



A 降低高血压的饮食建议
Dietary Recommendation for lowering High blood pressure

柑橘类水果
Citrus fruits

Berries

一些推荐的食物包括柑橘类水果
Some recommended foods include citrus fruits,

What food lowers high blood pressure quickly? Celery or deep-sea fishes better? Learn more at this video link: <https://www.youtube.com/shorts/RaH2WIBq-t4>