Mindluster Platform

About the course Lentils and Chickpeas Benefits on health

Lentils and Chickpeas Benefits course, in this course we will learn about the myriad health benefits of lentils and chickpeas. Explore how these legumes are rich in protein, fiber, vitamins, and minerals, promoting heart health, aiding in weight management, and stabilizing blood sugar levels. Discover versatile cooking techniques and delicious recipes to incorporate lentils and chickpeas into your diet for optimal health and nutrition.

Kitchen and Cooking Category's Courses

Course Lesson(13)

Lesson 1 : **Benefits of Lentils and Chickpeas**

Lesson 2 : **Beans Beans They re Good For Your Heart**

Lesson 3 : **Diabetics Should Take Their Pulses**

Lesson 4 : **Phytates for the Prevention of Osteoporosis**

Lesson 5 : **Increased Lifespan from Beans**

Lesson 6 : **BRCA Breast Cancer Genes and Soy**

Lesson 7 : **Canned Beans or Cooked Beans**

Lesson 8 : **Beans and the Second Meal Effect**

Lesson 9 : **Slow Your Beating Heart Beans vs Exercise**

Lesson 10 : **Gut Dysbiosis Starving Our Microbial Self**

Lesson 11 : **The Hispanic Paradox Why Do Latinos Live Longer**

Lesson 12 : **How to Avoid Lectin Poisoning**

Lesson 13 : **Cooked Beans or Sprouted Beans**

Related courses

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GORDON S SEASONAL RECIPES

HOW TO GORDON S KITCHEN TIPS

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