GRANDMA'S REMEDIES

Canary Seed & Cinnamon Water: A Natural Remedy for Clean Arteries

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Without a doubt, what we eat influences our health directly. When we consume too many unhealthy foods on a regular basis, we harm our arteries, among other problems.

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Clogged arteries are a consequence of the buildup of plaque on their inner walls.

This may result in poorer blood flow or blocked arteries. When the arteries are clogged, a person's risk of strokes, heart attacks, and even death is much higher.

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In addition to your doctor's recommendations for reducing plaque, you can also try some natural remedies. One of the most popular natural remedies that have long been used for clogged arteries is canary seeds combined with cinnamon water.

Why Do We Need Healthy Arteries without any Clogging?

The arteries are blood vessels that transport blood away from the heart to the other body parts. They reach our toes and our brain.

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A healthy artery is smooth and blood can flow through it with ease.

In some people, this isn't the case and they develop clogged arteries. The plaque that builds up is the remaining substances that circulate in the blood like fat, cholesterol, calcium, fibrin, and cellular waste.

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High plaque in the arteries is known as atherosclerosis which causes the arteries to become harder and narrower.

How to Prevent & Reduce Atherosclerosis?

One of the best ways to reduce clogging is by following a healthier diet and avoiding foods that can trigger a buildup of plaque, including dairy, meat, eggs, and trans fats. Regular exercise and adhering to your doctor's therapy are also pivotal.

You can also try out natural remedies, with one of the most popular ones being canary seeds and cinnamon water.

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Canary seeds, among other health benefits, are able to better the health of the arteries, kidneys, and liver. Cinnamon doesn't just have a unique flavor that combines with so many foods and drinks ideally, but it also helps lower bad cholesterol and blood sugar levels.

Combining these two ingredients makes an even more powerful natural remedy. Since canary seed milk doesn't have the most pleasant taste, adding some cinnamon makes it better.

To make the drink, you'll need:

- ***½ tbsp of canary seed***
- ***1 glass of water***
- ***½ cinnamon stick***

Prep:

Boil the water and when it reaches the boiling point, add the seeds and remove it. Let it infuse for 5 minutes before you add the cinnamon.

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Bring it to boil for 10 minutes. Remove the drink from the stove and leave it to reach room temperature and then consume the infusion.

Consume this drink at least three times per week.

Sources:

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