

Ways to Lower Blood Pressure

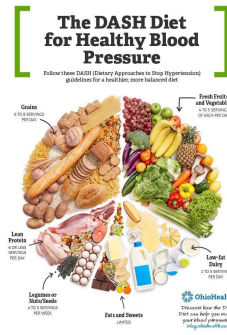
Eat Flaxseeds

Eating 4 tbsp of ground flaxseed per day (for 3 months) can reduce BP by **8-10 mmHg**¹⁻²



Eat the DASH Diet

Adopting the DASH diet can reduce BP by **3-11 mmHg**⁴⁻⁵



Eat Potassium Rich Fruits & Vegetables

Eating potassium rich foods at every meal can reduce BP by **7 mmHg**⁹



Meditate

Two 20-minute meditation sessions per day can reduce BP by **6 mmHg**⁷



Decrease Alcohol

Every standard drink per day increases BP by **1.5 mmHg**¹³



Exercise

Every 30 min of aerobic exercise per week reduces BP by **2 mmHg**³



Decrease Salt/Sodium

Decreasing sodium intake to <1500 mg per day can reduce BP by **4-8 mmHg**⁶⁻⁷



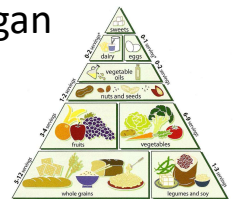
Use Potassium Salt Substitutes

Replacing table salt with potassium salts can reduce BP by **5 mmHg**⁸



Eat a Vegetarian/Vegan Diet

Adopting a vegetarian/vegan diet can reduce BP by **5 mmHg**¹¹⁻¹²



Lose Weight

Every 2.2 lbs/1 Kg of weight loss can reduce BP by **1 mmHg**¹⁴



For best results utilize as many of these strategies as possible. NOTE: Estimated reductions are based on RCTs or meta-analyses of RCTs/large cohorts and represent average reductions for patients with elevated blood pressure. www.nutrition-prescriptions.com

REFERENCES: 1-Fazeli Moghadam E, Clin Nutr Res. 2024 Oct 29;13(4):295-306. PMID: 3952621; 2-Rodriguez-Leyva D, Hypertension. 2013 Dec;62(6):1081-9. PMID: 24126178; 3-Jabbarzadeh Ganjeh B, Hypertens Res. 2024 Feb;47(2):385-398. PMID: 37872373; 4-Filippou CD, Adv Nutr. 2020 Sep 1;11(5):1150-1160. PMID: 32330233; 5-Appel LJ, N Engl J Med. 1997 Apr 17;336(16):1117-24. PMID: 9099655; 6-Allasgharzadeh S, PLoS One. 2022 Dec 7;17(12):e0277929. PMID: 36477548; 7- Gupta DK, JAMA. 2023 Dec 19;330(23):2258-2266. PMID: 37950918; 8-Tsai YC, J Clin Hypertens (Greenwich). 2022 Sep;24(9):1147-1160. PMID: 36196475; 9-Aburto NJ, BMJ. 2013 Apr 3;346:f1378. PMID: 23558164; 10-Nidich SJ, Am J Hypertens. 2009 Dec;22(12):1326-31. PMID: 19798037; 11-Yokoyama Y, JAMA Intern Med. 2014 Apr;174(4):577-87. PMID: 24566947; 12-Lopez PD, Am J Med. 2019 Jul;132(7):875-883.e7. PMID: 30851264; 13-Di Federico S, Hypertension. 2023 Oct;80(10):1961-1969. PMID: 37522179. 14-Neter JE, Hypertension. 2003 Nov;42(5):878-84. PMID: 12975389. ©2025 Dr. Mary Sco, MD, PhD