

HIGH BLOOD PRESSURE (HYPERTENSION)

An increase in the force against the walls of arteries and blood vessels as blood circulates through them. Typically diagnosed when blood pressure reading is ≥ 140 mmHg (systolic) and ≥ 90 mmHg (diastolic).

POSSIBLE CONTRIBUTING FACTORS



- Chronic stress (high cortisol) leading to loss of potassium
- Sodium/potassium imbalance (especially potassium)
- Nutrient insufficiencies:
 - Magnesium (ensures cellular absorption of potassium)
 - Vitamin B6 & taurine (increases cellular absorption of magnesium & potassium)
- Obesity and/or lack of exercise
- Insulin resistance/diabetes – ideal fasting insulin is 5 mIU/ml and HbA1c < 5.3% (causes mineral loss through increased urination & inflammation on lining of blood vessels)
- Heavy metal toxicity (cadmium, arsenic, lead, etc)
- Excess DHT testosterone
- BPA from canned goods

LIFESTYLE & DIETARY RECOMMENDATIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- If blood sugar is an issue, limit starchy carbs to $\frac{1}{2}$ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour.
- Increase potassium intake (ex. avocado, tomato, banana, coconut water, butternut squash) and just avoid processed and refined foods so that sodium intake remains reasonable
- Increase magnesium intake: almonds, avocado, leafy greens, kidney beans, cashews
- Liver/gallbladder support: dandelion root tea or beet kvass
- Eliminate daily toxins (smoking, alcohol, hygiene & personal care products – visit EWG.org)
- Focus on stress reduction measures (grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often)
- Move daily; minimum 30-minute walk daily
- Regular sun exposure
- Focus on sleep hygiene

SUPPLEMENT CONSIDERATIONS



- Blood sugar support formula (l-carnitine, CoQ10, magnesium, alpha lipoic acid, biotin, chromium, cinnamon)
- Calming adrenal adaptogens (ashwagandha, holy basil, rhodiola, magnolia)
- Magnesium
- Omega-3
- CoQ10 (ubiquinol form)
- Grapeseed extract (for severe cases)