**Controlling high blood pressure check list**

If you have the choice to using hypertensive medication or nutrition, always choose nutrition. Follow the guidelines below. Medications always have side effects, including muscle cramps, low energy, weight gain and hormonal imbalance.

* LDL cholesterol <3
* Potassium rich foods 4500mg per day
* Reduce acidic foods including caffeine, sugars, citrus fruits, animal protein and gluten
* Increase alkaline foods including raw nuts, spinach, dried apricots, avocado, basil, lemon water, seaweed, pulses, parsley and avocado
* Regular breathing practice, exhaling for longer clears out the carbon dioxide and increases the alkalinity
* Increasing Omega 3 fats to reduce plaque and lower inflammation including salmon, mackerel, sardines, almonds, chia seed
* Increase polyphenols extra virgin olive oil, dark chocolate, curcumin/turmeric, pomegranate seeds and paprika.
* Major antioxidant Blackseed oil, 3 tbsps per day
* Regular blood tests and blood pressure monitoring

1. [Effect of Omega-3 fatty acids on blood pressure and serum lipids in continuous ambulatory peritoneal dialysis patients - PMC (nih.gov)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4548432/) – 3,000mg fish oil for 8 weeks considerably lowered blood pressure
2. [Why Your Mother Was Right: How Potassium Intake Reduces Blood Pressure - PMC (nih.gov)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4530669/) - Plant based diet v standard American diet
3. [Dietary Acid Load and Potassium Intake Associate with Blood Pressure and Hypertension Prevalence in a Representative Sample of the German Adult Population - PMC (nih.gov)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5793331/) – reduction in acid containing foods and an increase in potassium rich foods lowered blood pressure
4. [Polyphenol-rich juices reduce blood pressure measures in a randomised controlled trial in high normal and hypertensive volunteers | British Journal of Nutrition | Cambridge Core](https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/polyphenolrich-juices-reduce-blood-pressure-measures-in-a-randomised-controlled-trial-in-high-normal-and-hypertensive-volunteers/8B268D98D3AC8242545D913730AA556B) – juicing your polyphenol fruits – cherries and bilberries showed a lowering of blood pressure over a 12 week study.