Foods That Lower Blood Pressure

By bestfolkmedicine · 29/10/2018 · 3 min read

Did you know that there are a lot of different foods that have the capacity to decrease high blood pressure? Fruits, veggies, and nuts are only part of the healthy options for people who need to balance their blood flow. When you learn more about the benefits of these foods and add them to your daily diet, you will be able to solve your hypertension issue and maintain the health of the circulatory system completely naturally. Amazing, right?

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Why Is Blood so Important?

Blood is an important fuel which is pivotal for both human and animal life because it allows the body to stay alive by supplying nutrients and oxygen to living cells, by removing waste, and by transporting immune cells to fight off infections. On average, a human adult body has more than 6 quarts of blood that goes through the heart and blood vessels. It also contains platelets that can create a stopper in damaged blood cells and avert loss of blood. However, there are times when the blood can trigger the creation of an unhealthy pressure in the body.

Blood Pressure Explained

This is the pressure which the body applies to the walls of the blood vessels while flowing. The heart is a muscle which has the role of a pump that pushes the blood through these vessels. Because the blood pressure cannot be determined solely by listening the heart or by sight, an oscillatory cuff is wrapped around the upper arm and inflated until the blood flow is limited. While the pressure gradually lowers, the cuff detects vibrations and measures the systolic reading when the pressure subsides enough for the artery to force blood through. The diastolic reading is taken when the

pressure minimizes further and the blood travels freely through the arteries with normal pulses.

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Normal Blood Pressure vs. High Blood Pressure

A normal blood pressure is considered to be below 120/80 (120 refers to the systolic and 80 to the diastolic). There are cases when these levels become excessively high as a result of problems with the diet, weight, physical activity, smoking, stress, and alcohol abuse.

Different Blood Pressure Degrees

- Normal: Systolic less than 120 and diastolic less than 80
- Elevated: Systolic between 120-129 and diastolic less than 80
- Stage 1 hypertension: Systolic between 130-139 or diastolic between 80-89
- Stage 2 hypertension: Systolic at least 140 or diastolic at least 90
- Hypertensive crisis: Systolic over 180 or diastolic over 120

The Negative Effects of Hypertension

Chronic high blood pressure can be detrimental for the blood vessels. Namely, when the blood goes through the arteries with an excessive force, it causes damage and leads to the buildup of calcium and fat. Eventually, this can lead to blockage caused by excessive plaque in the arterial walls. This condition is known as atherosclerosis and the blood clots can break loose and reach the heart or lungs and avert a proper blood flow to these organs.

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How to Control Hypertension

- ***Lead a healthy diet***
- ***Avoid smoking***
- ***Reduce the intake of alcohol***
- ***Be more physically active***
- ***Manage stress and anger***

- ***Learn to relax***
- ***Minimize the intake of sodium***
- ***Opt for healthy foods abundant in nutrients and vitamins***

Beneficial Foods against High Blood Pressure

According to the American Heart Association, the DASH diet is effective in maintaining the health of the circulatory system and it is consisted of fiber, veggies, fruits, poultry, fish, lean meat, whole grains, beans, and nuts. This being said, if you suffer from this health issue, make sure you include the following foods to your daily diet.

- **Carrots**
- **Broccoli**
- **Potatoes**
- **Swiss chard and spinach**
- **Veggie juices**
- **Acorn squash**
- **Beets**
- **Kale**
- **Oranges**
- **Bananas**
- **Apples**
- **Pears**
- **Raisins**
- **Grapes**
- **Fresh fruit juices**
- **Strawberries**
- **Blueberries**
- **Green tea**
- **Hibiscus tea**

- **Black tea**
- **Flaxseed**
- **Sunflower seeds**
- **Walnuts**
- **Pistachios**
- **Cashews**
- **Black-eyed peas**
- **Kidney beans**
- **Lentils**
- **Navy beans**
- **Chickpeas**
- **Cardamom**
- **Basil**
- **Cayenne pepper**
- **Nutmeg**
- **Rosemary**
- **Cinnamon**
- **Olive oil**
- **Flaxseed oil**
- **Dark chocolate**
- **Stevia**

What Foods to Avoid Consuming

- **Foods rich in sodium**
- **Processed foods**
- **Fast food**
- **Frozen seafood**
- **Deli meats**

- **Bacon**
- **Canned soups**
- **Energy drinks**
- **Alcohol**
- **Pizza**
- **Tobacco products**

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