



High Blood Pressure Quick Tips

Natural Relief for Human Suffering

Disclaimer: This document is for information purposes only. Do not interpret the information herein as a comprehensive text as it is only an informational snapshot. Qi documents may serve the following functions:

- Provide information on exploring beneficial options
- Serve as a guideline for understanding Traditional Chinese Medicine(TCM), herbs, supplements, etc.,
- Assist in correcting errors that may adversely affect health

Although this document should not be misconstrued as a personal medical diagnosis, it may be beneficial for persons that have been diagnosed with a particular condition. Please do not interrupt prescribed medications without speaking to your medical doctor.



High Blood Pressure Quick Tips

- Avoid caffeine:
 - Soft drinks
 - Teas (Herbal teas are generally caffeine free, while black teas usually are caffeinated. Do not assume tea is caffeine free unless stated.)
- Avoid high fat cheese:
 - Medium fat cheese examples: Cream cheese, Cheddar, Cheese spread, Processed Cheese, Feta, Mozzarella
 - High fat cheese examples: Gouda, Parmesan, Red Windsor, Gruyere, Cheshire, Derby, Mascapone
- Avoid processed meats:
 - Sausages (breakfast, links, bratwurst, etc)
 - Cold cuts (chorizo, corned beef, bologna, ham/ prosciutto, etc)
 - Hot dogs, jerkies, etc
- Avoid fried food and too many salty snacks
- Read labels to avoid hidden salt and hydrogenated oil or trans fatty acids hidden in the contents of cookies, crackers, and chips
- Review the chart to supplement your diet with the following

<i>Your Body Needs</i>	<i>Sources</i>
<i>Allicin</i>	Chile peppers, ground red pepper and crushed red-pepper flakes
<i>Calcium</i>	Broccoli, dark green leafy vegetables, sardines, salmon with bones
<i>Carotenoids</i>	Cantaloupe, oranges, carrots, tomatoes, sweet potatoes, winter squash, dark green leafy vegetables
<i>Fiber</i>	Fruits (with skin), dried fruits (dates, raisins, plums), vegetables, cruciferous vegetables (broccoli, cauliflower), whole grains and cereals, oats, oat bran products, brown rice
<i>Oleic Acid</i>	Avocados, olive oil, olives, nuts