



Spokane Holistic Healing Client Handout

Interventions to Lower Blood Pressure

Handgrip exercises can lower blood pressure by using isometric resistance training to strengthen muscles.

How to do handgrip exercises

1. Squeeze a handgrip device, massage ball, or rolled towel as hard as you can, but use about 30–50% of your maximum force.
2. Hold for two minutes.
3. Rest for one to two minutes.
4. Switch hands and repeat.

Benefits of handgrip exercises

- Can lower systolic and diastolic blood pressure
- Can improve vascular function
- Can be used as a non-pharmacological treatment for hypertension
- Can be superior to traditional strength and endurance training for lowering blood pressure

Lowering blood pressure naturally and effectively involves lifestyle changes, dietary adjustments, and sometimes medication if necessary. Here are some keyways to lower blood pressure:

Lifestyle Changes

1. **Exercise Regularly** – Aim for at least 30 minutes of moderate exercise (walking, jogging, cycling, swimming) most days of the week.
2. **Lose Excess Weight** – Shedding extra pounds, especially around the waist, can help reduce blood pressure.
3. **Manage Stress** – Practice deep breathing, meditation, yoga, or other relaxation techniques.
4. **Improve Sleep Quality** – Get 7–9 hours of quality sleep per night. Poor sleep can contribute to high blood pressure.
5. **Quit Smoking** – Smoking increases blood pressure and damages blood vessels. Quitting can improve heart health.
6. **Limit Alcohol Intake** – Stick to moderate consumption (up to one drink per day for women, two for men).



7. **Reduce Caffeine** – Some people are more sensitive to caffeine's effect on blood pressure, so consider cutting back.

Dietary Changes

8. **Eat a Healthy Diet (DASH Diet)** – Focus on whole foods, vegetables, fruits, whole grains, and lean proteins while reducing processed foods.
9. **Reduce Sodium Intake** – Aim for less than 2,300 mg per day (ideally 1,500 mg for better results). Avoid processed and fast foods.
10. **Increase Potassium Intake** – Foods like bananas, oranges, spinach, and sweet potatoes help balance sodium levels.
11. **Limit Sugar and Refined Carbs** – Reducing sugar and processed carbs can help maintain healthy blood pressure.
12. **Drink More Water** – Staying hydrated supports healthy circulation and heart function.

Additional Tips

13. **Try Herbal Remedies** – Garlic, hibiscus tea, and beetroot juice have been linked to lower blood pressure.
14. **Monitor Your Blood Pressure** – Regular tracking can help you see improvements and adjust habits as needed.
15. **Consider Supplements** – Magnesium, omega-3 fatty acids, and CoQ10 may support lower blood pressure (consult your doctor first).

If blood pressure remains high despite lifestyle changes, consult a healthcare provider for medical advice and potential medication options.