

11 Foods to Lower CHOLESTEROL

01

Oatmeal is excellent soluble fiber rich food



Polyunsaturated fatty acid in Nuts lowers cholesterol

02

03

Omega-3 fatty acids in Salmon lowers cholesterol



Flax seeds are vegetarian source of Omega-3

04

05

Beans lower cholesterol including LDL



Mono unsaturated fats in Fruits & Vegetables help

06

07

Avocado raises HDL and lowers LDL



Garlic reduces cholesterol and prevents blood clots

08

09

Olive oil is full of monounsaturated fatty acids



Antioxidants in dark chocolates build HDL

10

11

Black Tea helps to reduce LDL



Lowering Your Cholesterol

SB Merriam



Lowering Your Cholesterol:

Reviewing **Lowering Your Cholesterol**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Lowering Your Cholesterol**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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