



# ***Lower Your Blood Pressure Naturally***

## ***The Complete 9 Step Guide***

**Alison Roe & Simon Foster**



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### ***SAMPLE***

**by Simon Foster & Alison Roe**

**[highbloodpressurebegone.com](http://highbloodpressurebegone.com)**

### **Disclaimer**

The information in this guide is based on research and first-hand experience in battling high blood pressure. The guide was created to provide helpful suggestions on lowering blood pressure naturally and developing a healthier lifestyle in general. However, this guide is not a substitute for professional medical care or advice.

Nothing in this guide is meant to displace or override medical advice you have had in the past or may receive in the future. This guide is not meant to be used, nor should it be used, to diagnose or treat any medical condition. If you are in any doubt about doing anything suggested in this guide, talk to your physician first before taking action.

Keep in mind that what works for most people may not work for everyone, and there may be people with medical conditions which mean that following some of the ideas found in the guide may be inadvisable.

Also, since the science and art of natural health care is constantly evolving, we do not guarantee that the information contained in this guide is accurate, up-to-date, or fully complete. We, the authors, are not responsible for any omissions or inaccuracies in the content of the guide.

Under no circumstances do we, as authors of this guide, take any responsibility or liability whatsoever for outcomes related to following the information provided in this guide.

Having said all that, we hope you enjoy this guide and find it useful!

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# ***Lower Your Blood Pressure Naturally in 9 Steps***

## **Introduction**

This guide to lower blood pressure without the use of prescription medication came about in response to a clear need for a step-by-step guide. This guide is designed to help you achieve a lifestyle where your blood pressure can be normalized to safe levels without becoming enslaved to the pharmaceutical industry.

Although there are a number of 'lower your blood pressure naturally' guides available on the Internet, after reading many of them, we concluded that none of them fitted the the need for a simple step-by-step guide.

Some of the lower blood pressure guides we looked at gave lots of highly detailed information on supplements, diets, exercise, new approaches and gadgets, etc. - but failed to provide any clear path one could follow. We felt that being snowballed by too much information and not enough guidance tends to lead to paralysis rather than action.

Additionally, some 'lower your blood pressure' e-books were badly written in poor English with confusing advice, and in some cases, were just plain wrong.

This guide avoids both those pitfalls by:

- providing well-researched accurate information
- delivering the information in a well-structured step-by-step format which can be clearly followed to achieve lower blood pressure naturally

## **How long will it take?**

Although we have developed the guide into a 9 week program, there is some flexibility in the timetable. You could do a step every fortnight and turn it into a 18 week program. Alternatively, you could move things along at a faster pace, and finish the program a little sooner. (Note: if stress is a major issue for you, you may wish to do Step 9 - which focuses on stress reduction - first).

Mind you, for those who want to complete the program in under 9 weeks, it is worth bearing in mind that you can't always 'fast-track' your body. The cumulative effect of the changes you are making may take some time to manifest. Moving to a healthier blood pressure range is not something one can accomplish in a rush. It is a slow but steady process. The sooner you start to make the changes the sooner your blood pressure will start to recede to safer levels.

The fact is that the only way you can drop your blood pressure rapidly is by use of prescription medication - and then you are stuck with a life-time habit, with possible negative side-effects.

The only thing that is proven about BP medications is that they will bring your blood pressure down. Evidence is inconclusive as to whether they help people live longer or improve quality of life.

Having a healthier diet and lifestyle will improve quality of life, however, and bring your blood pressure down: a win-win situation that this guide will help you achieve.

## **First things first - get a monitor**

If you know or think you may have high blood pressure you should seriously consider getting your own personal blood pressure monitor, if you don't already have one. There are a number of reasons for this.

Blood pressure readings are not like tire pressure readings. Our blood pressure is dynamic. It continuously rises and falls depending on the time of day, state of mind, what have eaten, what we are doing etc. We need to find our blood pressure range and aim to achieve a better range, not a specific number. The only way to get to know your blood pressure range is to take multiple readings at different times of the day.

