DRINKS & SMOOTHIES

This Homemade Syrup Destroys Bad Cholesterol and Fat Deposits

By bestfolkmedicine · 20/11/2018 · 1 min read

Sadly, nowadays, a lot of people suffer from high levels of lipids or accumulated cholesterol (fat) and triglycerides in the blood, which increases the risk of heart disease. In most situations, lipid disorder happens as a result of genetics or due to an unhealthy lifestyle consisted of unhealthy diet and sedentary lifestyle. This being said, in today's article we decided to present one of the most beneficial natural cures that will break down all accumulated fat and cholesterol and significantly boost your overall health.

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Homemade Syrup against High Blood Lipids

You will need:

1 l of purified water

2 parsley twigs

5 organic lemons

Preparation:

Peel the lemons first and then cut them into thin slices. In a pot, pour the water and add the cut lemon and the parsley. Cook the content for 2 to 3 hours on medium heat. Afterwards, pour the mixture in a proper container and keep it in the fridge for 24 hours.

Use: After the 24 hours pass, you need to take a cup of the syrup on a daily basis.

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The Benefits of the Remedy

Parsley is abundant in essential oil and flavonoids which fight off harmful substances while the oil gives the strong aroma. When used in combination with lemon, parsley is capable of improving the circulation and minimizing bad cholesterol. When you regularly drink this mixture, you will thoroughly cleanse the arteries and your overall health will better significantly.

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