

6 STEPS

TO LOWER BLOOD PRESSURE NATURALLY

Six easy steps that have been proven to lower blood pressure when done consistently and with a little bit of faith.

1. Eat Fruits & Vegetables

Increase your Fruits and Vegetables to 3-4 servings each a day. Avoid canned vegetables and have more fresh or frozen vegetables.

Hint: Look up the DASH diet for specific diet to lower blood pressure

2. Lower Toxins

A lot of items we may consume or use during the day have little health benefit but also contribute to a rise in blood pressure. Some of these include *Caffeine (coffee), cigarettes, excess alcohol, fast food, chips and illicit drugs*. Replace these items with more healthy snacks and activities.

3. Increase Potassium & Magnesium

Increasing potassium and magnesium lowers blood pressure as well. Avoid supplements when you can and instead eat potassium rich and magnesium rich foods such as *dried fruits like Raisins, dates, prunes, cantaloupe, bananas, orange, sweet potato, beans, nuts and spinach*.

4. Walk and Exercise Regularly

Regular walks or cardio exercise for 30 minutes 3-5 days of the week consistently lowers blood pressure. When exercise is accompanied by weight loss, blood pressure improves even more.

5. Drink More H₂O -Water

Increasing water reduces sodium load and hydration reduces blood constriction (squeezing) which can elevate blood pressure. Aiming for 64 oz, is a good starting place.

6. Quiet Time & Stress Management

Identify activities that allow quiet, down time or time to de-stress. This includes *journaling, reading, coloring, prayer, meditation, deep-breathing and yoga*. Turn off background noise and aggressive stimuli including loud music, action movies or crime TV. Set aside time in the morning, after work or before bed to do activities.