If you find the range of your blood pressure readings is consistently too high then the steps outlined in this guide should help get it back to a range you can live with. Following on from the truism that we are all the same and we are all different, some of the suggestions in this guide will work better for you than others - but the only way you'll be able to determine what works, or doesn't work, for you will be to monitor your blood pressure readings over time.

Another thing you should be aware of is what is commonly termed 'White Coat Syndrome'. This describes the fact that many people (myself included) find the doctor's office a little intimidating, which can temporarily increase blood pressure. The result is that the readings your doctor sees are higher than your normal range. It can lead to a false diagnosis of high blood pressure and possibly even an unnecessary regimen of daily blood pressure medications.

Perhaps the most important reason for getting and using your own blood pressure monitor is control. Self-control, that is. Too many of us give up control to 'experts' even when deep down we know that we are not getting the care, attention, and treatment we really need. Changing our lifestyle and using natural methods to get our system back to a healthy balance is all about taking responsibility for ourselves and not giving away power where it is best kept.

Lowering blood pressure naturally is a lot more than diet and exercise. It is a whole philosophy and life orientation. Having our own blood pressure monitor and the power to be always in the know is part and parcel of that philosophy.

Affordable battery-powered blood pressure monitors are easily bought here in the UK at any high street drug store or online. I believe the case is similar in North America. A friend who worked in a pharmacy advised me that blood pressure monitors with arm cuffs give more accurate readings than wrist cuff monitors.

If you're just starting out, take readings at different times of the day to see what kind of range you have. It's best to sit down when taking a reading. Place the cuff on your left (heart side) arm not too tight, just so it wraps your upper bicep lightly. Place your cuffed arm on a table so that the cuff is approximately on the same level as your heart. Relax and take a deep breath. Start the monitor and stay calm and relaxed. The cuff will tighten considerably. Stay relaxed. After 30 seconds or so the monitor will release the pressure and your blood pressure is revealed on the monitor.

## **The causes of high blood pressure**

If there is one topic sure to get a roomful of high blood pressure 'experts' in heated debate it's the *causes of high blood pressure*. There are some things that most would agree with however, the first being that there is more than one cause.

The main causes can be grouped into the following categories: age, genetics, poor diet, lack of exercise, excess stress.

### **Age**

Back before the pharmaceutical industry began to dominate the medical establishment, it was a widely accepted fact that our blood pressure would creep up as we age. It was regarded as a largely unavoidable aspect of ageing. Back then, the industry ideal blood pressure of 120/80 was regarded as just that - as an *ideal*. People in their twenties and thirties could be expected to have a blood pressure range close to those numbers, provided they were reasonably fit.

Hence the acceptable systolic blood pressure range, as we aged, was 100 plus your age. That's not to say that higher blood pressures were considered healthy but that an increasing blood pressure as one aged was considered normal, albeit regrettable (like ageing itself).

With the introduction of blood pressure-lowering medications the stage was re-set. Now 120/80 became the achievable target for all, regardless of age.

But this method of keeping blood pressure artificially low with drugs comes with a price that even the medical establishment is starting to recognize. The costs of maintaining a daily dose of medication aside, being bound to a daily prescription till the day you depart is being questioned by many seeking a less constrained and more natural lifestyle - not to mention the possible negative side effects experienced by many taking blood pressure drugs.



My experience has shown that ageing does not condemn you to high blood pressure or a lifetime of prescription medication. I was diagnosed with high blood pressure of over 180 systolic/100 diastolic when I was 45. Seven years on and my blood pressure readings remain around 120-130/75-90 - achieved without any medications - just the steps outlined in this guide.

The bottom line is that as we age we can no longer get away with the kind of lifestyle we could in our twenties and thirties without paying a price, such as higher blood pressure. We are not condemned to higher blood pressure as we age, but we might have to adjust our lifestyle and pay more attention to how we live to keep our blood pressure within a healthy range. This guide will help you to do just that.

## Genetics

As far as I am aware there has yet to be a gene identified as being responsible for high blood pressure. However, circumstantial evidence certainly indicates that some people, and even families, are more genetically predisposed to developing hypertension than others.

