

# The naturopathic advisor



**Natural Lifestyle has teamed up with experts at CNM (College of Naturopathic Medicine) to answer some of your burning health questions. This issue, you asked:**



## Q What can I do for low blood pressure naturally?

Most scientific literature and dire health warnings concentrate on high blood pressure symptoms and pathology. But when accompanied by dizziness or fainting, low blood pressure can be problematic.

There is a variety of natural approaches, including herbs, acupuncture, homeopathy, stress management and simple food strategies which can support healthy blood pressure.

Liquorice can raise blood pressure

and some people find that simply having liquorice tea might do this, although the herbal tincture is much more effective. As most people avoid the blood pressure raising properties of liquorice, many products are 'deglycyrrhizinated' (labelled DGL), so ask for a preparation which still contains the active ingredient, glycyrrhizin. *The Herbal Pharmacopoeia* includes herbs which are called adaptogens. This means they help regulate functions (so certain herbs could support healthy blood pressure outcomes, whether the individual has low or high readings to start with). The services of a medical herbalist or naturopath would help you choose the appropriate product and dose.

Crataegus is a homeopathic heart support remedy. It may be helpful after meals to ward off sudden spells of low blood pressure;

look for 12C potency in your independent health food shop or ask at your local homeopathic pharmacy.

Keeping meals smaller and more frequent and sipping appropriate amounts of pure, filtered water throughout the day can also be helpful. Dehydration can cause hypotension. Stick to non-alcoholic drinks as alcohol can trigger lowered blood pressure in some people. Avoid processed foods and include plenty of fresh vegetables in your diet. They contain high amounts of bioavailable electrolytes (calcium, magnesium, sodium and potassium), which are very helpful at normalising cell fluid regulation.

When salting food, Himalayan salt or unprocessed grey salt is preferable, but best not to overdo it and only salt to taste. Be mindful of certain vegetables such as celery, which is naturally high in salt (which you can

use to flavour soups, stews and salads, especially if you are on a sodium-controlled diet).

Stress can be as much a reason behind low blood pressure as it can behind high. Gentle breathing exercises, stretching, a good walk in nature three to four times a week, all these can go a long way towards keeping your circulation active and your blood pressure healthy.

If you are on any medication, it is very important to check the potential adverse effects of that medication and talk to your GP about your symptoms as some medications can cause low blood pressure.

**YOUR EXPERT**  
Your question has been answered by Naturopath, **Elle Fox**, CNM graduate, author and speaker. CNM trains students for successful careers in natural health therapies, in class and online. Visit [www.naturopathy-uk.com](http://www.naturopathy-uk.com) or call 01342 410505.

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