



HYPERTENSION NUTRITIONAL GUIDE

1. Most beneficial interventions are weight loss and exercise.

- The optimum BMI is 21.1 in women and 22.6 in men.

2. The second most benefit interventions are the following.

- Reduce excessive alcohol intake.
- Reduce sodium (salt intake).
- Increase potassium intake.
This can be done by increasing fruit and vegetables because they contain potassium. Also, dairy intake has been found to be proportional to the reduction of blood pressure.

3. Other interventions.

- Water-only fasting.
- Intravenous infusion of L-arginine 1g/min with a total of 30g has been found to reduce blood pressure by 5mmHg.
- Correct calcium or potassium deficiency.

4. Special supplements.

- Co-enzyme Q10 100mg per day.
- Taurine 6g.
- L-tryptophan 3g.
- Vitamin C 1g per day.

5. Herbs – these are all peripheral vasodilators.

- Hawthorn 500mg daily (this also supports the heart).
- Valerian is calming and reduces vascular resistance.
- Dandelion leaves act as a diuretic.
- Garlic powder ? 300-900mg/day.
- Olive leaves.
- Yarrow.
- Cramp bark.
- Mistletoe.
- Korean red ginseng.
- Gingko biloba (beware if you wish to take this with aspirin, it may cause excessive bleeding).

The effect of anti-hypertensive medication may be enhanced by the following herbs:

- Black Kohosh.
- Ephedra.
- Garlic.
- Ginseng.
- Hawthorn.

Note: Those with hypertension should not take liquorice because it increases blood pressure.