McMinn Clinic

Natural Ways to Improve High Blood Pressure

General

Regular exercise
Weight loss
Get a good night's sleep
Check for sleep apnea
Maintain proper weight
Monitor blood pressure at home
Don't smoke
Reduce caffeine
Reduce stress
Adequate hydration
Reduce sodium
Music relaxation
Relaxation
Meditation
Biofeedback
Yoga
Prayer
Breath work
Regular sauna
Avoid toxins
Adequate hydration
Loving relationships
Avoiding lonliness
Treating anxiety
Regular sexual activity
Proper dental hygiene
Time in nature
Time in direct sunlight
Avoid medications that may raise blood pressure- work with your doctor on this.
Avoid recreational drugs that may increase blood pressure (such as meth or cocaine).

-Diet: DASH Diet (Dietary Approach to Stopping Hypertension) = Med Diet
Emphasize complex carbs, high fiber, olive oil, red wine, celery, onions, garlic, whole grains. Unsweetened yogurt, pistachios and other nuts
Avoid: simple sugars, excessive salt, saturated and trans fats.
Consider eating some dark chocolate.

-Herbs and Supplements that May Help.

Omega 3 fatty acids (fish oil)
Magnesium glycinate - 500 mg per day
Calcium with Vit D
Vit C
Increase potassium, but work with your doctor to monitor levels.
Increase calcium intake
Hydrolyzed Whey Protein - 200 ml twice a day

Grape Seed Extract (50 Mg per day for preventative, up to 300 Mg to treat)
American Ginseng
Reishi tea
Noni- Juice
Hawthorne Berries - about 900 mg./day
Passion Flower 0.5 ml 3x /day
Chinese herbs
Co- enzyme Q-10- 100-200 mg per day
Taurine- 1,000 mg - 1-2 pills one to three times a day.
Cardio 4 Life or Vaso Phil - increases nitric oxide, causes vasodilation, lowers BP.
Hibiscus tea
Garlic
Folic Acid
Vitamin B6
Beetroot juice
Olive leaf extract
Probiotics
Vitamin E
Melatonin Controlled Release

All of the above supplements have been researched, and there is some supportive evidence for each of them. However, their effect may be mild, and their effectiveness may be different for different people.

Other Modalities: Massage, Acupuncture, RESPIRATE blood pressure device.

Medications: To be clear, some people will need medications to get their blood pressure down to an acceptable range, which is often considered to be about 130/80.The bottom line is to work with your doctor to get on a personalized program to maintain your blood pressure in an acceptable level.

It is also worth noting that home blood pressure monitoring with an accurate cuff may be helpful in managing hypertension, especially in patients who see to have “white coat hypertension.”

Important: *This handout provides educational information to support your wellness journey. It is not personalized medical advice. It is not intended to diagnose or treat any disease. Treatment should always be individualized. Please consult your healthcare provider before starting or stopping supplements, medications, or other therapies. Your doctor can help you determine what's right for your unique situation.*

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