

## Using A High Blood Pressure Diet To Battle Hypertension

Finding out that you suffer from high blood pressure can be surprising. For someone who's been in relatively good health up until that point suddenly has the rug pulled out from under them. Confused about the repercussions of such a condition, those newly diagnosed with high blood pressure will often go on a fact-finding mission to determine all the factors that impact blood pressure. As they will soon find out there are a multitude of factors that contribute to high blood pressure. Genetic predisposition, a smoking habit, high stress, physical inactivity, and excessive alcohol consumption can all play a role. But the food we eat can play the most significant role in contributing to high blood pressure. And, consequently, a high blood pressure diet can positively impact blood pressure as well as overall health. When embarking on a high blood pressure diet, patients will be told to immediately eliminate foods high in sodium. Nothing directly impacts blood pressure more than salt intake. Switching to low sodium foods can be a first step. But the most effective way to eliminate sodium is to eat a high blood pressure diet of whole foods such as fresh fruits, vegetables, and whole grains. Limiting canned and frozen foods will also limit the amount of preservatives (a.k.a. sodium) that you consume. Choose lean meats that are grilled instead of fried; increase your water intake to include the recommended eight glasses a day; limit white flour and sugar; and make good choices. Eating a high blood pressure diet does not mean that you have to say goodbye to your favorite foods forever. Rather, it's a matter of making healthy choices on a more consistent basis, with specific times set aside to enjoy your less healthy but much beloved favorites. Always work in tandem with your doctor to establish a safe and healthy high blood pressure diet. Medical guidance at this time will ensure consistent changes and successful lowering of blood pressure. A high blood pressure diet can work wonders to alleviate hypertension. And while there is no cure for high blood pressure, there are many ways to manage it. A high blood pressure diet – one that focuses on natural, whole foods – will go a long way to increasing your health, lowering your blood pressure, and providing you lifelong vitality.

## About the Author

Contains nutrition related links including information about diabetes, cardiac, sports nutrition, recipes, and diet supplementation.

Source: <http://www.productsherbal.com>