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NOTHING MORE IMPORTANT THAN YOU.
ABSOLUTELY NOTHING!



Naturopathic Interventions for Hypertension

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What is hypertension aka high blood pressure?

Hypertension aka high blood pressure is a common condition that takes years to develop in any person, characterized by long term force of blood against the artery walls that is high enough to cause medical issues, such as heart disease. Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The harder your heart pumps and narrower your arteries, the higher your blood pressure will be.

To determine if you have high blood pressure, your doctor uses a machine called a sphygmomanometer and stethoscope to measure your blood pressure. Uncontrolled high blood pressure is dangerous and can lead to serious complications, such as, stroke and heart attack.





What are some causes and risk factors for developing hypertension?

Primary essential hypertension develops gradually over the years with no identifiable cause. Secondary hypertension, caused by an underlying condition, appears suddenly and most times causes a higher blood pressure reading than primary high blood pressure. Common causes of secondary hypertension include sleep apnea, kidney problems, problems with the adrenal glands, thyroid problems, congenital defects, certain medications, cocaine and amphetamine use. Risk factors for hypertension are increasing age, gender (women more prone), race (African Americans more prone), family history, being overweight and/or obese, tobacco use, lack of physical activity, increased sodium in the diet, little potassium in diet, excess alcohol use, stress, and certain chronic conditions like diabetes.

Dietary recommendations to improve blood pressure:

Healthy eating habits can help to lower your blood pressure significantly. Tracking what you eat by portion size control and avoiding certain foods is an important and easy step towards normalizing blood pressure. Diets high in sodium has been shown to increase blood pressure, so it is important to limit the amount of sodium in your diet. Examples of foods high in sodium are deli meats, processed foods, canned foods, and fast foods.

**Magnesium containing
foods:**

Pumpkin seeds
Almonds
Spinach
Cashews
Black beans
Edamame
Dark chocolate
Avocado
Okra
Swiss chard
Tamarind

On the other hand, foods high in potassium, fiber, and magnesium can help to control blood pressure. Most fruits and vegetables contain optimal amounts of fiber, potassium, and magnesium. Whole fruits and vegetables are best as the fiber is still intact.

