her freezer and stopped putting butter on sandwiches as well as starting to include cholesterol-lowering foods as part of her everyday diet. Lulu quickly made changes to her diet. Lulu threw out all ice cream from her freezer. Lulu now makes an effort to start the day with a cup of hot water and lemon, a coffee, porridge, muesli and yoghurt with her understanding how important the first meal of the day can be. The NHS suggest eating foods that are high in unsaturated fats in small amounts to lower cholesterol. These foods include: oily fish, nuts, seeds, avocados and vegetable oils and spreads. The singer admits to eating all of these foods, as well as reportedly drinking "loads of water". Lulu would rate herself fairly high in terms of her health as she has always made an effort to be health conscious. She said: "If I had to rate my health on a scale of one to 10, I'd give myself a nine. I've always taken care to exercise and to eat a good diet. I eat organic food, because there are so many chemicals in non-organic produce." Lulu makes an effort to eat organic foods. The Scottish singer would rate herself quite high in terms of her health (Image: GC Images) Despite her efforts to look after her health, the singer faced a scary battle against pneumonia - an infection that causes the air sacs in one or both lungs to inflame. The inflamed air sacs tend to fill with fluid or pus which causes a severe cough - it can be caused by bacterial infections or a virus. When speaking to the Daily Mail, Lulu called the condition her "worst illness" with her initially not realising how serious it was. She said: "I thought it was just a bit of a cough, and toured with it - then when I got back to London, the doctor said I should have been thrown into hospital." READ MORE: Lulu got make-up tips from drag queens as she guest judges on RuPaul's Drag Race UK READ MORE: Lulu opens up about secret coronavirus battle and says she's still suffering six months on Lucinda is a Senior Lecturer at UPF-Barcelona School of Management, and affiliated Researcher at i) JHU-UPF Public Policy Center (JHU-UPF PPC), Universitat Pompeu Fabra (UPF) - UPF Barcelona School of Management (UPF-BSM), ii) Research Group on Health Inequalities, Environment and Employment Conditions Network, Department of Political and Social Sciences Department of Political and Social Sciences, UPF; and iii) Centre for Studies on Planetary Wellbeing, UPF, Spain. She holds a PhD (Cum Laude) in Biomedicine/Public Health from UPF, a MA degree in Sociology and Demography from UPF, a MSc degree in Research in Sexual and Reproductive Health from the London School of Hygiene and Tropical Medicine, ... Books and book chapters (3) Participation in scientific and professional congresses (3) Research studies and reports (1) MORRISON, J., CASH-GIBSON, L., BENACH, J., OTROS, OTHERS, O. O. (2025). Bridging Sectors and Disciplines to Gain a Critical Understanding of the Eco-Social Determinants of Health Inequities: The ESDHI-EU Conference. International Journal of Social Determinants of Health and Health Services. TUMAS, N., CASH-GIBSON, L., BENACH, J., MARTINEZ HERRERA, E., OTROS, O. (2025). Gendered interplay between socioeconomic position, urbanization and excess weight: a multilevel analysis in Spain. Discover Public Health. CASH-GIBSON, L., MUNTANE ISART, F., BENACH, J., TENA MENSA, J., SHEEHAN, M. (2025). 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Towards a systemic understanding of equitable sustainability in cities. A conceptual framework. International Conference in Urban Health. CASH-GIBSON, L., VOSKOBOYNIK, M., DFARRUGIA, J., ZOGRAFOS, C., CONDE, M., ANDREUCCI, D., RADHUBER, I. (2022). The Nickel Nexus: Mapping the Frontiers of Carbon Neutrality. Working Papers UPF, España. WESTMINSTER City Council is to be sued by a couple who claim that it has failed to provide their gifted daughter, 10, with a proper education. They say their daughter has an IQ of 168 and that none of the local primary schools can cope with her needs. The case mirrors that of Lucinda Cash-Gibson, who became the youngest-ever member of Mensa in 1989 at the age of four and a half with an IQ of 161, and whose claim against Camden council is to go to a judicial review. It challenges the assumption that gifted children do not need special attention at school. The latest child's parents say council officials did not do enough to find her a suitable school place, and that they were guilty of malpractice when they refused to move her up a class at primary school. The council says that tests by its educational psychologists showed that, although bright, the girl is not gifted, and could learn perfectly well in a normal school. Graham Ellis, its policy adviser for education and leisure, said the authority had done all it could to help. The child's parents say she was frustrated at her local state school, St Mary's, Bryanston Square, and they asked the headteacher to move her up a class, but she refused. After tests by an educational psychologist showed her to have a very high IQ she was given separate work from the rest of her class, but was bullied by other children as a result. The tests, taken when she was eight, revealed that she had a reading age of 11, a spelling age of 12.3 and the non-verbal skills of a 13-year-old, although on the British picture vocabulary scale she was only just above average for her age. The child's parents moved her to Newton prep school in south London, an independent school for gifted children, and later to Paragon Hill prep school in Hampstead, but she had to leave both because they could not afford the fees. In October they turned to Westminster for help, after they had been threatened with legal action over unpaid school fees. Her father is disabled and cannot work. The council said it could not help with school fees. After three months out of school, the girl has begun attending Soho parish primary school, and hopes to win a scholarship to an independent school next year. (Photograph omitted) This article was amended on 27 June 2024 to remove details of the child's identity. 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