

Dealing with Hypertension

Diet

- Avoid high calorie foods and foods with animal fat
 - o Fish is good alternative if available
- Hypertension can be aggravated by consumption of a lot of sodium, so you want to cut out as much salt from your diet as you can
- Eat foods high in potassium like tomatoes, bananas, celery, watermelon and other leafy vegetables
- Drink enough fluids, especially water, unless you are suffering from edema along with hypertension
 - o Alcohol and caffeine only in moderation

Exercise

- Incorporate some physical activity into your life
 - o Ideally 30 mins of moderate exercise, like walking, each day
 - o Examples:
 - Take a walk after lunch or dinner
 - Take the stairs instead of the escalator

Lifestyle/Other

- Herbal remedies
 - o Garlic: research has proven that garlic is beneficial for those with hypertension
 - By thinning blood, it can lower blood pressure by 5-10%
- Acupuncture can be a treatment complementary with western medicine that may help lower blood pressure
- Practice stress reduction techniques
 - o Exercise can be a big part of this
 - o Meditation can be done daily for as little as 20 minutes
 - Sit in a comfortable position with the eyes closed and focus on repetition of a word or phrase for 20 minutes or whenever you have a free moment
 - Research has shown that it results in significant reductions in blood pressure compared to progressive muscle relaxation