Take my situation for example. Both my parents developed high blood pressure as they aged, as I have. Although it could be argued that the correlation is merely coincidental, my story is far from unique. Again and again, high blood pressure problems seem to manifest in some families more than others, where lifestyle similarities are not a sufficient explanation.

In contrast, take my friend Emma, for example. She is the same age as me yet her blood pressure is usually lower than the ideal 120/80 - despite the fact that, compared to me, she has a high blood pressure lifestyle: bad diet, little exercise, and easily and often stressed. It would seem that she is genetically predisposed *not* to get high blood pressure.

But this is the important thing to remember: genetics may predispose some of us to develop hypertension - but it does not *determine* us. If you are, like me, seemingly susceptible to developing high blood pressure due to your genetic make-up, you will simply have to be more alert about your lifestyle and avoid those things that can lead to an increase in hypertension. Simply put, those of us who have 'hypertension genetics', must be more vigilant. We have to work a little harder to keep our blood pressure down.

If you think of those who are not genetically susceptible to developing high blood pressure as 'lucky', on the surface you would be right. However, needing to adopt a healthier lifestyle has its benefits over and above blood pressure readings.

Even if your blood pressure doesn't require a change in habits, a less than healthy lifestyle can lead to a host of other ailments - such as diabetes, obesity, premature ageing and early death. Those of us whose blood pressure requires us to have a healthy lifestyle reap other benefits in its wake, such as increased vitality and a more wholesome and enjoyable life.

Although this guide is primarily directed towards those who are battling high blood pressure, it can also be used to *prevent* high blood pressure from creeping in. Further, it can be a good friend to anyone generally seeking a healthier and happier life. The benefits of adopting a healthier life style are varied and numerous.

## **Poor Diet**

As the saying goes – you are what you eat – and our blood pressure can be very sensitive to what we eat.

That news is both bad and good.

Some things we eat or drink can cause our blood pressure to rise slowly over years while other things we consume may cause temporary spikes in blood pressure, only to come back down later when the effect has worn off. Some types of food don't increase our blood pressure at all, but only if we consume them moderately and don't go overboard. Some food - if you eat it regularly - can actively maintain good health and keep your hypertension under control.

So there are two sides to naturally curing high blood pressure using diet. On one side are the things you should consume less of, or provide healthier substitutes for. On the other side are the things we should start consuming more of. Most important is to remember that a healthy blood pressure diet is not bland or tasteless. Quite the opposite. Some of the most delicious food that nature has to offer is exceptionally good for our health.

This guide will show you how to move to a tasty and nutritious diet that will help keep your blood pressure under control while still enjoying some of the finest things life has to offer.

## **Lack of Exercise**

Over the past few generations we have adopted an increasingly sedentary lifestyle. Indeed, the term 'couch potato' has become a familiar slang word, as we spend much, if not virtually all, our waking hours sitting down, with a dearth of physical exercise. High blood pressure is one symptom of an inactive lifestyle as our cardiovascular system doesn't get sufficiently challenged to stay in good condition.

Thankfully this is easily remedied without having to run marathons or train for the next Olympics. Just getting out for a short walk each day can do wonders in the long run. This guide looks at getting exercise without over-exerting oneself or needing to push oneself too hard. A range of simple exercises can be enjoyed and even looked forward to each day.

The exercise outlined in the guide will not simply help you lower your blood pressure the natural and healthy way, but also increase your overall energy levels, prompting you to live a more active and happy life.

## **Excess of Stress**

Along with poor diet and lack of exercise, modern life has brought with it increased stress levels. It doesn't really matter what the source of stress is - whether it be work-related, family-related, or just the demands of modern life in general - the fact is that stress manifests in a number of physical ailments, high blood pressure being just one of them.

Too much stress can dangerously increase blood pressure quite rapidly - but the flip side of that is that practising deep relaxation can lower your blood pressure back to healthier levels.

We owe it to ourselves to de-stress in the long-term for the sake of our health if nothing else. This guide will look at a number of de-stressing / relaxing techniques. Some are specifically designed to lower blood pressure while others are designed to guide us into a more relaxed and pleasant lifestyle in general.

