

5 Tips to Lower Blood Pressure

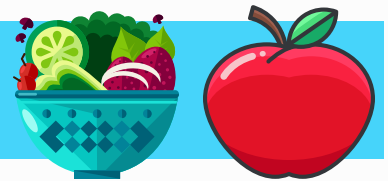
Trying to lower your blood pressure? Want to stay healthy and not have a problem? High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart and brain. Follow these 5 simple guidelines to lower your blood pressure readings and improve your health!

1 Lower the sodium in your diet.

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Think you eat a low-sodium diet because you never use the salt shaker? Think again! Most of the sodium in your diet comes from processed foods and meals eaten away from home. Read food labels and cook healthier choices at home.

2 Eat more fruits and veggies.



Fruits and vegetables are a big part of the DASH diet given their magnesium and potassium content, which lowers blood pressure. Try to include fruits and veggies at every snack and meal.

3 Include more beans and nuts.



Nuts, seeds and beans are also good sources of potassium. Beans and nuts are nutrient dense and contain fiber. They are also more heart healthy choices than animal proteins, which tend to contain saturated fat.

4 Moderate alcohol intake.



According to previous studies, blood pressure increases about 1 mmHg for each 10 g alcohol consumed and can be reversed within 2-4 weeks of abstinence or reduction in alcohol consumption. 4 Have clients try a "mocktail" of flavored seltzer water with a twist of lemon or lime.

5 Get to a healthier weight.



One of the best treatments of blood pressure is mild weight loss. According to the National Heart Lung and Blood Institute (the people that developed the DASH diet), a 10 lb weight loss result in blood pressure reduction. For many clients, this is a more realistic weight loss target even if their BMI is still elevated.