**Don’t Spend a Penny More in Pills for High Blood Pressure or the Bad Cholesterol. Take This for a Week**

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Nowadays, numerous people suffer from high cholesterol and high blood pressure, and these two are ones of the main risk factors for cardiovascular problems.

Therefore, it is of high importance to learn to prevent these issues. The most severe case is when a person suffers from both these conditions at the same time, as they cause arteriosclerotic effects. These people must take numerous drugs all the time, which in turn cause multiple side-effects.

Fortunately, there is an effective natural remedy which treats high cholesterol and hypertension. It efficiently fights these conditions and also reduces the damage caused by drugs taken to treat them.

What’s more, it is completely natural and inexpensive, and its use will help you avoid all other pharmaceuticals. It is also extremely easy to prepare. This is what to do:

**Natural Remedy for Cholesterol and Hypertension**

Ingredients:

* A clove of grated garlic
* A cup of lemon juice
* One tablespoon of apple cider vinegar
* A small piece of grated ginger
* A small spoonful of organic bee honey

Instructions:

In a blender, mix all the ingredients until you get a homogeneous mixture. Then, store the remedy in the refrigerator for 5 days.

Use:

Take a tablespoon of this remedy twice daily, once before your breakfast, and again before the dinner. Remember not to take more than 3 tablespoons daily.

In a very short period of time, you will notice the improvements, and the cholesterol levels and hypertension will begin to regulate.

Despite helping you to stop taking the harmful drugs for these conditions, this natural remedy offers other health benefits, such as:

* It provides high amounts of vitamins and other nutrients
* It boosts the immune system and prevents viral diseases
* Provides antioxidants which prevent free radical damage
* Helps you to prevent and fight cancer
* Energizes and revitalizes the body

To boost the effects of this natural remedy, make sure you lead a healthy lifestyle, by consuming healthy foods, exercising regularly, and quit detrimental habits like smoking or drinking alcohol.

Soon, your body will express its gratitude!

Source: [simplewoman.net](http://simplewoman.net/dont-spend-a-penny-more-in-pills-for-high-blood-pressure-or-the-bad-cholesterol-take-this-for-a-week/)