



降低胆固醇该避免或减少摄取的食物
Foods to avoid Or Least intake for lowering High cholesterol

如果你想要更有效的降低高血压，可以使用多管齐下的方法，如：摄取正确的饮食，控制不健康的饮食和采用相关的健康贴士以降低高血压。
If you want to lower your high blood pressure more effectively, you can apply a multi-pronged approach methods, eg: Consume the right diet, control unhealthy diet and adopt relevant health tips.

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High blood pressure is a common condition in which the long-term force of the blood against your artery walls is higher than normal. It may cause health problems, such as heart attack or stroke, etc. Topic: How to lower High blood pressure naturally through diet? Learn more at this video link: <https://youtu.be/EcMLQCatK7A>