

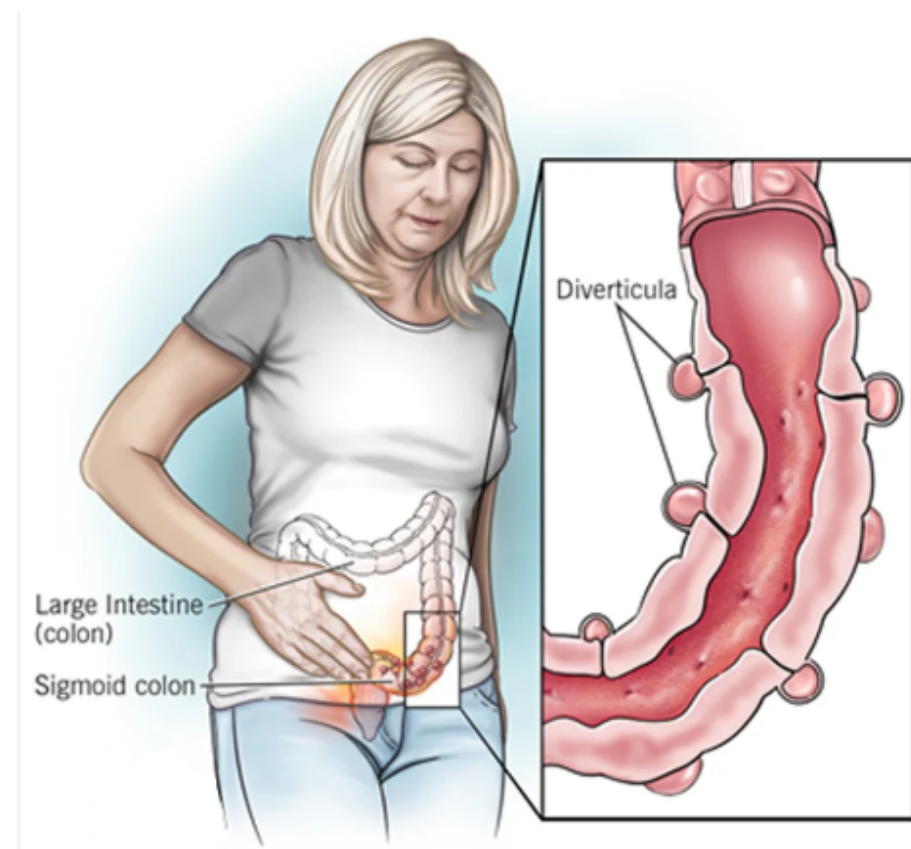


BOOST YOUR IMMUNE SYSTEM NATURALLY

Improve immune function



Helps to prevent Colon cancer



Helps to Diverticulitis



Weight loss and management

## DIETARY FIBER HEALTH BENEFITS



Controls Blood sugar



Normalizes bowel movements

## Lifestyle Changes for Lowering Cholesterol



Eat a well-balanced diet rich in fiber



Lower saturated fat and trans fat consumption



Incorporate healthy fats into your diet



Exercise regularly



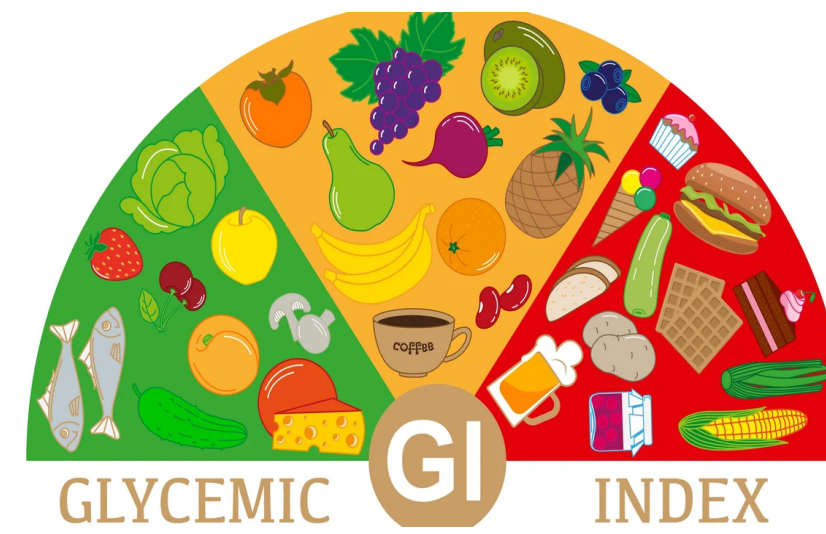
Avoid frying your foods



Stop smoking

verywell

Lower cholesterol levels



lowers GI (Glycemic Index)