

## ***Nutritional Recommendations: High Blood Pressure (Hypertension)***

Calcium: 1500 mg. daily. Deficiencies have been linked to hypertension.

Magnesium: 750 mg. daily. “ “ “ “ “ “

Coenzyme Q10: 90-100 mg. daily. Improves heart function.

Essential Fatty Acids: (Flax Oil, Deep Water Fish Oil, Prime Rose Oil) One tbsp. daily

Important for circulation and for lowering blood pressure.

- Follow a strict salt-free diet. This is essential for lowering blood pressure. Read labels carefully and avoid those food products that have salt, soda, sodium, or the symbol “Na” on the label. Some food additives that should be avoided on this diet include monosodium glutamate (MSG); baking soda; canned foods (unless marked salt-free); over-the-counter medications that contain ibuprofen; diet soft drinks; foods with mold inhibitors, preservatives, and / or sugar substitutes; meat tenderizers; softened water; and soy sauce.
- Eat a high-fiber diet. Oat bran and oat meal is a good source of fiber.
- Eat plenty of fruits and vegetables such as apples, asparagus, bananas, broccoli, cabbage, cantaloupe, eggplant, garlic, green leafy vegetables, melons, peas, prunes, raisins, squash, and sweet potatoes.
- Include fresh “live” juices in the diet. Beet, carrot, celery, currant, cranberry, citrus fruit, parsley, spinach, and watermelon.
- Eat grains like brown rice, buckwheat, millet, and oats.
- Drink a good quality of clean water (sodium free).
- Avoid all animal fats. Such as bacon, beef, bouillons, chicken or beef liver, corned beef, dairy products, gravies, pork, sausage, and smoked or processed meats. Eat mostly chicken, turkey and fish. Get additional protein from vegetable sources, grains, and legumes. **“Moderation is the Key”**
- Avoid foods such as aged cheeses, aged meats, anchovies, avocados, chocolate, pickled herring, sherry, sour cream, wine and yogurt.
- Avoid all alcohol, caffeine, and tobacco products.
- If you are taking an MAO inhibitor (drugs prescribed to counter depression or blood pressure), avoid the chemical tyramine and its precursor tyrosine. Combining MAO inhibitors with tyramine causes the blood pressure to soar. Tyramine-containing foods include almonds, avocados, bananas, beef or chicken liver, beer, cheese (including cottage cheese), sour cream, yogurt, chocolate, coffee, herring, meat tenderizer, peanuts, pickles, pine apples, pumpkin seeds, raisins, sausage, sesame seeds, soy sauce, wine, yeast extracts ( including brewers yeast). In general, any high protein food that has undergone aging, pickling, fermentation, or similar processes should also be avoided.
- Keep your weight down. Eat correctly.
- Get regular exercise. Take care not to overexert yourself, especially in hot or humid weather.  
*Caution:* Consult with your health care provider before beginning a new exercise program, particularly if you have been sedentary for some time.
- Be sure to get sufficient sleep.
- Have your blood pressure checked at least every three to six months.
- Do not take antihistamines except under a physician’s direction.
- Also avoid the artificial sweetener aspartame which contains phenylalanine.
- **As much as possible, try to avoid stress and stressful situations.**

