



HIGH BLOOD PRESSURE HEALTH PLAN

The following health plan contains a list of nutrition and lifestyle habits that have been proven to help lower high blood pressure. There are many references throughout this health plan to help you find more in-depth information on the website about different listed interventions. If you have not been able to find all the help you need on the website, please use the “CONTACT US” form on the HOME page to ask for an appointment with a Lifestyle & Nutrition Consultant.

NUTRITION HABITS FOR A LOWER BLOOD PRESSURE

Here is a list of healthy eating habits that can help lower your high blood pressure. As you read through the list, highlight all the habits you are already doing. Then go back through the list and put a check mark by the habits that you would like to try to adopt.

- Eat a balanced diet whole foods diet
- Consume calcium rich foods fortified or take a calcium supplement with vitamin D₃
- Avoid high salt foods (canned foods, packaged snack produces, chips, processed meats including ham)
- Don't add salt to your food – choose herbal salt-free seasoning for your food
- Eat oily fish 2 to 3 times a week or take an omega 3 fatty acid supplement
- Decrease saturated fats
- Increase monounsaturated fats (olives, avocados, nuts)
- Learn about the DASH Diet

To find out more in depth, detailed information about any of these 8 nutrition habits listed about, go to <https://positivepatterns4life.com/thrive> and click on the *Eat Healthy* link which will take you to the *Eat Healthy* page. There you will find handouts about a whole foods diet, healthy fats, and the DASH diet.

ADDITIONAL NUTRITION HABITS FOR A LOWER BLOOD PRESSURE

- Eat celery
- Eat garlic and onions or take a garlic supplement
- Eat potassium rich foods
- Eat magnesium rich foods
- Avoid caffeine and alcohol
- Take a multivitamin and mineral supplement to support overall health
- Get you potassium and magnesium levels checked at least once a year. If either one of these minerals are low, it can contribute to high blood pressure.

LIFESTYLE HABITS FOR A LOWER BLOOD PRESSURE

Here is a list of lifestyle habits that can help lower your high blood pressure. As you read through the list, highlight all the habits you are already doing. Then go back through the list and put a check mark by the habits that you would like to try to adopt.

- Get 30 to 60 minutes of aerobic activity most days [To learn about the many health benefits of aerobic activity, go to <https://positivepatterns4life.com/thrive> and click on the *Get Moving* link which will take you to the *Get Moving* page.]
- Practice relaxation exercises [For more information go to <https://positivepatterns4life.com/thrive> and click on the *Manage Stress* link which will take you to the *Manage Stress* page.]
- Practice healing visualizations [For more information go to <https://positivepatterns4life.com/thrive> and click on the *Think Positive* link which will take you to the *Think Positive* page.]
- Stop smoking
- If you have a high BMI, take actions to lose weight and achieve a healthier weight.

HELP WITH CHANGING HEALTH HABITS

Changing health habits can be challenging. *Positive Patterns for Life* offers a variety of methods, skills and tools to help support you during your habit change journey. One of the most helpful tools found on the website is the *Positive Patterns for Life Goals Chart*. It has blank spaces for you to write in your new habits that you want to work on adopting. It has instructions to guide you on how to best use the goals chart and encouraging quotes to help you stay motivated during your health improvement journey. Make sure to check out all the resources in the *Changing Health Habits*

section at the bottom of the THRIVE page at <https://positivepatterns4life.com/thrive>.

If you don't find the help you need in the *Changing Health Habits* section, schedule an appointment with a Lifestyle & Nutrition Consultant by using the "Contact Us."

REFERENCES

1. Murry, Michael, Pizzorno, Joseph. (2012) *The Encyclopedia of Natural Medicine*. (Third Edition). New York, NY: Atria Paperback.
2. Rakel, David. (2013) *Integrative Medicine*. (Fourth Edition). Philadelphia, PA: Elsevier.
3. Murry, Michael, Pizzorno, Joseph. (2005) *The Encyclopedia of Healing Foods*. New York, NY: Atria Paperback.
4. Williams, Sue, Schlenker, Eleanor. (2003) *Essentials of Nutrition and Diet Therapy*. (Eighth Edition). St. Louis, MO: Mosby.