
understanding
High Blood Pressure



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High blood pressure (hypertension) is a common condition in which the force of the blood against your artery walls is high enough to eventually cause health problems, such as heart disease. Since much of the problem is related to diet and lifestyle, fortunately there are numerous steps you can take to help avoid or reduce high blood pressure. The Naturopathic approach that we take at CNM is based on 'Nature Cure', helping your body get what it needs to rebalance itself. As far as nutrition goes, the naturopathic emphasis is on whole, organic foods in a natural state.

Diet: A healthy diet loaded with fresh vegetables, whole grains and fruits can go a long way to keeping your blood pressure in check. Reduce your intake of saturated fat and eliminate processed and refined food.

Salt: Salt causes your body to retain water and this can cause blood pressure to rise. Avoid adding salt to your diet and where you must use it, use salt preferably from plant-based sources or Himalayan Crystal Salt, in very limited quantities.

Weight: In people who are overweight, even a slight weight loss (5 pounds) can

significantly reduce their blood pressure.

Smoking: Nicotine, one of the main active ingredients in smoke, increases blood pressure. It also causes damage to the blood vessel walls (hardening of the arteries or atherosclerosis) which causes a permanent increase in blood pressure. Give it up!

Alcohol: Drinking too much alcohol causes your blood pressure to go up, even if you are healthy. Reserve alcohol for special occasions only, in very limited amounts.

Exercise: Physical activity lowers blood pressure. In today's world of screen-based work and entertainment, many people no longer engage in ANY meaningful physical activities! Start very slowly with 30-minute walks just around the block. Do this three times per week and build up from there.

Stress: There is now a proven link between stress, hypertension and heart disease. Reducing stress is one of the best natural cures for hypertension, so tackle what's causing the stress, improve your diet, and get out into the fresh air for some exercise!

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