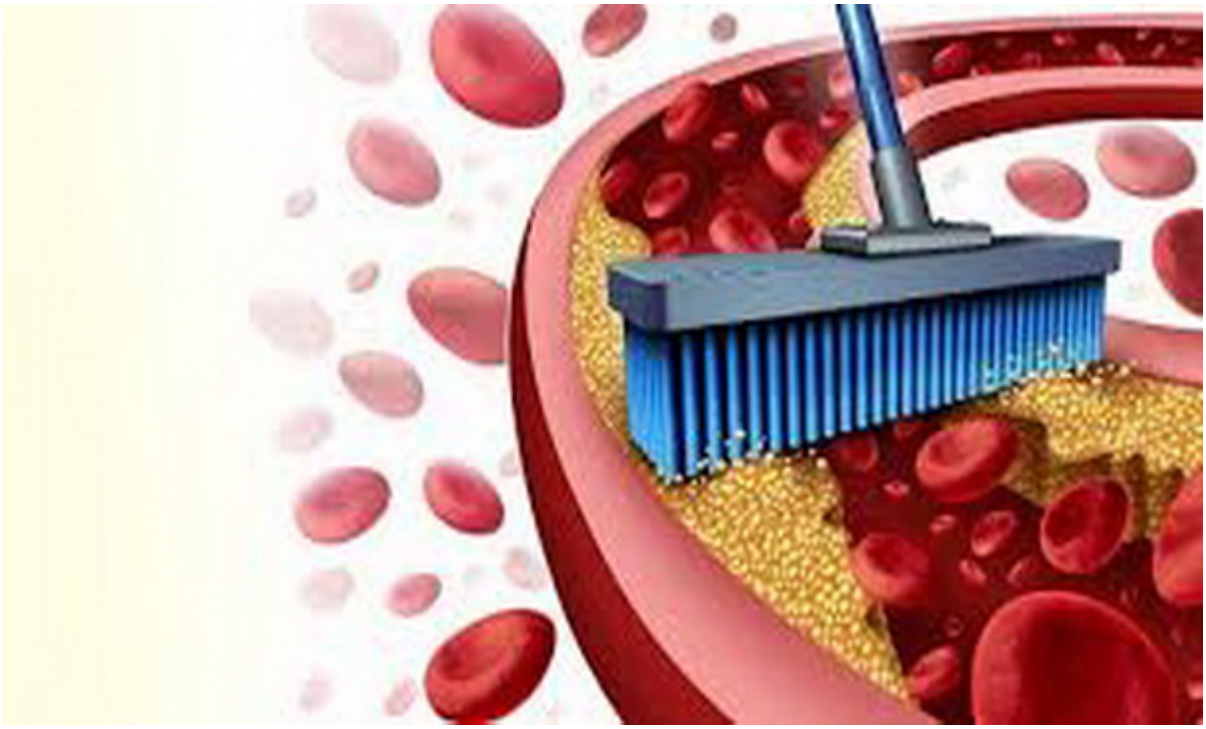
HEALTHY TIPS

7 Easy & Potent Ways to Unclog the Arteries Naturally

By bestfolkmedicine · 05/05/2019 · 2 min read



If you want to live a long and healthy life, experts advise consuming specific healthy foods that may help prevent the leading cause for death nowadays, i.e. atherosclerosis.

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Atherosclerosis or the narrowing and clogging up of the arteries is a major trigger of cardiovascular mortality and a number 1 reason for death worldwide, i.e. around 18 million deaths per year.

Despite conventional medical opinion, atherosclerosis may be prevented and reversed in some cases with specific diet improvements.

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7 Ways to Avert Atherosclerosis

- **Boost your vitamin B intake**

According to a 2005 study published in the Atherosclerosis Journal, the increase of vitamins B6 and B12 led to a major reduction in the thickening of the arteries. The best way to acquire these vitamins is through natural foods which are rich in it as well as probiotic supplements.

- **Garlic**

A long list of scientific data shows that garlic can significantly better our health. And, it can also reduce plaque buildup in the arteries. Therefore, make sure you consume it on a regular basis.

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- **Pomegranate**

This healthy fruit can cease the buildup of plaque in the arteries, but it will also improve your overall health in numerous different ways.

- **Kimchi**

A popular Korean dish, kimchi or fermented cabbage, slowed down the atherosclerosis in laboratory animals. And, a strain of good bacteria present in kimchi was found to dissolve toxic chemicals.

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- **L-arginine**

This amino acid can avert the thickening of the arteries which was discovered in a study with laboratory animals. It also possesses numerous different healing properties too.

- **Turmeric**

The polyphenol in turmeric known as curcumin has exceptional cardioprotective abilities and more than 30 studies have proven this. In one study, it was able to avert arterial damage linked with blockage.

- **Sesame seed**

This often underappreciated food can be as potent as Tylenol in reducing arthritic pain and avert the progression of atherosclerosis. One study done with laboratory animals concluded that it successfully averted the formation of atherosclerosis lesion. In another study done with humans, it was discovered that regular consumption of sesame seed paste lowers the blood markers of heart disease.

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