**Unclog Arteries With A Mix Of Lemon And Garlic**

Lemon and garlic are one of the most beneficial and healthiest foods on the planet, due to which they are a common food in all world’s cuisines.

Their consumption causes various health benefits, and if they are combined, you get a combination which bursts with medicinal properties!

The garlic thins the blood and prevents the formation of blood clots, thus reducing the risk of heart attacks and stroke. It also reduces hypertension. On the other hand, lemons are rich in antioxidants which regulate cholesterol levels and unclog arteries.

Yet, this is just a small portion of the possible benefits of this mighty combination.

However, we strongly recommend the use of this remedy in the case of artery problems, and heart diseases, or to simply boost the overall health.

Here is how you can use these foods and cleanse your arteries:

Ingredients:

* 6 lemons
* 30 garlic cloves

Peel the ingredients, chop them, and blend them well. Then, transfer the mixture in a metal pot, add 2 liters water, and boil the mixture. Leave it to simmer for 10 minutes, and then leave it to cool.

Keep this remedy in a glass container in the fridge and consume 50ml of it on a daily basis for 3 weeks. Make a week break, and repeat for 20 more days.

This procedure can be done once on every 6 months.

Sources and References:  
[www.healthdigezt.com](http://www.healthdigezt.com/unclog-your-arteries-by-consuming-a-mixture-of-garlic-and-lemon/)  
[www.organichealthteam.com](http://www.organichealthteam.com/unclog-arteries-mix-lemon-garlic/)