

Medications help clean blood vessels, reduce blood fat families should know

Always keep blood vessels, especially clean arteries, prevent many dangerous diseases, avoid sudden death caused by blockages such as stroke, heart attack ...

Air pollution, water sources, food with many toxic chemicals and eating habits of most people are the main causes of blood fat diseases which are dangerous to the health of most people. Acquired.

High blood fat is mainly due to increased cholesterol and triglyceride. In order to determine higher levels of blood fat than usual, it is often assessed by a test index that quantifies total triglyceride levels and cholesterol levels.

High blood fat causes the patient to face the risk of fat getting into the blood vessels, forming a plaque, which easily leads to vascular occlusion and blood vessel breakage.

In particular, people with high blood fat, blood vessel condition is blocked, blood vessels are more narrow. If it occurs in the brain, it can cause a stroke, if it occurs in the intestine, the risk of intestinal vascular obstruction leads to intestinal necrosis.

If it occurs in the heart, it can cause a heart attack. If it occurs in the limb, it can cause vascular occlusion .

The dangerous consequences of high blood lipid disease are those at risk for 7 dangerous diseases such as pancreatitis, type 2 diabetes, heart disease, stroke, liver disease, pain and numbness of the feet, dementia .

With the folk remedy that Russia "wiped out" blood fat extremely effectively during the past decades? This is the way to purify the blood, to remove fat from the artery wall. Please refer to this formula!

CÔNG THỨC VÀNG **CUỐI TUẦN**

DÀNH CHO BỆNH: TIM, HUYẾT ÁP CAO VÀ ĐỘT QUỴ

LÀM SẠCH THÀNH MẠCH, ▶ GIẢM MỠ MÁU ◀

NGUYÊN LIỆU



4 củ tỏi



4 quả chanh



3 lít nước sôi
để nguội

THỰC HIỆN

- Bóc tỏi và cho chanh vào trong tô, đổ ngập nước sôi để làm sạch vi khuẩn và chất bẩn bám ở bề mặt vỏ chanh.
- Cắt tất cả nguyên liệu thành những miếng nhỏ.
- Cho tất cả tỏi và chanh vào máy xay sinh tố.
- Sau đó đổ hỗn hợp vào một chiếc lọ thủy tinh, tiếp đến đổ 3 lít nước vào. Đậy nắp kín và để tủ lạnh trong thời gian 3 ngày.



CÁCH DÙNG

- Uống hỗn hợp này 3 lần/ngày, uống trước bữa ăn
- Tối đa chỉ được sử dụng 50 ml/ngày. Tuy nhiên, nếu sử dụng với mục đích làm sạch các mạch máu, bạn chỉ nên uống 1-2 thìa/lần.
- Để phát huy toàn bộ công dụng, bạn phải kiêng trì sử dụng trong thời gian 40 ngày. Mỗi năm chỉ được thực hiện 1 liệu trình.

CÔNG DỤNG

Sau thời gian áp dụng, tình trạng lưu thông máu, chức năng não sẽ được cải thiện tốt hơn, huyết áp duy trì ở mức ổn định và các cholesterol xấu trong máu giảm xuống.

Lemon and garlic are very familiar spice to the kitchen of most families, these two spices are known for a lot of health benefits such as fat reduction, cold treatment especially cleansing. blood vessels and fat loss are very effective. This is a method of folk healing of Russia and has been used by many people and has been a great success.

Ingredients : 4 garlic, 4 lemons, 3 liters of boiling water to cool.

How to do : Garlic peeled off the shell. Lemon is sterilized with boiling water to clear bacteria, then picked it out and cut it into small pieces. Put the two ingredients with 3 liters of cool boiled water in a pure blender, then put the mixture in a glass jar, cover tightly then put in the refrigerator for 3 days to bring use.

Usage : Use up to 50ml daily divided into 3 times, drink before meals. To promote the use of this mixture, you should maintain a course for 40 days, only one course per year.

Note : The above medicine can also be used to clean blood vessels, but must be used with lower doses, about 1-2 tablespoons / time.

Besides, these fish also help you eliminate blood poisoning because this is one of the ways to reduce cholesterol naturally. Fish such as salmon and tuna, are rich in omega-3, which help lower cholesterol.

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