

TYNE MEDICAL PRACTICE

► How to lower Blood Pressure Naturally

There is a lot you can do to reduce blood pressure naturally. *Even if you are on medication, reducing your BP further through lifestyle change will reduce your risk of a future heart attack or stroke.* The research is incredibly strong that regular exercise, losing some weight, relaxation exercises and changing what you eat is very beneficial for your blood pressure. One of the many advantages of home BP monitoring is that you can soon start to see the benefits of making these changes!

To **help reduce your blood pressure naturally** you should look at:

① Exercise

Regular exercise will reduce your blood pressure. It is important to do at least 30 minutes every day, enough to get you slightly out of breath. Brisk walking is fine and or you may prefer other [activities to lower blood pressure](#). It is important this becomes part of daily life.

② Diet

If you are overweight, even small amounts of weight loss may improve your BP. Work hard on this and also aim to **decrease**

- Salt, sodium and potassium
 - Eating a low sodium and low salt but potassium rich diet is very important, and brings rapid benefits in reducing BP
 - Eat no added salt, and eat mostly low salt foods. This means label watching and looking for <300mg salt per 100g of food whenever possible
 - For simple information on reducing salt [click here](#) and boosting potassium [click here](#)
- Total and saturated fat and red meats (replace with low fat dairy products, fish and poultry)
- Sugar and sweet drinks (enjoy small amounts of plain, dark chocolate as your 'treat'; this actually helps bring BP down!)
- Refined carbohydrate (white bread, pasta etc; switch to whole grain 'brown' varieties)
- Alcohol (except very modest quantities, less than 1-2 drinks daily)
- Excessive caffeine (1 or 2 cups of coffee/tea a day are fine)
- And increase fruits, vegetables and whole grains in the diet

For more information on your diet and lowering BP:

[Blood Pressure UK](#) advice

The [DASH diet](#) is a diet plan (low salt, high fruit and veg) which has been shown to effectively reduce BP very quickly, irrespective of weight loss, and books ([DASH diet book](#) and [DASH diet plan](#)) are easily available

③ Relaxation exercises and stress reduction

Relaxation exercises and stress reduction have been shown to reduce blood pressure.

- 15 minutes of meditative slow breathing (reducing your breathing rate to less than 10 breaths per minute) at least 4 times a week produces sustained reductions in BP.
- Mindfulness is a form of meditative relaxation which is helpful for a wide range of stress-induced problems, but which also reduces blood pressure and is highly recommended as a healthy daily practice (See the book [Mindfulness: a practical guide to finding peace in a frantic world](#))
- For smartphone users, see the [Breathe Away High Blood Pressure app](#)

For more information on high BP see [NHS information on high BP](#)