

## PRESSURE with These Foods & Herbs

**M**ay 10th is World Hypertension Day, so we felt it was a good time to write an article on this widely-recognized, chronic issue. High blood pressure, also known as hypertension, is a common health problem that affects millions of people worldwide. It occurs when the force of your blood against the walls of your arteries becomes too high, which can lead to serious health problems, such as heart disease, stroke, kidney failure, and even death.

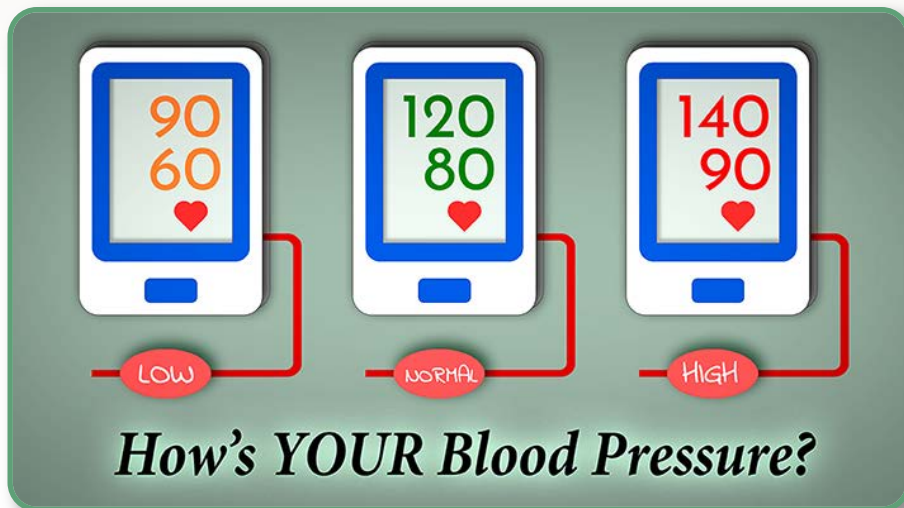
Luckily, there are many ways to lower your blood pressure naturally, including eating certain foods and herbs, practicing relaxation techniques, and making lifestyle changes. In this article, we will focus on some of the best foods and herbs for lowering blood pressure.



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massage therapist for 23+ years. She is also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more by visiting [PositiveLifeChange.info](http://PositiveLifeChange.info).

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### INTRODUCTION TO HIGH BLOOD PRESSURE

Hypertension usually has no symptoms or warning signs until it causes damage to organs in the body. This makes it important to regularly check your blood pressure levels and take steps to keep them under control. Some risk factors for developing high blood pressure include age, family history, being overweight or obese, physical inactivity, smoking, excessive alcohol consumption, and poor diet.

### FOODS THAT HELP LOWER BLOOD PRESSURE

One of the most effective ways to lower your blood pressure is by changing your diet. Here are some foods that have been shown to help:

**1. Fruits and Vegetables—** Eating plenty of fruits and veggies can reduce your blood pressure because they contain fiber, potassium, vitamins C and D, and other nutrients that support heart health. Examples include bananas, avocados, spinach, kale, sweet potatoes, and berries.

**2. Whole Grains—** Whole-grain products like oats, quinoa, brown rice, and whole wheat bread provide fiber and other nutrients that help regulate blood sugar and insulin levels, which can contribute to high blood pressure.

**3. Nuts and Seeds—** Snacking on nuts and seeds like almonds, walnuts, pumpkin seeds, and sunflower seeds can help lower blood pressure due to their high magnesium content. Magnesium helps relax blood vessels and improve circulation.

**4. Fish—** Consuming fatty fish like salmon, tuna, mackerel, and sardines provides omega-3 fatty acids, which have anti-inflammatory properties that protect against heart disease and lower blood pressure.

### HERBS THAT HELP LOWER BLOOD PRESSURE

In addition to food, there are several herbal remedies that have been used traditionally to treat high blood pressure. Here are examples:

**1. Hawthorn—** This is an herb that has been used since ancient times to promote cardiovascular

health. Studies suggest that hawthorn may be able to dilate blood vessels and increase blood flow, leading to reduced blood pressure. We have made this a special way and call it *Heart Tonic*. With this tincture, my friends and family have had great success in bringing their blood pressure down in a matter of days.

**2. Ginkgo Biloba**— Ginkgo biloba contains antioxidants called flavonoids that have been shown to widen blood vessels and improve circulation. This can result in decreased blood pressure and improved overall vascular function.

**3. Garlic**— This is another popular herb that has been linked to lower blood pressure. Compounds found in garlic called allium sulfides appear to stimulate production of nitric oxide, which relaxes blood vessels and lowers blood pressure.



**4. Flor de Manita**— This herb is widely used to assist the heart in regulation of blood pressure. It is an anti-inflammatory and stimulant. It has been known to clean arteries and lower cholesterol.

The list doesn't stop there! We have many herbs in stock that has been used to help lower blood pressure: Butterfly Pea Flower, Dandelion (root and leaf), Suma, Yohimbe, Shiitake, Chaparral, Cleavers leaf, Passion flower, Olive leaf, Gotu Kola, Goji Berry, Black Walnut, Cascara Sagrada and Ginseng. We also carry a formula

called *Blood Pressure Care*, that has been very effective. Some of these herbs can interact with HBP medications, so it is important to talk to an herbalist, such as myself, to find the best options for you.

## THERAPIES THAT HELP LOWER BLOOD PRESSURE

Besides medications prescribed by doctors and in addition to food and herbs, there are alternative therapies that can complement traditional treatment methods and further lower blood pressure. They include:

**1. Yoga**— Practicing yoga has been associated with significant reductions in blood pressure. The combination of deep breathing, stretching, and meditation appears to calm the nervous system and decrease stress hormones that elevate blood pressure.

**2. Acupuncture**— Several studies have demonstrated that acupuncture can effectively lower blood pressure in both short-term and long-term periods. Acupuncturists insert needles into specific points on the body to balance energy flows and alleviate pain and illness.



**3. Bowenwork**— Getting regular Bowenwork treatments can help the body relax, getting it out of the “fight or flight” to a “rest/digest/heal” mode, to naturally bring the blood pressure down to normal levels. Schedule your Bowenwork session with me

today! I am in Helena, and I travel to Bozeman on a regular basis.

High blood pressure is a serious condition that requires attention and management. By incorporating these natural remedies into your daily routine, you can potentially lower your blood pressure without relying solely on medications. Remember to always consult with your doctor before making any major changes to your diet or lifestyle, especially if you're currently taking medications for high blood pressure. Call, text or email me with any questions you may have. Let me help you make positive life changes to gain back control of your health! ■

**Good Health to You!**

—Crystal



**POSITIVE LIFE CHANGES!**

**Crystal Maceira, CBP, LMT, MH**

IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: Bowenwork, Pregnancy Massage and Sports Massage. *Quiet home studio.*

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