

Remedies for high blood pressure

Seema Sinha, TNN Feb 20, 2013, 12.00AM IST



Low sodium, low sugar, high potassium diet along with [weight loss solutions](#) can be a healthy approach to treating [high blood pressure](#).

At least four to five servings of fruits and vegetables per day, vegetable juice, especially beetroot juice helps in keeping the blood pressure under control. Fruits and vegetables are excellent natural sources of essential micronutrients such as vitamins and minerals, and a healthy dose of dietary fiber. Additionally, fruits and vegetables provide a significant source of potassium, which can help lower blood pressure.

Doctors also recommend at least three whole grain food per day and avoid foods made from refined flour. Solid fats such as butter, cheese and cream should be replaced with low fat or non-fat dairy products. Consumption of high quality protein foods such as egg whites, lean meats, seafood, fish containing omega-3 fatty acids are helpful in lowering high blood pressure. Then consumption of nuts, seeds and legumes increase healthy cholesterol. Doctors also recommend limiting your alcohol intake and stop [smoking](#).

Coconut water is a tasty and nutritious beverage which has also been shown to be effective at lowering blood pressure. In one study where authors investigated the effects of coconut water when regularly consumed, they found that coconut water was able to significantly lower blood pressure in 71 per cent of the study participants. Massage with sesame oil and warm water shower just before going to bed is also an effective way to control blood pressure as per experts.