**Reduces cholesterol levels**

We will today reveal the most effective traditional Amish remedy, which effectively treats numerous conditions and health issues.

This remarkable natural mixture lowers high blood pressure, and reduces cholesterol levels. These are its ingredients:

Ingredients:

* 1 piece ginger, grated
* 1 teaspoon apple cider vinegar
* 1 teaspoon lemon juice
* 1 teaspoon organic honey
* 1 garlic clove, grated

Method of preparation:

All you need to do is very simple: just mix the ingredients in a jar, stir well, and leave it in the fridge for 5 days.

Use:

After 5 days, the remedy is ready for use. You should take it before dinner and breakfast, but never more than three times daily. In only a week, you will see and feel the first positive effects.

Your blood pressure will be normalized, and a simple blood test will show that your cholesterol levels have been significantly reduced.

Additionally, if you need to normalize blood pressure. You should also make some lifestyle and dietary changes. Initially, you need to follow a healthy regimen in order to lose excess weight, as those extra pounds apply additional pressure on the artery walls.

You should consume more fresh vegetables and fruits, whole foods, and lean protein. Also, vegetable juices based on leafy greens are high in folic acid, which reduced the levels of homocysteine levels, and lower blood pressure.

Source: [www.mycentralhealth.com](http://www.mycentralhealth.com/lower-cholesterol-treat-high-blood-pressure/)