

BLOOD PRESSURE HERBAL TEA INGREDIENTS:

HAWTHORN BERRIES, LEAF & FLOWER -Hawthorn seems to work by relaxing and opening up blood vessels that feed the heart, and by enhancing the overall workings of the heart muscle. This combination goes a long way toward stabilizing blood pressure because the heart no longer has to work as hard to pump blood around the body.

HIBISCUS—has a long history of use in traditional botanical medicine in many parts of the world for their multiple health effects, but especially in relation to cardiovascular disorders. Several studies have found that hibiscus tea may lower both systolic and diastolic blood pressure.

CELERY SEED -Helps regulate blood pressure: As a natural diuretic, celery seeds may benefit patients with high blood pressure by speeding up salt excretion.

CINNAMON-is another tasty seasoning that requires little effort to include in your daily diet, and it may bring your blood pressure numbers down.

GINGER-Ginger may help control blood pressure. Ginger can improve blood circulation and relax the muscles surrounding blood vessels, lowering blood pressure.

MOTHERWORT –Motherwort appears to have blood pressure lowering properties. There is research showing that it can lower blood pressure by a significant amount.

GARLIC-Studies generally support garlic's ability to modestly reduce blood pressure.

CAYENNE PEPPER –Cayenne opens up blood vessels and helps increase blood flow. This decreases blood pressure naturally, by increasing the rate that blood flows through your system.

LEMON-Lemon is one of the best remedies for hypertension. It is known to make the blood vessels soft and flexible, lowering blood pressure level.