

Fighting High Blood Pressure with Food!



What is High Blood Pressure and What do I need to know about it?

Yes, uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because HBP has no symptoms, so you may not be aware that it's damaging your arteries, heart and other organs.

Possible health consequences that can happen over time when high blood pressure is left untreated include but are not limited to: Damage to the heart and coronary arteries, including heart attack, heart disease, congestive heart failure, aortic dissection and atherosclerosis (fatty buildups in the arteries that cause them to harden). High blood pressure can also cause many other complications such as: Stroke, Kidney damage, Vision loss, Erectile dysfunction, Memory loss, Fluid in the lungs, and Angina (pain in the chest). Keep in mind that these are not symptoms of High Blood Pressure though, HBP will not show any symptoms, these are just other parts of the body that may be affected by HBP.

Your Risks of having High Blood Pressure: Your risk increases even more if you already have high blood pressure along with other risk factors such as: Age, Heredity (including race), Gender (male), Overweight or obesity, Smoking, High cholesterol, Diabetes, and Physical inactivity.

Foods that can help fight High Blood Pressure: Minerals (Potassium, Magnesium, and Calcium), Vitamin C, Omega-3 fatty acids (Fish), Fiber, Monosaturated fats, and Garlic and by limiting your sodium/salt intake.