

# **Eat Drink and Be Merry While Lowering Your Blood Pressure Naturally**

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**[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. If you are in any doubt about doing anything suggested in this guide, talk to your doctor first before taking action.

Also, since the science 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. 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 short guide and find it useful!

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# ***Enjoy life and normalize your blood pressure at the same time***

*“I want to lower my blood pressure but I love to smoke, drink, eat red meat, and drink coffee and eat chocolate! Why is everything good bad for you?”*

Sounds familiar? The good news is that not everything good is bad for you. You can eat red meat and chocolate, even salt, *and* drink coffee and alcohol and still lower your blood pressure.

“But where's the but?” you might ask. Well, in all cases there is a “but” - but only a small one! (Except for smoking which is just bad for you and your blood pressure, and there's no way around it.)

## **Drink coffee...**

***but no more than two cups a day and get a blood pressure monitor to check how much it's affecting you***

Caffeine does raise blood pressure. However, some are more sensitive to it than others so it's a good idea to get your own blood pressure monitor and check your blood pressure before drinking coffee and half an hour afterwards to see if it's getting pushed up.

Even if you're not obviously affected, it's best to keep your coffee intake down to a couple of cups a day at most. Switch to tea sometimes. As well as giving a wee caffeine kick, it contains lots of antioxidants which can help lower blood pressure.

## **Eat red meat...**

***but avoid processed red meat (yes, that includes bacon)***

Studies now show that it's only processed red meat which is bad for blood pressure and which puts you more at risk of heart disease and stroke, due to the salt and nitrate preservatives it contains.

So while this does mean you need to cut down on meats which have been smoked, cured or salted (e.g., bacon, salami, some sausages), regular red meat - like a good steak - is fine.

But what about all the saturated fat in red meat? Well, it turns out saturated fat isn't the demon it's been made out to be...

## **Don't bother with low-fat stuff...**

### ***but stay away from some processed foods and fast foods***

The scientific verdict is coming out: government health advice of the last thirty odd years has been, well, not quite right. More and more evidence is mounting up that most fat is not bad for your heart and blood pressure or your general health.

In fact, eating a low-fat diet may not be good for you at all, especially if you replace fatty foods with starchy foods like white potatoes, bread and other refined grain products (these break down into sugar which is possibly the worst thing for your blood pressure and health in general).

Our bodies need fat. Unsaturated fats are the healthiest, found in plant foods and fish, so get more of these. Olive oil is very good for you, and the omega 3 fatty acids found in nuts and seeds and fatty fish have multiple health benefits. So eat nuts too (but not salted).

Saturated fat - found in meat and dairy products - is also good for us in moderation. However, the fat that you should avoid is trans fat. This is found in many processed foods, fried foods and fast foods - e.g., pastries, pizzas, baked goods, ice cream, and some margarines (butter is better!).

And watch out for low-fat products as these are often loaded with sugar to make up for the lack of fat - worse for your blood pressure and actually more likely to make you fat!

## **Booze it up...**

### ***but in moderation***

Alcohol is good for your blood pressure - as long as you have just a little at a time. Red wine is thought to be particularly beneficial but studies show that regularly having small amounts of any alcohol has a protective effect on the heart and blood vessels.

A drink or two a day will do it (no, it doesn't work to save it all up and drink a week's worth all in one night). Sugary alcopops aren't good though and if you drink spirits, avoid using soft drinks as mixers (very bad for blood pressure).

## **Use salt in your food...**

### ***but make sure it's unrefined natural sea salt***

Natural sea salt comes as greyish crystals or flakes and you'll need a salt grinder, but it's better for you than regular refined salt. It contains many trace elements that our bodies need yet without the chemical additives that make table salt so 'pure' and white.

The thing is, most salt you're getting isn't from the salt shaker at all. Many processed foods and take-out foods are loaded with salt or sodium so if you want to put salt on your food, make sure you're not getting too much salt from these 'hidden' sources first.

Check labels when you're buying things and avoid products with a lot of added salt/sodium. Current recommendations are that you get less than 1500mg a day - about half a teaspoon - so be vigilant.

## **Eat more chocolate...**

### ***but make sure it's the good stuff***

Go for dark chocolate with at least 70% cocoa solids. Cocoa contains antioxidants which are good for the cardiovascular system. However, milk chocolate actually doesn't contain much cocoa, and white chocolate none at all, and both are high in sugar.

As well as helping lower your blood pressure, cocoa/dark chocolate also contains chemicals which affect your brain to make you feel good. So have a square of dark chocolate instead of a pastry/ cake when you want a wee pick-up. Goes well with a handful of almonds.

## **Oh, and have more sex...**

No buts. Being active is good for your blood pressure and every aspect of your mental and physical health. Sex is good exercise and is relaxing.

If more sex isn't on the cards right now, then go for a brisk walk and get exercise-induced feel-good chemicals running round your body instead.

## **What else?**

There's a lot more you can do to lower your blood pressure without living a life of boredom and self-denial.

For a start, there are many more tasty foods and drinks with blood pressure benefits, as well as lots of activities you can do and techniques you can use to lower your blood pressure and improve your health and well-being in general.

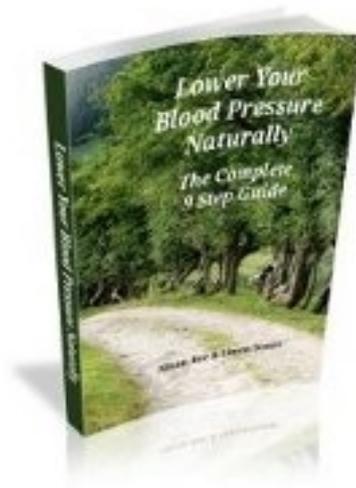
Yes, you could get more exercise, but you don't have to go to the gym and there are even some exercises you can do without getting up from the sofa.

Stress reduction is another big factor in lowering high blood pressure. Yoga and meditation can help but so can simple slow breathing and just having a good laugh. Taking more breaks, getting more sleep and having naps can also lower blood pressure.

So why did you ever think it had to be dull?

For full details on how to lower your blood pressure effectively - and enjoy the process - take a look at our book:

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



Fully up-to-date and based on the latest research, the guide contains proven strategies for lowering your blood pressure and keeping it low.

It's easy to use as it's laid out in nine straightforward steps which you can just follow, one step at a time, at whatever pace suits you.

Getting healthier really doesn't have to be hard - or painful!

Click here for more information and to download a sample:

[Lower Your Blood Pressure Naturally - The Complete 9 Step Guide](#)