

1. Blood Pressure Control Mantras

certain lifestyle changes and natural remedies may help it from spiralling out of control.

1. **Eat Garlic:** Numerous studies have concluded that garlic can help lower blood pressure, particularly systolic blood pressure
2. **Olive-oil extract (jaitoon tel):** Several studies have demonstrated that it has effective blood pressure lowering properties.
3. **Eat Omega-3 Fatty Acids:** The omega-3 fatty acid DHA may have greater benefits than EPA, or eicosapentaenoic acid and is said to decrease blood pressure.
4. **Drink Hibiscus Tea:** The supplements and tea from hibiscus have been found to lower blood pressure.
5. **Pycnogenol:** It's also called as pine bark extract and is known to help reduce blood pressure as well as treating high cholesterol.
6. **Eat Dark Chocolate:** Several studies indicate that eating dark chocolate or **cocoa products enriched with flavonols may slightly lower blood pressure** in people with high blood pressure or pre-hypertensive people.
7. **Eat Probiotics:** Fermented probiotics induce production of ACE **Inhibitory peptide which lowers blood pressure** by decreasing the formation of angiotensin II, a potent blood pressure hormone.
8. **Get Adequate Magnesium:** A 2012 meta-analysis concluded that magnesium supplementation reduced blood pressure by 2-3mmHg for diastolic blood pressure and 3-4mmHg for systolic blood pressure
9. **Do Sun-Bathing:** Some studies have indicated that blood pressure is often elevated when there is reduced exposure to sunlight/vitamin D.
10. **Watch Your Weight:** **Being overweight puts increased pressure on artery walls.** If overweight, a weight loss diet to bring body weight to a healthy range may help to reduce blood pressure.
11. **Juice Your Vegetables:** **Vegetable juice, particularly from green leafy vegetables,** can increase a 'B' vitamin- folic acid that may help lower blood pressure and reduce elevated homocysteine levels.
12. **Increase Your Potassium:** **Dark leafy greens are high in potassium.** A meta-analysis of five trials indicated that potassium supplementation compared to a control resulted in a

large but statistically non-significant reduction in systolic blood pressure and diastolic blood pressure.

13. Reduce Caffeine Intake: Caffeine intake can result in a temporary but marked increase in blood pressure. It does this to a greater degree in people with high blood pressure compared with those with normal blood pressure.

14. Drink Green Tea: An alternative to higher-caffeine beverages is green tea, as green tea catechins have been found in some studies to reduce blood pressure.

15. Reduce Sodium: Too much sodium can lead to fluid retention which can raise blood pressure, especially in people who are sensitive to sodium. Low potassium can raise sodium in cells, because sodium and potassium balance each other.

16. Keep Alcohol in Check: Some studies suggest that moderate alcohol intake, particularly red wine, is linked with increasing levels of HDL and a slight reduction in blood pressure, however excessive consumption may raise triglyceride levels and increase blood pressure.

In addition to these changes, you can also practice yoga, meditation, qi-gong, auto-genic training and biofeedback to lower blood pressure.

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summer foods for managing blood pressure

According to Parmeet Kaur, Dietitian, Narayana Hrudayalaya, "[The hypertension diet](#) should have foods with high magnesium, potassium and fibre content in it. They should be necessarily low in sodium."

Here are the summer foods for managing blood pressure as suggested by Parmeet Kaur.

1. Berries

All berries are loaded with heart-healthy compounds called flavonoids. The antioxidant rich fruit may help lower blood pressure, as per a study published

in the Journal of the Academy of Nutrition and Dietetics. Add blueberries, strawberries, et al to your daily diet.



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2. Skimmed milk

Skimmed milk is rich in calcium and vitamin D, two of which work as a team to help reduce blood pressure naturally. According to National Health Service, UK, drinking a glass of skimmed milk a day can cut blood pressure by upto a one third. So gulp down a glass of skimmed milk daily in order to reap maximum benefits.

(Also Read: [High Blood Pressure? 5 Healthy, Delicious Snacks That You Can Enjoy Guilt-Free](#))

3. Yogurt

According to a study presented at the American Heart Association (AHA), women who consumed five or more servings of yogurt a week had a lower risk of developing high blood pressure than similar women who hardly ever ate yogurt. So load up on chilled yogurt every day and enjoy a healthful life.



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4. Watermelon

According to a study published in the American Journal of Hypertension, watermelon could significantly reduce blood pressure in overweight individuals both at rest and while under stress. The pressure on the aorta and on the heart reduced after the consumption of watermelon.

5. Bananas

This tropical fruit is super rich in potassium and even more easy to include in your daily diet. One banana provides one percent of calcium, eight percent of magnesium and 12 percent of potassium that you need every day.



Image credit: istockphoto.com/Ramon Portelli

This tropical fruit is super rich in potassium

6. Kiwi

According to a report presented in the American Heart Association (AHA), kiwis may naturally lower blood pressure. Three kiwis a day could keep high blood pressure at bay. So toss kiwis in your salads and stave off any risk of high blood pressure.

Parmeet Kaur adds, "Foods rich in omega 3 fatty acids include fatty fish such as salmon, herring, mackerel, tuna, etc. These foods cut down the triglyceride count and reduce inflammation."

This summer, ensure that your blood pressure is regulated and well-maintained.



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