You will be able to pick out the relaxing technique, or techniques, that work best for you and reap the rewards.

## **Additional resources and updates**

This guide is reasonably simple and easy to follow so you can integrate its suggestions with ease, not a struggle.

Along with this guide we also maintain resource pages online where you can access further information and products mentioned in the guide.

Medical science and alternative approaches to medicine never stand still and if there are any exciting new developments in this field, the resource pages will be reviewed and updated as appropriate.

Click here for the online resource pages:

[Lower Your Blood Pressure Naturally - Online Resource Pages](#)

To sum up, consider the following joke:

A terminally ill patient: *Is there anything I can do doctor?*

Doctor: *You could stop eating rich food, drinking, dancing, and socializing.*

Patient: *Will that make me live longer?*

Doctor: *No, but it will **seem** longer.*

This guide is *not* like the doctor's advice - and that's no joke! This guide is based on the knowledge that a healthy life is a full life - not one of restraint and self-denial.

If you follow the guidelines, your appreciation of good food and taste will be re-awakened, you will feel re-invigorated with a range of pleasant physical activities, you will learn to shed the stress and remember to “smell the roses” again.

The guide is based on the principle that a healthy life is a happy life and vice versa.

Enjoy!

*Simon Foster (introduction)*

*Alison Roe (guide)*

[highbloodpressurebegone.com](http://highbloodpressurebegone.com)

admin@highbloodpressurebegone.com

# Step 1: Drink To Your Health!

## Overview

The first step to a healthier blood pressure is clearing out your system, and a good way to start is by adjusting the things that you drink.

There are some things to introduce or drink more of, such as water and various kinds of tea. There are some things to cut down on, like caffeinated drinks and alcohol; and there are some things to cut out, mainly sodas and soft drinks.

You want to be well hydrated, not just because that's good for your blood pressure, but also because it prepares your body for other good diet and activity changes you'll be introducing in later steps.

But don't worry - this doesn't mean you have to cut out all caffeine and alcohol and switch completely to drinks like herbal tea. It is good to drink more herbal tea though, especially as some types can actually help lower your blood pressure – hibiscus tea in particular.

However, regular black tea and green tea also have some blood pressure-reducing effects, and there may still be room for a cup of coffee to get you going.

There are also plenty refreshing cold drinks such as coconut water, and fruit and vegetable smoothies, and beet(root) juice has particular benefits for lowering blood pressure.

You can also enjoy a nice glass of something stronger to wind down the day.

## STEP 1 AIMS

- drink a few glasses of water each day
- avoid soft drinks, sodas and energy drinks - replace them with water or coconut water, beet(root) juice or an occasional fruit juice or smoothie
- keep your coffee intake down
- drink a few cups of tea, especially green tea and hibiscus tea
- drink no more than one or two alcoholic drinks

*By drinking a lot of healthy fluids you'll be getting refreshed and energised as well as helping lower your blood pressure.*



# Water

*"Water, water, everywhere... Nor any drop to drink" (Samuel Coleridge)*

70% of our planet and over half our body weight is water. We lose water constantly by breathing, sweating and excreting, yet often we still aren't drinking enough of it to replenish our supplies.

Water has been used as a ritual purifier by ancient cultures, and even today it's used to baptise and to cleanse. However, it is also a physical purifier for the body, and is essential for our health in many ways.

Water carries nutrients and aids digestion, it flushes toxins from the body, it's vital for efficient brain function, alertness and energy levels, it helps the kidneys and bowels work effectively... the list goes on. And getting enough water is critical for healthy blood pressure.

Even slight dehydration results in higher blood pressure, as blood volume is reduced, leading the blood vessels to constrict to conserve water. Your blood also gets thicker, so the heart has to work harder to pump the blood around.

However, drinking too much water can also be hard on your body in various ways, especially on your kidneys. Habitually drinking too much water may even raise your blood pressure. So, as in all things, the key is balance.

## **Raise a glass... or a few!**

How much water you should drink varies depending on your body weight, and on your circumstances. Most sources recommend drinking at least 8 8-ounce (230 ml) glasses of water a day for general health.

