**The Best Medicine Against Cholesterol And High Blood Pressure**

**  July 22, 2016 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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The Amish community has long used a medicine which effectively strengthens the immune system and treats various diseases.

It also provides amazing results in the treatment of high blood pressure and high cholesterol levels. This is how to prepare it:

Ingredients:

* 1 teaspoon of apple cider vinegar
* 1 teaspoon of baking soda
* 1 piece of grated ginger
* 1 teaspoon of organic honey
* 1 teaspoon of lemon juice
* 1 grated garlic clove

Method of preparation:

You will prepare it simply and easily, just mix all the ingredients listed above, and leave the remedy in the fridge for 5 days.

Use:

You can take the remedy before your breakfast and dinner, and no more than 2 times daily.

Within two weeks , you will notice the positive results, the cholesterol levels will be significantly reduced, and the blood pressure will be normalized.

Source: [www.myhealthytraining.com](http://www.myhealthytraining.com/index.php/2016/05/22/the-best-medicine-against-cholesterol-and-high-blood-pressure/)