



Natural Remedy for High Cholesterol

Too much cholesterol in the blood, or high cholesterol, can be serious. But the effects of high cholesterol do not occur after days, weeks, or even months of high cholesterol. High cholesterol levels cause problems over many years. **Causes:**

- Eat high cholesterol contain food, fried food and oil food
- Less hard work

Symptoms:

- Increase the weight
- Heart disorder

Diagnosis:

- Avoid high cholesterol food, take juices and healthy food
- Do exercise or walking everyday in the morning



Ingredients:

1. Indian spinach leaves.
2. Garlic.
3. Pepper.

Natural Remedies:

- Spinach is one of the top 10 healthy vegetables that you can eat. This wonder green leafy vegetable can be eaten in many different ways but to enjoy its maximum nutritional value, it should be consumed fresh (juice), steamed, or quickly boiled. Apart from being a rich source of many vitamins like A, B, C, E and K, spinach is also rich in many essential minerals like manganese,

magnesium, iron, calcium and potassium. Additionally it is known to be a good source of omega-3 fatty acids, niacin and selenium. Disclaimer: The services offered by the grannytherapy.com are not intended to replace your own doctor's advice or any other medical recommendation. If you have a medical condition, Please consult your doctor before using the information provided has not been evaluated by the FDA, and neither is it intended to diagnose, treat, cure or prevent any disease or disorder in any way or form. If you are taking medications, consult with your physician before taking herbal products or supplements that could interact with these medicines. If you are feeling any kind of side effects after using our services kindly consider a health professional immediately.

Take some Indian spinach leaves. Boil with garlic and pepper. Mash it and take with your food often.

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