

How to Lower your Blood Pressure Naturally

Having high blood pressure is a serious condition. Yes medications can work very well. However I think medications are great early on in the process. It comes a point when you should start to implement some lifestyle changes to control hypertension, and lower your blood pressure naturally.

There are many supplements out there on the market to lower your blood pressure naturally. I am a big fan of doing this with finding things in your grocery store and implementing some heart healthy habits.

There are some foods that you should avoid if you are wishing to lower your blood pressure. We know the foods that we should stay away from which is considered junk and fast food. Yes salt can be your enemy, so stay away from the salt. I always talk about staying away from foods that is boxed or packaged that can last months in your pantry. This can include the chips, pretzels, crackers, canned soups and mixes. Some meats may have higher salt content such as sausages, and processed meats. Any meal that is instantly prepared such as microwave meals can increase your blood pressure. Alcohol can increase blood pressure. My biggest suggestion is to stay away from foods that advertise to you because I never see the fruits and veggies advertise to you.

I had a good interview with Dr. Kennedy with his new book "The Heart Health Bible". In his book, he managed to find the following foods and nutrients that can lower your blood pressure; I am going to list some that I strongly agree with. If you are interested in my talk on how to lower your blood pressure it is included in our heart health DVD program.

Here are some lists of food that show that you can lower your blood pressure.

Fruits and Berries to Lower Your Blood Pressure:

- Bananas
- Blueberries
- Prunes
- Raisins
- Raspberries
- Strawberries
- Watermelon

Nuts, Seeds and Oils to Lower Your Blood Pressure:

- Almonds
- Olive Oil
- Unsalted Sunflower Seeds

Whole Grain & High Fiber Cereals to Lower Blood Pressure

I am not a big fan of cereals and boxed items; however oatmeal and flax have shown to have some nutrients to help lower blood pressure.

Vegetables to Lower Your Blood Pressure:

- Baked Potatoes (Purple)
- Beets
- Beet Juice
- Cabbage
- Carrots
- Lettuce
- Onions
- Spinach

Beans to Lower your Blood Pressure:

- Black
- Kidney
- Lima
- Navy
- Pinto
- Soy
- White

Fishes to Lower Blood Pressure:

Halibut has shown to be beneficial in lowering blood pressure.

Spices, Herbs and Teas to Lower Blood Pressure:

- Cardamom
- Cinnamon
- Garlic
- Hawthorn
- Oregano
- Hibiscus
- Hibiscus
- Dark Chocolate from seed of the cocoa tree

I hope you found the information valuable to lower your blood pressure naturally. We wish you lots of success in lowering your blood pressure.

To your heart health success,

Diamond Fernandes

If you would like more information on how to lower your blood pressure be sure to obtain our sought after heart health DVD program where we will cover everything to lower your blood pressure and a lot more.