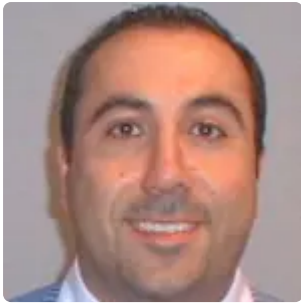


How To Use Grapefruit to Lower High Blood Pressure

Heart disease is the number one killer of women. If you are a women, and even if your not, here is what you need to start doing.



The food you eat is critical in determining if you will have high blood pressure and if you can lower it. Eating less meat and eating more fruits and vegetables can lower your blood pressure. High blood pressure occurs when fats, cholesterol, and nutrients in the food you eat start to accumulate along your artery walls. This narrowing of your arteries restricts the flow of your blood, increases your blood pressure and making you more susceptible to heart attacks and strokes. If you have high blood pressure, high cholesterol, or high triglycerides, grapefruit has been found to reduce the effects of these conditions. So which is better yellow or red grapefruit? Well, in a study made where people who had a history of high cholesterol, those that ate the red grapefruit had the most effect in lower their blood pressure. The yellow also lowered blood pressure but not as much as the red grapefruit. It was found in this study that grapefruit had a better effect in lowering blood pressure than statin drugs. Red grapefruit are extra high in anti-oxidants and these nutrients are able to reduce your triglycerides: the yellow are not. Eat the red grapefruit when available and when it is not eat the yellow. Eat at least one – two per day. If you eat just before your meal or drink a glass of fresh grapefruit, you can expect to lose 1 or 2 lbs during the month. By eating 2 grapefruits a day expect to lose more weight. Eating grapefruit has many [MICHEL ALKHALIL](#) health benefits, but one other is in controlling your insulin level. Studies have shown that those that eat grapefruits have lower insulin and glucose levels in their blood. It is believed by researchers that grapefruit enzymes help to control insulin increases that happen after you eat. These enzymes help digest your food better and this results in less nutrients being stored as fat. Grapefruit has also been found to be cancer preventative. It's the phytonutrients – antioxidants – and especially lycopene that has been found helpful in preventing cancer. Grapefruits are high in fiber, vitamin C, Vitamin A, and antioxidants – carotenoids, limonoid glucosides, flavonones. You can buy red and yellow grapefruits from November to May here in the US. If you don't have any in your area go online and order some. CAUTION: If you are on any drugs, do not eat grapefruits in combination with taking drugs. Grapefruit enhances the effect of drugs and can cause symptoms of overdose.