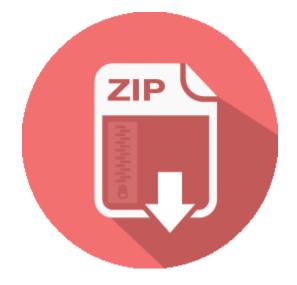
REDUCE CHOLESTEROL WITHOUT DRUGS



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Top 5 lifestyle changes to improve your cholesterol Mayo

Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Soluble fiber is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears. Soluble fiber is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears.

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