

## TOP 10 LIST #3

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### TOP 10 Beverages to Help Reduce High Blood Pressure Quickly.

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## TOP 10 Beverages to Help Reduce High Blood Pressure Quickly.

### ✓ 1. **Water, not only good for thirst.**

The cheapest form of therapy you can find and the easiest too. Water makes up 75% of our body and is very necessary for all processes to occur. Depriving your body from water can result in high blood pressure, dehydration and lack of important metabolic reactions. So, be good to your body never allow yourself to go thirsty, drink 5-8 glasses per day.

### ✓ 2. **Hot chocolate, soothing and delicious, but therapeutic?**

A well known term among our children is known to help lower high blood pressure. This delicious drink provides your body with certain nutrients that target high blood pressure and helps regulate it. You are advised to drink a cup a day.

### ✓ 3. **Garlic tea, promotes bad breath, but instantly drops high blood pressure.**

It is true that this drink will definitely odorize your breath but we got toothpaste and mouth wash to take care of that don't we. Garlic presents itself as an instant blood pressure reducer. Within minutes of taking this tea your blood pressure will return to normalcy.

### ✓ 4. **Red Wine, older the grapes the sweeter the wine.**

A Glass of Red Wine a day or if you are a more conservative drinker one at least three times a week will lower your high blood pressure. This substance contains nutrients that enhances the cardiovascular system and gives blood the right viscosity.

### ✓ 5. **Grape Juice, Purple is best.**

Grape juice is rich in phytonutrients. These nutrients aid in the proper functioning of all systems in the body including the cardiovascular system.

### ✓ 6. **Cranberry Juice, the drink of champs.**

Help promote good renal functions. Cranberry will help your urinary system work at its ultimate best. This keeps fluid levels in the normal range and therefore keeps blood pressure down

### ✓ 7. **Orange Juice, thought it was just a flu thing.**

This juice is essential to any diet. It promotes good health by boosting the immune system. And provides the body with different nutrients it needs to function optimally. This directly affects the processes which help keep a normal blood pressure.

### ✓ 8. **Tomato Juice, being red has never been this cool.**

This juice is not only good for the men's prostate gland but contains almost the same nutrients as grape juice and presents the same uses.

### ✓ 9. **Calm your spirit with some chamomile tea.**

Known for its sedative effects, is great for reducing blood pressure. It helps calm the bodies system and reduces the risk of stroke and heart disease.

### ✓ 10. **Shake it but don't break it, go for a Banana Shake.**

It is as simple as milk, essence, grounded cinnamon, ice and banana in a blender, drink and lower your blood pressure.

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