

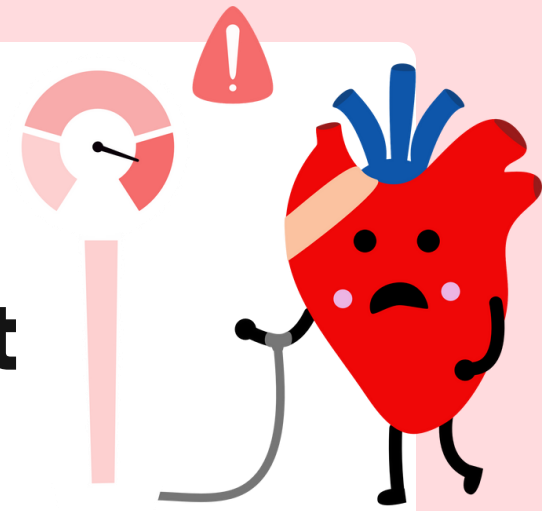
# MANAGING HIGH BLOOD PRESSURE (HYPERTENSION)

**A Nutrition & Lifestyle Approach**

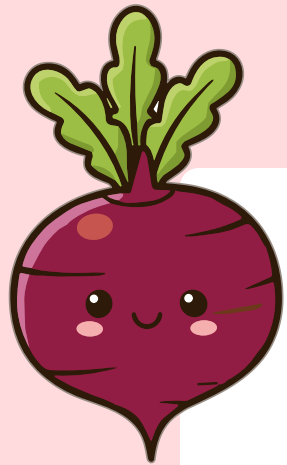




# HIBISCUS TEA & BLOOD PRESSURE



- **Naturally rich in plant antioxidants that support heart health.**
- **Helps relax blood vessels, allowing blood to flow more easily.**
- **May help lower blood pressure in people with hypertension.**
- **Studies have found that regular intake leads to small but meaningful drops in blood pressure when consumed daily over weeks, compared with no tea or placebo drinks in adults with mildly elevated blood pressure.**
- **It's been reported that hibiscus tea works best when used consistently over time, not as an overnight temporary quick fix.**



# BEETROOT JUICE & BLOOD PRESSURE

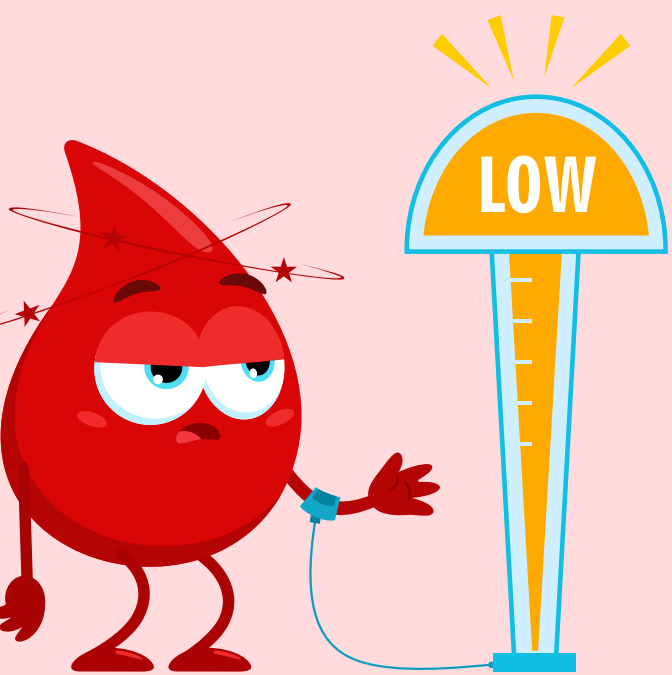
- **High in natural nitrates that help blood vessels relax.**
- **Helps improve blood flow and oxygen delivery to the heart.**
- **Found to lower blood pressure when consumed regularly.**
- **Studies found that drinking 2 glasses a day gave noticeable results.**
- **Beetroot juice contains a high amount of natural sugar. Therefore, to avoid blood sugar spikes, it's best to drink it after a protein rich meal, or with a small source of protein (e.g. a cracker with hummus).**
- **People with prediabetes or diabetes should drink with caution (not suitable for everyone).**
- **If you take blood pressure medication, be sure to consult your doctor regularly and check your blood pressure at home.**





# COCONUT WATER & BLOOD PRESSURE

- **Natural source of potassium, which helps balance sodium and support healthy blood pressure.**
- **Helps keep you hydrated and supports heart and kidney function.**
- **Found to gently lower blood pressure when consumed regularly.**
- **A study gave adults with high blood pressure 300 ml of coconut water daily for 6 weeks. They had noticeable drops in both systolic and diastolic blood pressure compared to people who didn't drink it.**
- **Choose unsweetened coconut water – avoid added sugar.**
- **Powdered coconut water is available and convenient.**



# VEGETABLES & FRUITS / SALADS

- **Rich in potassium, magnesium, fiber and antioxidants.**
- **Help lower BP and support heart health.**
- **Eat a variety of colours: leafy greens, tomatoes, carrots, cucumber, berries, kiwi fruit & apples.**
- **Veg can be eaten raw as salads or lightly cooked.**
- **Aim for 1/2 your plate to be vegetables and fruits (strawberries/apples can be added to vegetable salads).**
- **To fruit salads, add protein e.g. cashew nut cream or chopped walnuts**



# KEY SUPPLEMENTS FOR BLOOD PRESSURE

- **Magnesium: Helps relax blood vessels and supports healthy heart and sleep.**
- **CoQ10: Supports blood vessel health and heart energy.**
- **Omega-3 fatty acids: Found to reduce inflammation and improve artery flexibility.**
- **Use as part of a balanced diet – supplements are not a replacement for healthy food.**
- **Always check with your doctor before starting supplements, especially if on medication.**

# Stress, Exercise & Sleep

- **Chronic stress can raise blood pressure.**
- **Sniffing lavender may help calm your nervous system and reduce stress.**
- **Regular exercise keeps blood vessels healthy and lowers BP (e.g. brisk walking, yoga, light resistance training).**
- **Quality sleep (7–9 hours) supports heart health and stress management.**
- **Relaxation techniques and consistent routines make a big difference.**
- **Eating a nutrient rich diet.**
- **Supplementation.**



# Thank You!

## Any Questions?

