

# **Five Superfoods Which Lower Blood Pressure And Don't Cost You The Earth**

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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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## ***Super foods - and drinks - which are actually quite ordinary (and inexpensive)***

One of the main causes of high blood pressure for many of us is what we're eating and drinking.

Foods with added sugars, added salt and trans fats are the worst culprits. There are mostly in processed foods - baked goods like pastries, pies and donuts, fried foods, ready-made meals and many take-out and fast foods.

Sweetened drinks, such as soft drinks, sodas and energy drinks are also exceptionally bad for blood pressure and other aspects of your health.

That's all well and good, but we all know that it's hard to just give up things we like without having something better to replace them. Thankfully, eating and drinking well to lower your blood pressure doesn't need to involve tasteless foods and boring beverages.

It also doesn't necessitate buying exotic, expensive foods. You might have noticed that the "super foods" that get a lot of press are often exclusive and pricey products. However, there are many ordinary items which are easy to find - you may have them already - and which are equally effective in lowering high blood pressure.

This is important because, as with unhealthy foods, having healthy foods and drinks only occasionally won't make much difference. To start lowering your blood pressure and keeping it lower, you need to be eating the good stuff regularly.

So let's start with breakfast.

### **Oats / oatmeal**

Eating oats lowers your cholesterol levels and so helps protect your arteries from damage caused by cholesterol build-up (a major contributor to high blood pressure and heart disease).

Oats are also very filling and are absorbed slowly by the body. This keeps blood sugar levels stable - important for healthy blood pressure - and the steady release of energy keeps you going longer.

Oats are also rich in various vitamins, minerals, and antioxidants which are important for maintaining healthy blood pressure.

- have a bowl of oats instead of breakfast cereal (many cereals, even the ones marketed as “healthy”, contain a lot of sugar)
- buy wholegrain oats (“whole”, “rolled”, “flaked” oats) but avoid “instant” oats as they contain less fibre
- cook oats slowly with milk and/or water to make a hearty porridge – add nuts and berries for extra flavour and blood pressure benefits.
- mix with nuts, seeds, dried fruits to make a delicious muesli
- oatcakes and some oat bars also make good snacks though be wary of high-sugar granola bars and flapjacks
- use oats in soups and stews as a thickener

### **Blueberries - and blackberries, strawberries...**

Exotic berries like acai and goji berries got a lot of media attention a while back for their amazing health properties. But even the humble blueberry has big blood pressure benefits.

This is because blueberries contains anthocyanins – the blue pigment – and getting more of these can lead to lower blood pressure, more flexible arteries and lower risk of heart attack.

Blood oranges and red apples contain anthocyanins, as does hibiscus, but the densest concentrations are found in berries. Not just blueberries but other deeply coloured berries: blackberries (brambles), blackcurrants, cherries, cranberries, raspberries, strawberries. So have whichever you like best!

- add berries to porridge or muesli
- chuck a handful of berries in a salad
- mix berries with natural yoghurt or cottage or ricotta cheese
- put berries in smoothies for great taste and colour

### **Have a nice cuppa**

Drinking a few cups of tea a day has been linked to lower blood pressure as well as lower risk of heart attack and stroke. Green tea is particularly good as it contains many antioxidants which help protect and heal the blood vessels and heart. Regular black tea also contains these antioxidants, though in lower concentrations.

Probably the best tea for high blood pressure though is hibiscus tea. Several studies show that drinking hibiscus tea frequently can lower blood pressure by several points, with similar effects as some blood pressure-reducing medications.

Pure hibiscus tea is hard to find but quite a few blended herbal teas contain hibiscus. As in the studies, go for three cups a day.

## **Nuts (and seeds)**

Eat nuts to lower blood pressure? But aren't nuts fatty? Yes, but more and more evidence is now showing that eating fatty food does not necessarily increase the risk of high blood pressure and heart disease as was previously thought.

It all depends on the kind of fatty foods you're eating. It's still considered that trans fats are very bad for you - but other fats are not. Unsaturated fats in particular are now regarded as being extremely good for you! This is partly because they contain omega 3 fatty acids which have numerous health benefits - for the mind, mood, immune system, heart, arteries... and blood pressure.

Unsaturated fats are found in plant foods like nuts, seeds and also in fatty fish like mackerel and salmon. Nuts (and seeds) are also packed with antioxidants, vitamins, minerals, and other nutrients which help lower cholesterol levels and blood pressure.

- eat raw nuts when you can as some of the healthy oils are lost when they're roasted, and avoid salted nuts
- sprinkle nuts and seeds on your oats, salads, and other dishes
- use nut butters but choose natural organic ones because some popular brands, such as Skippy Peanut Butter, contain salt, sugar and hydrogenated fat (which may contain trans fat)
- make pesto by blending nuts and olive oil
- use ground nuts instead of flour in baking

## **Dark chocolate**

Go for dark chocolate with at least 70% cocoa solids. Cocoa contains antioxidants which are good for the cardiovascular system. However, milk chocolate doesn't actually 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 contains chemicals which affect your brain to make you feel good.

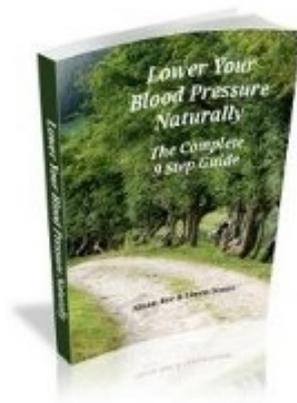
- have a square of dark chocolate instead of a pastry/ cake when you want a wee pick-me-up
- dark chocolate goes well with a handful of almonds
- for delicious decadence, melt dark chocolate and mash with an avocado and banana for a rich chocolate mousse – so good it's hard to believe it's so healthy!

## What else?

There are many more foods and drinks that can lower your blood pressure. There are also a whole range of physical exercises which will help, some of which don't even involve getting up from the sofa, plus there are numerous techniques and tricks you can use to reduce your stress levels and rest and relax more.

For full details on all of these, 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 to lower your blood pressure and keep it low through easy, effective and enjoyable changes in lifestyle.

To keep it simple, the guide is laid out in 9 straightforward steps. You just follow the advice for each step at whatever pace suits you. Let each chapter bring you towards a healthier and happier life!

Click here for more information and to download a sample:

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