

## Alternative Medicine to Lower Your Blood Pressure

Home remedies and homeopathic medicine have begun popular over the years as an alternative to prescription drugs. Many people are not aware that there are also home remedies available to lower your blood pressure. What is nice about a home remedy is the lower cost and eliminating the unfavorable side effects of prescribed medicines. Another advantage of home remedies is that while it may be used to alleviate one symptom, it often has other health benefits. Many home remedies can be found in your local supermarket and health food store. If you suffer from high blood pressure, here are a few home remedies. These remedies will not only lower your blood pressure but are good for your general health too. Below are a few home remedies to help lower your blood pressure. Potassium and Magnesium. Foods high in these minerals are bananas, molasses, soy and bananas. Some fruits such as watermelon and grapes are also a good source. Not only will these foods lower your blood pressure but are beneficial to your overall health too. Garlic has many beneficial properties that improve overall health, including lowering your blood pressure. Consumption of garlic will also reduce blood clot occurrences in individuals. It is believed by some researchers that garlic will also lower the triglyceride levels. Therefore, you are probably wondering what a triglyceride is. A triglyceride is a glyceride that occurs naturally in tissues and consists of three fatty acids that are bound together in a single molecule. They are an important energy source forming much of the fat stored in the body. You can research on how to lower your blood pressure using home remedies in many ways. The internet has a wealth of information dedicated to home remedies and homeopathic medicine to lower your blood pressure. Bookstores and libraries also offer an abundance of information. With a little research, you can find alternatives to prescription drugs for lowering your blood pressure. As with any alternative health remedies, consult with your physician before discontinuing any prescribed medicines. Abruptly taking your prescription medicine could have serious and long-term effects on your health.

## About the Author

Information about the faculty, academic programs, research, as well as its health.

Source: <http://www.productsherbal.com>