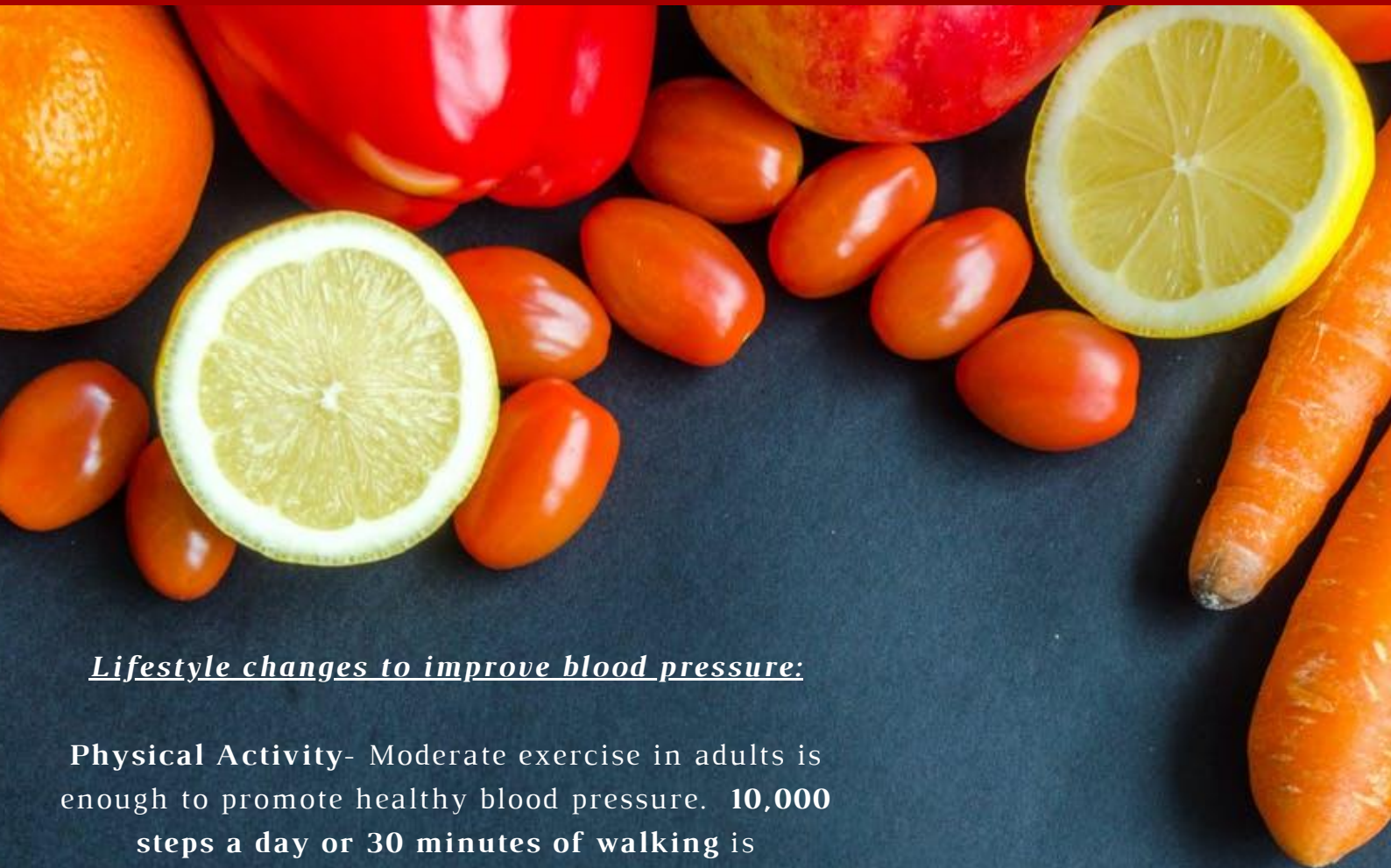
Potassium containing

foods include:

Bananas
Leafy greens
Unsalted seeds
Broccoli
Sweet potatoes
Mushrooms
Peas
Cucumbers
Zucchini
Pumpkins
Eggplant
Most legumes
Nuts
Wild or brown rice

Fiber containing foods:

Oatmeal
Apples
Legumes
Pears
Oranges
Strawberries
Raspberries
Turnip greens
Green peas
Cruciferous vegetables such
as the broccoli family
Carrots
Quinoa
Nuts and seeds



Lifestyle changes to improve blood pressure:

Physical Activity- Moderate exercise in adults is enough to promote healthy blood pressure. **10,000 steps a day or 30 minutes of walking** is beneficial. If walking is not your thing, you can dance, take a Zumba class, do yoga, or take a swimming class at least 4-5x/week.

Sleep- make sure you get adequate rest because this has been shown to influence how effective your blood pressure treatments will be. It is recommended that adults get at **least 7-8 hours of sleep a night.**

Adequate hydration- Adults should **aim for a maximum of half their body weight in ounces** as it promotes healthy circulation which has positive impacts on blood pressure.

Stress-reducing activities:

Gratitude journal
Deep breathing exercises
Yoga/meditation
Epsom salt baths
Aromatherapy using essential oils such as chamomile, lavender, bergamot, holy basil, sweet basil, and valerian.



In Conclusion...

Overall, depending on the nature of your blood pressure you can utilize these simple foods and lifestyle changes along to help normalize your blood pressure. Please note that you must consult with a licensed medical practitioner before making any changes to your diet or lifestyle to ensure they are cohesive with your current blood pressure treatments, especially if you are using any medications to control your blood pressure.





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Photos

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