*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 researced, 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.”

*This article is intended for educational purposes only. It is not intended to diagnose or treat any disease. Please do not apply any of this information without approval from your personal doctor.*