If this sounds like a lot, you can work up to this gradually - just drink one more glass of water each day for a week. Some tips for including water in your daily routine are given below.

Of course other drinks also contain water, so if you're drinking a lot of other fluids, then you won't need to drink so much water. (Highly caffeinated drinks like coffee are an exception to this though, because caffeine is a diuretic which means it results in some fluid being eliminated from your body.)

Be your own judge of how hydrated you're feeling. However, keep in mind that it's easy to be slightly dehydrated without realising it - by the time you feel thirsty, you're already becoming dehydrated. If you're drinking enough water habitually you won't feel thirsty. If you're conscious of feeling thirsty often, then you definitely need to increase the amount of fluids you drink.

Another way to see if you're hydrated enough is to look at your urine. If it's almost colourless, or pale yellow, then that's healthy. If it's darker, that's a sign you need to drink more water. (Unless you're taking tablets that colour your urine. For example, some supplements make your urine bright yellow.)

## **Take your own circumstances into account**

Bear in mind that all these figures are generalizations and how much water you need will be affected by your size and weight. So if you're particularly large or small, then scale your drinking goals up or down.

Other health conditions, your activities and your environment will also affect how much fluid you need. You'll need more fluid if:

- you're sweating more than usual (due to exercise, heat, humidity, or illness)
- you have a health condition resulting in fluid loss (such as diarrhoea or vomiting)
- you're in a dry climate or conditions (such as being indoors in the winter with the heating turned up)

It's best to be proactive about staying hydrated, rather than reactive - don't wait till you're already dry. For example, if you're going to exercise, drink a glass or two of water an hour or so beforehand, and drink water while you're exercising, as you feel you need it. (Coconut water is particularly good for replacing fluids lost through sweating, since it contains salts and electrolytes, which you're also losing through your sweat - more details below.)

Ultimately, there's no one-size-fits-all solution to how much fluid you need for optimal blood pressure. So keep the guidelines in mind, but listen to your body.

## **DAILY WATER TARGET: Drink often!**

Drink at least 8 glasses of fluid a day. Some of this can be in the form of other cold drinks or teas (see below) but aim for some of it being water. It's easy to forget to drink though, so here are tips to make sure you're drinking enough:

- drink a glass of water when you wake up - this alleviates the slight dehydration we have after a long sleep and gets your day off to a healthy start
- drink a glass of water just before you go out the door
- carry a bottle or flask of water around - keep one in your bag or your car - and sip while you're on the bus, waiting in line, or feeling like a snack
- keep a glass of water on hand at home - in the kitchen, living room, study - so you can easily take a few sips whenever you remember
- drink a glass of water about half an hour before you eat a meal (not right before it) - this also helps prepare your digestive system for eating
- drink a glass of water a couple of hours after a meal

Remember - the aim is to drink enough so that you don't even become thirsty. It's easier on your body to keep yourself hydrated by drinking a little, often, rather than downing a huge glass of water very quickly. This also applies if you're already very thirsty or dry - rehydrating yourself steadily works best.

### **Types of water: bottled or tap?**

Generally plain tap water is fine. If you live in a big city and find the taste of the water isn't great or you're concerned about its quality, then try a water filter. You may be able to get one that you can fit directly to your tap, or you can buy a jug with a filter to keep filled and chilled.

Bottled water is great if you're on the go, though to save on plastic (and cost) you can get your own reusable water bottle to fill up at home or work and take with you. Generally, stainless steel or glass water bottles are best - they don't affect the taste of the water or leach nasty chemicals into it, as some plastics do.

If you are buying water, mineral water is a good choice since it has the added benefits of natural minerals which are good for the body's fluid balance.

For a bit of extra zing, add a slice or two of lemon or lime. A few leaves of mint, or other herbs, are also refreshing.

## **Other Cold Drinks**

### **Avoid high sugar drinks**

You're best to completely cut out sweetened soda and soft drinks as these have been linked with a host of health problems, including high blood pressure (discussed in Step 8). They're full of empty (non-nutritious) calories, and not only is their high sugar content a problem, but such drinks are often high in phosphorus which deplete you of calcium (which is important for healthy blood pressure).

