

# 10 Tips for Lowering Your Blood Pressure Naturally

The following recommendations are important for lowering your blood pressure without medication or salt restriction. Use these diet and lifestyle approaches to improve your blood pressure naturally.

## 1. REDUCE EXCESSIVE REFINED CARBOHYDRATE AND/OR SUGAR INTAKE

- High blood sugar and insulin resistance contribute to the development of hypertension
- Stick to whole-food carbohydrates like potatoes, sweet potatoes, and fruit instead of refined grains and sugars
- Match your carb intake to your activity levels

## 2. INCREASE YOUR INTAKE OF MINERALS

- Potassium, magnesium, and calcium are more important for reducing blood pressure than salt restriction
- Increase intake of potassium-rich plant foods like white potatoes, bananas, and tomatoes
- Increase calcium intake through dairy products, bone-in fish, nuts and seeds, and leafy greens
- Increase magnesium intake through pumpkin seeds, almonds, dark, leafy greens, molasses, dark chocolate, and bananas

## 3. CONSUME GRASS-FED DAIRY (IF TOLERATED)

- Grass-fed dairy fat contains vitamin K2, which may be the most important nutrient for preventing cardiovascular disease
- Foods high in K2 include butter and ghee, hard cheeses, poultry liver, and fermented soy (natto)
- Consider supplementing with K2

## 4. EAT ONE POUND OF FATTY FISH PER WEEK

- Omega-3 fats in fish are found to reduce risk of hypertension and cardiovascular disease
- It's safer to get omega-3 fats from fish rather than from fish oil
- Fatty fish options include salmon, sardines, halibut, mackerel, trout, tuna, anchovies, herring, and whitefish

## 5. DRINK TEA

- Certain types of tea are effective at lowering blood pressure
- These teas include hibiscus, hawthorn, gotu kola, oolong, and green tea
- Drink two to three cups per day (total; a combination of the above teas is most effective) to lower blood pressure

## **6. EAT BEETS**

- Beets are high in nitrate, which turns into nitric oxide and can promote vasodilation and lower blood pressure
- Other foods high in nitrates include celeriac, chinese cabbage, endive, fennel, kohlrabi, leek, parsley, celery, lettuce, spinach, and rocket
- Beet juice has been shown to lower blood pressure in studies

## **7. GET SOME SUNSHINE**

- UV radiation also helps produce nitric oxide in our blood, which lowers blood pressure
- Aim for 20 to 30 minutes of unprotected, bare skin exposure on a daily basis

## **8. REDUCE STRESS**

- Chronic stress is a well-known cause of high blood pressure
- Meditation and deep breathing are two incredibly effective strategies that can be used daily to lower blood pressure

## **9. FOCUS ON SLEEP**

- Short sleep duration and poor sleep quality increase the risk of high blood pressure
- Sleep apnea is also associated with elevated blood pressure
- Aim for seven to nine hours of high-quality sleep nightly

## **10. EXERCISE REGULARLY**

- All types of exercise have been shown to reduce blood pressure
- This includes endurance exercise like walking and cycling, as well as strength training exercises like weight lifting or bodyweight exercises
- Sitting less is also important; aim for standing for at least half of your day (e.g., working at a standing desk) and walking 10,000 steps a day