

HOME REMEDIES FOR HIGH CHOLESTEROL

- ✓ The best home remedy to cure a person with high cholesterol is to have at least 8-10 glasses of water per day.
- ✓ Immerse 2 tablespoons of coriander seeds in a glass of water. Boil the concoction and allow it to cool. Strain the water and have it three times a day.
- ✓ Take 10 pieces of cinnamon sticks and put them in a pot containing 5 teacups of water. Boil the water and then add a tablespoon of honey to it. Drink this concoction when is warm.
- ✓ In a glassful of milk, add a piece of garlic and boil it. Allow it to cool before drinking. Consume this for a few days. Not only would it reduce cholesterol, but also take care of the cardiac pains.
- ✓ Alternatively, a person who has problems of high cholesterol can also have 2-3 cloves of garlic per day.
- ✓ Mix 10-12 tablespoons of apple juice and 5-6 tablespoons of apple cider vinegar. Intake this mixture once a day.
- ✓ Consuming raw onions or onion juice is also beneficial in reducing the high cholesterol.
- ✓ Regular exercising is very necessary to keep the cholesterol levels under control.
- ✓ In green leafy salads, mix a small amount of olive oil. It proves beneficial lessening the high cholesterol levels as well as for the proper functioning of the heart and the body.
- ✓ Persons suffering from high cholesterol should have foods rich in fiber such as raspberries, blackberries, strawberries, broccoli, green beans, etc.
- ✓ Consume lots of almonds and walnuts. These are helpful in reducing the cholesterol levels.
- ✓ Chewing sweet neem is also beneficial in lowering the high cholesterol levels.
- ✓ Having fenugreek seeds and sprouts helps to reduce the high cholesterol levels.



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- ✓ Persons suffering from high cholesterol levels should have a small bowl of curd everyday. Curd acts favorably in reducing the cholesterol levels.
- ✓ Another effective natural remedy to treat high cholesterol levels would be to have foods rich in lecithin such as egg yolk, vegetable oils, whole grain cereals, soybeans and unpasteurized milk.
- ✓ It is advisable to have food prepared from sunflower seeds instead of butter and saturated oil. This is highly beneficial in regulating the cholesterol levels.

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