

Naturopathic Medicine and Help for High Blood Pressure

Q: I have high blood pressure - what natural options do I have so that I do not have to take drugs for the rest of my life?

A: High blood pressure is a silent killer – over the long term, it will put stress on your heart and kidneys. To start with, examine your lifestyle – are there any factors that contribute to your high blood pressure, such as coffee and/or alcohol consumption, lack of exercise, stress, smoking and obesity? What about dietary factors like high sugar, high saturated fat, high sodium and low fiber? Diet and nutritional counseling can make a huge difference in your blood pressure. Garlic and onions have been shown to aid in lowering blood pressure, as well as the consumption of fish which is high in omega 3 fats. Celery and B6 are natural diuretics, which help to lower blood pressure. Some patients may see a positive response in blood pressure with the elimination of food sensitivities. Offending foods can cause one to retain water, and put increased stress on the vascular system. Acupuncture is also especially helpful with stress and anxiety, which are contributing factors. One of the most important way to reduce, and help maintain, your blood pressure is to adopt a healthy lifestyle, consuming good quality foods and supplements as needed. Naturopathic medicine can help you eliminate some your risk factors too (quitting smoking, weight loss, and much more!). Reducing your blood pressure takes positive lifestyle changes, which you will benefit from the rest of your life!