

My LDL-Lowering Staples

- Organic Black Soybeans *1 tbsp cooked daily*
- Barley Beta-Glucan *3 grams beta glucan daily*
- Organic Oat Groats *3 grams beta glucan daily*
- Hulless Barley *3 grams beta glucan daily*
- Walnuts *1/3 cup daily*
- Organic Barberries *2 tablespoons daily*
- Organic Amla Berry Powder *1/3 teaspoon daily*
- Black Seeds *1/4 teaspoon unground daily*
- Whole Psyllium Husk Fiber
Organic *1 tablsepoon in water daily*
- Flaxseed Meal *1 to 3 tablespoons daily*
- 1 large apple (or orange, okra, eggplant, sweet potatoes)
20g viscous fiber daily



Recipes

- [Black Soybean Burgers](#)
- [Psyllium Jam](#)
- [Psyllium Benefits](#)
- [Oat Groats](#)
- [Walnuts Cream](#)
- [Longevity Powder](#)
- [Barley Salad](#)
- [Flax Smoothie](#)
- [Spice Mix](#)
- [Bircher Chia Pudding](#)
- [Cholesterol Lowering Meals](#)

