

# SORREL - LOWERS BLOOD PRESSURE



**S**orrel has *antihypertensive* properties that help to lower blood pressure. A research done at a university in Boston, found that by drinking a cup of sorrel tea daily, some individuals who were suffering from high blood pressure had a ten-point reduction in their blood pressure level after 30 days.

Generally speaking, Jamaican sorrel is often used as a blood thinner, a diuretic, and a way to lower blood pressure levels. **Sorrel's high concentrations of potassium allow it to regulate blood pressure levels and the balance of fluids throughout the body.** These benefits would contribute to a healthier cardiovascular system by relaxing the blood vessels and arteries. When your blood pressure levels are lowered, your risk of developing heart disease or other similar conditions is greatly reduced, as well.

## SORREL DRINK RECIPE

### Ingredients

- 8 cups water
- 2 cups dried sorrel buds
- 2 inches ginger grated (to your taste)
- 1 orange peel (optional)
- 8 allspice berries, (pimento) or cinnamon sticks & cloves
- 1 cup organic cane sugar, or sweetener of choice to taste

### Instructions

1. Bring water to boil in a large pot. Add sorrel, ginger, orange peel and allspice berries.
2. Remove from heat and allow to steep for 2 hours or cool and place in the refrigerator overnight
3. Strain. Sweeten with your favourite sweetener. Refrigerate and enjoy