### **Fruit and vegetable juices - drink in moderation**

Fruit and vegetable juices can be high in vitamins and antioxidants, which are good for your blood pressure.

However, the downside of fruit juice is that it contains a lot of natural fruit sugars. The relationship between blood sugar levels and blood pressure is discussed further in Step 8. However, having sugary drinks can cause spikes in your blood sugar levels, with detrimental effects on your blood pressure, and high-sugar diets in general are strongly associated with high blood pressure.

Drinking the juice of a fruit is quite different for your body than eating the fruit itself. When you eat the fruit whole, then you're also getting its fibre, which slows down your digestion of the fruit and the release of its sugars into your blood. Drinking just the juice means the sugar is more concentrated. For example, a glass of apple juice contains the juice of about 4 apples, so that's 4 times the amount of sugar compared to just eating an apple. And it doesn't fill you up much either.

It's best, therefore, to drink no more than one serving of fruit juice a day. Vegetables contain much less sugar, however, so you don't have to worry about getting too much sugar by drinking vegetable juices (unless you are drinking seriously large amounts).

Even better is to drink fruit and vegetable smoothies, which retain the fibre and are therefore more nutritious and less sugary (more details in Step 6).

### ***Be careful with ready-made juices***

All the above information applies to freshly-made juices (or smoothies). If you're drinking ready-made juices, it's a good idea to check the label to see what the sugar content is, as many contain added sugars and preservatives (such as high-fructose corn-syrup, which is particularly bad for you). Watch out for salt too, and MSG (monosodium glutamate), both of which are known to increase blood pressure (discussed in Step 3).

The other downside of ready-made juices is that they contain fewer nutrients than fresh juice. This is because many nutrients (especially vitamin C) break down quickly over time and/or with exposure to heat and light. Many bottled juices are made from concentrate and heat-treated to make them last longer, so will already be depleted of much of their nutrient value by the time they get to the store shelf, and into your hands and digestive system.

So go for those with the simplest, freshest ingredients, and organic if possible. Or get into making them yourself - see Step 6 for tips.

### **Try beet juice**

For super-healthy refreshment, drink a glass or two a day of beet juice. Beets, or beetroots, are full of naturally occurring nitrates, which become nitric oxide in the body, which dilates blood vessels to promote good blood flow. Beet juice has been shown to quickly reduce blood pressure, at least in the short-term. You can get it in grocery or health food stores – or make your own!

### **Drink coconut water**

'Energy' or 'sports' drinks contain loads of sugar. A much better alternative is coconut water, as it naturally contains all the salts and electrolytes that your body needs to maintain an optimal fluid balance, and to hydrate you after exercise or during hot weather.

Coconut water is also packed with potassium, which is an essential mineral for healthy blood pressure. 20 ounces (570 ml) of coconut water contains about a third of the potassium you need each day, and it's also rich in magnesium - another important ingredient of a healthy blood pressure diet.

Studies are beginning to show the beneficial effects of coconut water on blood pressure. For example, one West Indian study of hypertensive people found that drinking a couple of large glasses of coconut water a day for two weeks resulted in significant decreases in blood pressure.

Coconut water comes from the young coconut and has a lovely subtle coconut flavour. It's quite different from coconut milk, which is produced from the fatty 'meat' of the mature coconut.

So try drinking coconut water most days, or even occasionally. It's especially helpful and delicious after exercise and is really refreshing in hot weather.

Coconut water is increasingly available in health food shops and grocery stores - especially those stocking international foods and drinks. Just check the label and make sure it's pure coconut water, without added sugar and other additives, and preferably unpasteurised - the fresher the better!

\* \* \* \* \*

*That's the end of the free sample. We hope it was helpful for you.  
To find out more about blood pressure-lowering drinks, and the many  
other ways you can lower your blood pressure naturally,  
click (or ctrl-click) here to get the full guide:*

## **Lower Your Blood Pressure Naturally** **The Complete 9 Step Guide**

