

High Blood Pressure

The following is primarily recommended for mild-moderate cases:

Recommendation (can take 1-3 months for effect)

1-2 tbsp ground flaxseed (linseed) daily, can be spread out during the day, e.g. add to porridge, cereal, yoghurt, soups, smoothies.

Reduce salt intake, exercise more.

Hand-grip exercises: using a hand grip exerciser, stress ball or rolled up socks, squeeze firmly for 5s then release, repeat 12 times, then do the same with the other hand. Repeat 3 times per week.

Handful of mixed nuts (unsalted) daily.

Note: avoid nuts if allergic. Flaxseed must be ground, which is commonly available in shops.

Results: studies show these options could lower high blood pressure readings by **4-16%**. For better results try more than one of the above, more the better.

How it works: improves blood vessel health and reduces inflammation.

Side-benefits: these changes may also reduce risk of cardiovascular disease and stroke. Regular consumption of flaxseed is also associated with lower cholesterol and diabetes risk and may aid weight loss.

References: healGB.com/hbp

Feedback: if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

Disclaimer: the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternatives.