

Dr. Paul's Holistic Health Network

[www.drpaulherbs.com](http://www.drpaulherbs.com) | 1.877.377.2854



## Types of Beans

- **Black Beans:** Support heart health, manage blood sugar
- **Kidney Beans:** Improve cholesterol levels, aid weight control
- **Pinto Beans:** Promote gut health, reduce inflammation
- **Chickpeas:** Regulate blood sugar, support digestive health
- **Lentils:** Enhance heart health, help lower blood pressure
- **Navy Beans:** Support brain health, benefit metabolism
- **Black-Eyed Peas:** Improve blood pressure, boost immunity
- **Great Northern Beans:** Prevent cardiovascular disease, reduce cholesterol
- **Cannellini Beans:** Stabilize blood sugar, aid in detoxification
- **Soybeans:** Improve bone health, reduce menopausal symptoms
- **Adzuki Beans:** Promote healthy digestion, enhance liver function
- **Mung Beans:** Reduce blood pressure, improve circulation
- **Lima Beans:** Control blood sugar, boost heart health
- **Fava Beans:** Enhance brain function, aid in Parkinson's management
- **Green Peas:** Reduce inflammation, support eye health
- **Butter Beans:** Benefit cholesterol levels, support weight loss