DRINKS & SMOOTHIES

Homemade Grape Juice: Lower Blood Pressure & Reduce Allergies

By bestfolkmedicine · 13/05/2020 · 1 min read

If grapes are your thing, then you'll fall in love with this delicious and nourishing homemade juice from grapes.

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Research indicates that grapes are an excellent natural way to minimize the risk of heart attacks by reducing the blood pressure by 5 percent and the bad cholesterol by 14 percent.

Moreover, grapes are abundant in antioxidants known as polyphenols that can slow down or avert numerous types of cancer.

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They also help with allergies thanks to the quercetin present in them which is a natural anti-inflammatory.

You can make this particular beverage in a smoothie or juice form-anyway you prefer it. Come on; let's check out the recipe together!

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Homemade Grape Juice

You'll need the following ingredients:

3 cups of black or purple grapes

A cup of cucumber

½ lemon, peeled

An inch ginger root, optional

Preparation: Juice all of the ingredients in a juicer or if you don’t have one, make a smoothie from the ingredients in a blender.

Extra tip:

If you want an additional refreshing boost, add several ice cubes to the mixture and enjoy!

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The Best Health Benefits of Grape Juice

According to research studies, red and purple grape juices may actually provide some of the heart advantages that wine has, including the following ones:

- Lowering bad cholesterol
- Averting damage to the heart blood vessels
- Helps keep the blood pressure optimal
- Lowers the chance of blood clots

Grapes are an amazing fruit- they will boost your body’s antioxidant power and they’re present in the skin, leaf, stem, and seed of the grapes.

Drinking grape juice isn’t the only beneficial thing for your health- you should also eat whole grapes.

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Sources:

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