

The Importance of Diet in Lowering Blood Pressure

Diet is extremely important for people with high blood pressure, because eating unrecommended food can lead to kidney failure or heart-attacks. People who have high blood pressure must take up a healthy diet if they want to improve their condition. To lower blood pressure it is quite important not to eat salt or products that contain fats. The doctors from the American Heart Association recommend eating vegetables, fruits, and low fat foods. These contribute in lowering blood pressure. One fourth of the American population is suffering from high blood pressure, and following a healthy diet can help them to improve their health by lowering their blood pressure. The minerals that the body needs to lower the blood pressure are calcium, magnesium and potassium. Calcium is an important ingredient in the recipes for lowering blood pressure, and it also helps when having bone problems but the normal doses should be handled with care and not exceeded because calcium excess can lead to other problems. Food should be low in fat and sodium. Also, as said before, it is highly important to reduce the level of salt consumed (no more than 6 grams of salt per day should be assimilated, but the exact level can only be indicated by your doctor) if you want to lower your blood pressure. It was shown that a salt-free natural diet highly reduces the blood pressure and the risks of having a stroke, because natural food such as fruits has a high concentration of electrolytes, which play an important part in lowering blood pressure. But they are not the only component of a healthy diet that helps. This subject is still being researched. Of course two highly dangerous factors that seriously increase the blood pressure and the risks of being struck by a heart-attack are alcohol and tobacco. Smoking is prohibited when suffering from high blood pressure and drinking should be kept under two drinks per day. Overweight people should seriously consider losing weight if they want to lower their blood pressure, and they need special diets of course. The conclusion is that diet is extremely important and it could even save your life. If you want to change your diet to lower your blood pressure search for specialized diets on the web or for books on this topic in libraries.

About the Author

VowToBeFit.com is passionate about helping brides lose weight for their wedding day with our proven wedding weight loss and diet program.

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