

25 Superfoods **That** **NATURALLY** **Lower** **High** **Blood Pressure**



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So You've Got HIGH BLOOD PRESSURE?

The doctor probably told you that they weren't happy with your reading and that you need to go back in about a month and have your BP levels retested.

If they are still high you would almost be certain to be introduced to drugs that will prevent your blood pressure levels from being abnormal or even dangerously high.

My name is Russ Brandon and I am just an ordinary person like you. When I was going through a stressful divorce my levels were up around 145/90 and this is what is termed 'borderline hypertension'. The nurse was not overly concerned but asked me to return for more readings in a month's time which I did.

I avoided too much salt, took exercise walking my dog every day at a quick pace, watched what I ate and avoided contact with my soon to be ex-wife and my divorce lawyer as much as possible!

The one thing I didn't want to do was to become reliant on drugs to keep my blood pressure in check and I certainly if possible did not want to take them for the rest of my days.

When I returned to see the nurse - as a guy who suffers a little from 'white coat syndrome' (an irrational fear of medical professionals and all their paraphernalia) I was anxious. The nurse did two readings.

The first one was still slightly elevated and after a few minutes the second was 135/ 85 ...phew, I was moving in the right direction. As a man in my late 40's this was a more acceptable reading.

Drugs were avoided and I set about finding NATURAL foods and liquids that could help me have a healthy blood pressure and not for a long while have to face the spectre of blood pressure drugs.

Millions of people around the world have issues with their blood pressure. You and I could one day fall into that category. BUT surely it makes far more sense to see what natural foodstuff's can help blood pressure as long as your levels are not so elevated that there is no other option. A friend of mine some years ago had a BP level of 220/110! The doctor immediately got him admitted to hospital and he had significant blood pressure drugs straight away. He remains on them to this day and although a fitness fanatic it just goes to show that it is not overweight, lazy looking people, who eat, drink and smoke who are vulnerable.

I spent a lot of time finding out about foods and drinks that have been medically proven to help with high blood pressure and I have put together this book to try and educate and help you in order that along with the correct medical supervision, you can maintain a healthy blood pressure level for as long as possible.

I am not a blood pressure oracle and you should ALWAYS consult your medical practitioner should you feel unwell, wonder whether these natural foods are really good for you and be aware of your allergies should you have any. VERY IMPORTANT.