

## LOWERING BLOOD PRESSURE

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[17 Ways to Lower Your Blood Pressure - Healthline](#)  
17 Effective Ways to Lower Your Blood Pressure  
Medically reviewed by Judith Marcin, MD on April 24, 2018  
Written by Marjorie Hecht  
High blood pressure, or hypertension, is called the  
[Natural Ways to Lower Blood Pressure - Health](#)  
Coffee has some health benefits, but lowering blood pressure isn't one of them. Caffeine can cause short-term spikes in blood pressure, even in people without hypertension.  
[Lowering Your Blood Pressure | Bottom Line Inc](#)  
Lowering Your Blood Pressure 0: on February 4, 2018.  
She also recommends people reduce their sodium intake in order to further lower their blood pressure and consume plant-based protein sources to promote cardiovascular health and lower blood pressure. print. Advertisement. Video Playlist . Wash Your Fruits and Veggies . Power Foods for Brain Health . Eating Healthy on the Go . The Truth  
[13 Ways To Lower Blood Pressure Naturally | Prevention](#)  
Lowering high blood pressure is as easy as one, two, tea: Study participants who sipped three cups of a hibiscus tea daily lowered systolic blood pressure by 7 points in 6 weeks on average, say  
[15 Natural Ways to Lower Your Blood Pressure](#)  
In previous studies, losing 17 pounds (7.7 kg) was linked to lowering systolic blood pressure by 8.5 mm Hg and diastolic blood pressure by 6.5 mm Hg . To put that in perspective, a healthy reading  
[Surprising Foods That Lower Your Blood Pressure | Bottom ...](#)  
Forget everything that you have read about the latest superfood for lowering blood pressure. While it's true that certain foods do provide this remarkable benefit, many people mistakenly assume that there must be one nutritional magic bullet that will do the job on its own.  
[42 Foods That Fight High Blood Pressure | Zero Belly Diet](#)  
Loaded with fiber and blood pressure lowering magnesium and potassium, dates are an easy way to improve your blood pressure without dulling down your diet. In fact, high-potassium, low-sodium foods, like dates, are a widely-recommended component of a diet to fight hypertension.  
[13 Foods That Lower Blood Pressure - Healthline](#)  
Hypertension, or high blood pressure, refers to the pressure of blood against your artery walls. Over time, high blood

pressure can cause blood vessel damage that leads to heart disease, kidney

#### **Blood Pressure : How to lower blood pressure**

Your diet, exercise levels and weight have a real effect on your blood pressure. If you have high blood pressure, you can start lowering blood pressure today by eating more healthily and being more active.

#### **Blood Pressure : How to lower your blood pressure**

2. Blood Pressure Diet - Eat more fruit and vegetables. Eating more fruit and vegetables helps to lower your blood pressure. Adults should eat at least five portions of fruit and vegetables every day.

#### **How to Lower Blood Pressure: Exercise Tips - OnHealth**

The DASH diet has been shown to lower systolic blood pressure (the top number in a blood pressure reading). Studies have shown a DASH diet can reduce systolic blood pressure by as much as 14 points. The DASH diet is rich in fruits, vegetables, and low-fat dairy products and is 2,000 calories a day. DASH is also low in saturated fat, cholesterol, and total fat.

#### **How To Lower, Reduce & Control High Blood Pressure Levels**

Lower your blood pressure and prolong your life by quitting. If you need help getting started, talk to your doctor. If you need help getting started, talk to your doctor. Don't Skip Your Medication

#### **How to Lower Blood Pressure Quickly (with Pictures) - wikiHow**

How to Lower Blood Pressure Quickly. In this Article: Article Summary Lowering Blood Pressure with Diet Living a Low Blood Pressure Lifestyle Lowering Blood Pressure with Medication Community Q&A 34

References. If your blood pressure is abnormally high, you will need to lower it as quickly as possible. There are ways to do this using nothing but diet and lifestyle, but if you are already

#### **20 Foods That Lower Blood Pressure | Eat This Not That**

In addition to being an excellent source of blood pressure-lowering, immune-boosting vitamin C, pink grapefruit is a good source of lycopene, which multiple studies have deemed effective at reducing blood pressure.

**How to Lower Your Blood Pressure | Diabetes Canada** Alcohol raises blood pressure by interfering with the blood flow to and from the heart. Drinking alcohol can lead to both high and low blood glucose (sugar) and possibly high triglycerides. Talk to your doctor to see if alcohol is a

choice for you.