FRUITS & VEGGIES

Eat Dried Figs like this & See what Happens to Your Cholesterol & Blood Sugar Levels

By bestfolkmedicine · 19/07/2018 · 1 min read



Did you know that olive oil and figs is the ideal healing match? It is frequently consumed for its amazing medicinal properties and its assistance in fighting off stomach problems, constipation, haemorrhoids, bad cholesterol, bronchitis, anemia, and infertility.

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The Health Advantages of Figs

- They are abundant in calcium, which is great for lactose-intolerant individuals
- The fiber from figs is known to enhance the digestion

- The potassium in figs can help you keep the blood pressure under control
- The omega-3 and 6 fatty acids will balance the blood pressure
- 2 medium-sized figs per day will supply the body with powerful antioxidants
- They make a great natural cure for the removal of kidney stones
- They contain tryptophan which is important for fighting off insomnia
- The vitamin B6 which they contain can alleviate morning sickness common during pregnancy

Dry figs & Olive Oil Remedy

You will need:

40 dried figs

Olive oil

A jar

Preparation and use: Put the figs in the jar and add olive oil so that all the figs are soaked into it. Close the jar and leave them like that for 40 days. Afterwards, you can begin with daily consumption of the figs prior to meals.

Read online: https://bestfolkmedicine.com/2018/07/eat-dried-figs-like-this-see-what-happens-to-your-cholesterol-blood-sugar-levels/

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