



Home Remedies for **HIGH BLOOD PRESSURE**



Lemons

Simply drink a cup of warm water with the juice from 1/2 a lemon added to it each morning on an empty stomach. For best results, do not add salt or sugar.

1



Watermelon Seeds

Grind equal quantities of dried watermelon seeds and poppy seeds (khus khus). Take 1 tsp of this mixture in the morning on an empty stomach & again in the evening.

2



Garlic

Eat 1 or 2 crushed garlic cloves daily. You can simply crush them with your hands. If you do not like eating raw garlic then take it along with a cup of milk.

3

Other Remedies



Banana



Celery



Cayenne Pepper



Honey



Coconut Water

Top 10
Home Remedies

Natural Cures For High Blood Pressure

Melody Ambers



Natural Cures For High Blood Pressure:

Natural Cures for High Blood Pressure Dr. Cass Ingram, 2004-09 In *Natural Cures for High Blood Pressure* Dr Cass Ingram uncovers natural methods to support healthy blood pressure levels Learn about the real causes of high blood pressure and how diet lifestyle changes and natural supplements can help manage it effectively This book provides practical insights into how natural remedies can complement your efforts to maintain balanced blood pressure and promote overall cardiovascular wellness Discover how a holistic approach can help you live a healthier more balanced life **Natural Cure for High Blood Pressure** Ashley K. Willington, 2014-08-27 [Prescription for Natural Cures \(Third Edition\)](#) James F. Balch, Mark Stengler, 2016-02-23 Hundreds of thousands of readers have relied on *Prescription for Natural Cures* as the source for accurate easy to understand information on natural treatments and remedies for a host of common ailments The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations This revised edition prescribes remedies for almost 200 conditions including new entries such as gluten sensitivity and MRSA You will find easy to understand discussions of the symptoms and root causes of each health problem along with a proven natural customized prescription that may include supplements herbal medicine homeopathy aromatherapy Chinese medicine hydrotherapy bodywork natural hormones and other natural cures in addition to nutritional advice This revised edition features Comprehensive reference contains natural remedies for almost 200 common health ailments organized by problem from A to Z Scores of new supplements and many new conditions Up to date information reflecting the latest natural health research and treatment recommendations Clear authoritative guidance on dietary changes healing foods nutritional supplements and recommended tests Down to earth descriptions of each health problem and natural remedy If you and your family want to get better naturally *Prescription for Natural Cures* is an essential health resource you can't afford to be without [Natural High Blood Pressure Solutions](#) Melody Ambers, 2015-12-07 Are you worried about that persistent high blood pressure problem and looking for a final way to lower and maintain it Are you fed up with the prescription drugs you take on a daily basis without seeing a significant change If you answered yes to these questions then I congratulate you because the solution you need is right before you The solution is this book *Natural High Blood Pressure Solutions Lower Your Blood Pressure Naturally Using Diet and Natural Remedies without Medication* High blood pressure is preventable and treatable with natural solutions Toxic expensive drugs with their serious side effects cannot effectively lower blood pressure A large number of patients are still being treated through this manner and their conditions have in no way improved Rather they also have to deal with side effects and the high cost of maintaining these expensive drugs These drugs simply cover up the symptoms and ultimately truncate the quality of life The natural way to address hypertension or an elevated blood pressure it is to totally remove the poisons from the system which cause it Diet natural hormones proven supplements exercise ending all bad habits and weekly fasting are the path to wellness With natural medicines diet and lifestyle you will

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