

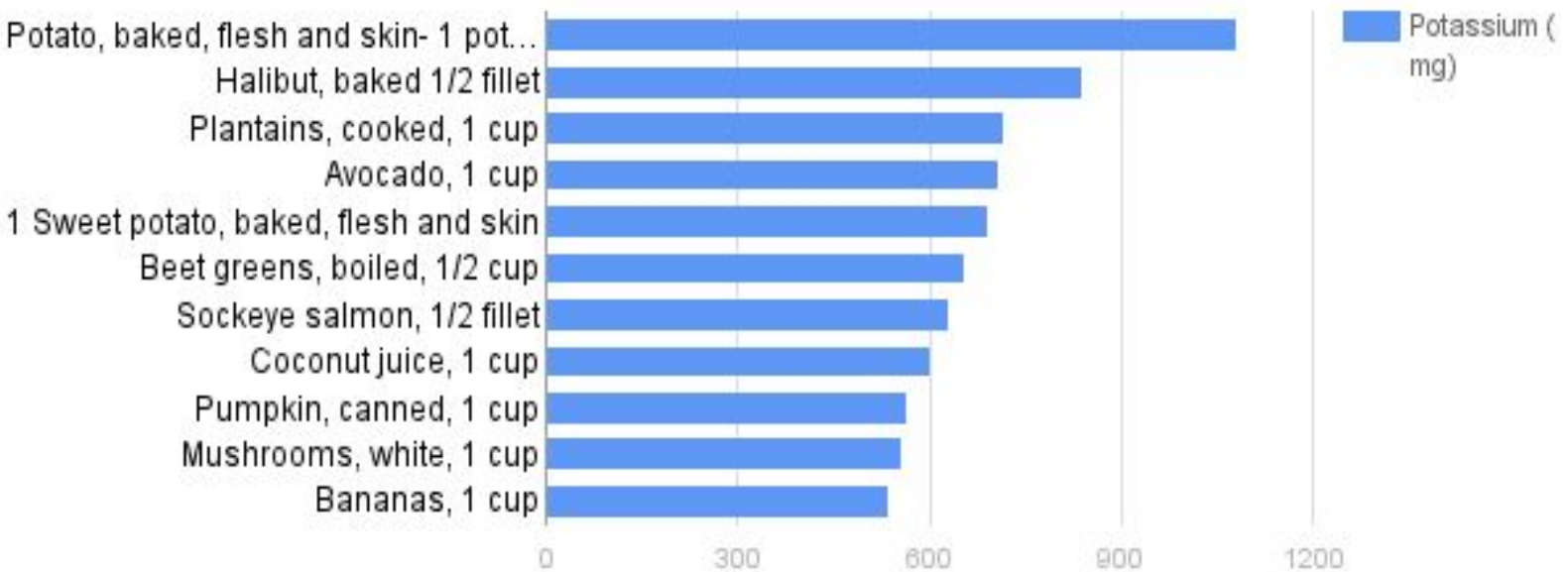
Food Remedies for High Blood Pressure

Essential hypertension is high blood pressure with no known cause. This is the primary form of hypertension.¹ Since there are many causes and categories based on different individuals it is difficult to make blanket recommendations. The definition of hypertension is consistent blood pressure readings that exceed 140/90 or 130/85 in diabetics. This handout is intended to provide a short list of nutritional steps to take that have been observed to reduce blood pressure. These steps are a win-win regardless of cause or type since proper nutrition can benefit anyone.



Potassium deficiencies are a common contributor to high blood pressure. The current RDA for potassium is 3,500 mg. Increasing consumption of foods listed in this chart can possibly lower blood pressure.²

High Potassium Content Foods



¹ Bauman, E. (2015). *Therapeutic Nutrition Textbook, NC208*. Penngrove, CA: Bauman College.

² Frisoli, T. M., et al. (2011). Beyond salt: lifestyle modifications and blood pressure. *Eur Heart J.*, 32(24), 3081– 22 3087. Retrieved from <http://pmid.us/21990264>

³ Kresser, C. (2013). *The Paleo Cure*. New York, Little, Brown and Company.

Herbal

Rauwolfia (*Rauwolfia serpentina*) This is the only botanical to be subjected to rigorous and repeated, large scale clinical trials. A product from a company called HerbPharm out of Oregon is recommended.

Hibiscus- Provides angiotensin-converting enzyme (ACE) inhibitory effects. A delicious tea. 1 cup daily made from 2 tablespoons of dried flower or from tea bags.

Garlic

In food (several raw cloves daily) or as a supplement of 600-900 mg daily. Found to reduce both systolic and diastolic pressure but only in people with elevated systolic blood pressure. ⁴

Salt

When salting food use natural salts such as sea salt, himalayan pink sea salt as opposed to refined industrial salt that is devoid of nutritional minerals. Salt to taste and try not to avoid salt. There is weak evidence linking cardiovascular disease with natural salt intake. Natural salts are loaded with vital minerals.

Chocolate

Recommended 80 percent or higher cacao content. The magnesium and antioxidants are probably the contributors of lowering blood pressure.⁵

Coconut juice

A natural electrolyte with 600 mg of potassium per cup. The perfect natural drink for recovery/rehydration.

COQ10

At doses of 100–225 mg per day, CoQ10 reduces systolic blood pressure by 15 mgHg and diastolic blood pressure by 10 mgHg.⁶

⁴ Reinhart, K.M., Coleman, C.I., Teevan, C., Vachhani, P., & White, C.M. (2008, Nov 18). Effects of garlic on blood pressure in patients with and without systolic hypertension a meta-analysis. *Annals Pharmacotherapy*, 42(12), 1766–1771.

⁵ Bonus chapter from Chris Kresser's book "The Paleo Cure", <http://my.chriskresser.com/wp-content/uploads/membership-files/yppc/bonus-chapters/Ch.%2022%20High%20Blood%20Pressure.pdf>

⁶ Houston, M. C. (2010). Nutrition and nutraceutical supplements in the treatment of hypertension. *Expert Rev 23 Cardioasc Ther.*, 8(6), 821–833. Retrieved from <http://pmid.us/20528640>

