

Foods That Lower Blood Pressure Naturally



Fitness Frontline®
of the health system



Foods That Lower Blood Pressure Naturally
including -

- vitamins
- minerals
- vegetables
- fruit
- herbs
- spices
- nutraceuticals

Foods that lower blood pressure naturally

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In Western, cultures the prime position on the food scale is held by the carbohydrates (yep that's a 'g' not a 'c'), the principle ingredients of which are flour, sugar and potato, mixed with fat.

John Miller

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Food drives both illness and wellness; it's the poison and the antidote. Metabolic syndrome could colloquially be redefined as cells eating badly, as every one of the subcellular pathologies is made worse by providing the wrong food in the wrong place at the wrong time.

Robert Lustig

THE LAW OF TOO MUCH AND TOO LITTLE

Like most body system dysfunctions, high blood pressure conforms to the law of too much and too little. Surprisingly treatment often focuses on the 'too much' side of the ledger, when in fact a lot of the problem comes from the both the 'too much' and the 'too little side'.

The medical model for the treatment of high blood pressure looks something like this:

TOO MUCH	TOO LITTLE
Sitting down Stress Body fat Sodium	Diuretics Beta-blockers ACE inhibitors Angiotensin antagonists Calcium channel blockers Alpha-blockers Alpha-beta-blockers Nervous system inhibitors Vasodilators

However, *you're* well aware that high blood pressure isn't caused by a lack of Avapro!

In the **How to Lower your Blood Pressure Naturally** program the situation is a little different.

TOO MUCH	TOO LITTLE
Sitting down Stress Body fat Sodium Sugar	• Minerals - Magnesium - Potassium - Calcium • Vitamins - particularly the antioxidants • Herbs and spices • Dietary fibre • Relaxation • Vigorous exercise • Relaxing exercise - walking, yoga, tai chi ... • Meditation

After searching the literature for treatments designed to lower blood pressure naturally, I've come to the opinion that it's highly likely that high blood pressure is a symptom of dietary insufficiency, in particular lack of certain minerals, antioxidant vitamins (and the lack of a regular and systematic aerobic fitness training program). For many people, the evidence points to the fact that tackling this insufficiency would lead to significantly lower blood pressure.

Based on this assumption it's disingenuous for the medical industry to tell people to eat less sodium chloride, without telling them to eat more magnesium, potassium and calcium and more of the anti-oxidant vitamins.

The great tragedy in all of this is that few doctors are measuring vitamin and mineral deficiency before reaching for the pad and writing a prescription that masks the symptom of the vitamin and mineral deficiency.

The clinical guidelines that dominate the front page of most Google searches for 'how to lower blood pressure' are in the main 'webfronts' for pharmaceutical companies. The word 'clinical' is just medical code for drugs or surgery. Rarely, if ever do clinical guidelines extend to an exercise prescription involving duration and heart rate or the prescription of a nutraceutical synthesized from seaweed.

The medical research industry has perverted the course of good health practice by prescribing drugs to mask the symptoms of

- nutritional insufficiency
- lack of physical activity
- stress and
- both emotional and muscular tension,

... rather than prescribing a nutrition, exercise or relaxation program to restore poor function to good.

Being one of the more common symptoms of metabolic dysfunction, high blood pressure is, in the main a personally generated condition. It's a symptom of a lifestyle that's out of control. The good news is that being personally generated there's a good chance it can be personally 'ungenerated'. Of course this can't happen in a seven minute consultation in a surgery.

What the drug doesn't do is bring about the change in lifestyle that the condition is flagging. In fact it lulls recipients into a false sense of security that, 'Blood pressure back to normal, problem solved.'

Of course that's a medical legerdemain. The pill doesn't bring about the lifestyle change. The messenger is shot. The enemy of good health is still lurking in the background. The war has been lost.

How long have people been saying, 'You are what you eat?' I believe that if you have essential, mid-range high blood pressure, there's a strong case for self medication - after all, if it means just adding a range of healthy foods and supplements to your diet. What have you to lose?

Eating good wholesome food won't interfere with anything you get from your doctor.

This small booklet outlines some of the things you can do to improve and enhance your diet as a way of restoring poor metabolic health to good. Improving your health increases the likelihood that your blood pressure will go down.

John Miller

For some reason, writing this section of the book, reminds me of the Phillip Morris, Virginia Slims cigarette advertising slogan, '*You've nothing to lose but your smoker's cough.*'

1. Too much sodium and not enough magnesium, potassium and calcium to your diet.

People with hypertension are consistently found to be lacking in magnesium, and diets naturally high in magnesium, potassium and calcium are known to reduce BP substantially (Nutr Health Aging, 2001; 5: 144-9).

A high sodium to potassium ratio has been shown to increase extracellular fluid volume, which in turn hinders blood pressure regulation (Am J Clin Nutr, 1984; 39: 963-8).

Other studies have demonstrated that magnesium levels are consistently low in those with high blood pressure and supplementing the diet with magnesium can help. In a double blind study, the addition of magnesium to the diet lowered blood pressure by an average of 12/8 mm/Hg (Br Med J, 1983; 286: 1847-9).

In a nutshell, simply replacing sodium chloride with a magnesium, potassium and calcium rich diet is enough to dramatically lower blood pressure.

In one study, a group of adults with high blood pressure swapped out their table salt for a new type of salt – known as [Smart Salt](#) - rich in the blood pressure lowering-minerals magnesium and potassium. You can read up on [Smart Salt](#) on their website but essentially here's what they have to offer.

*'Smart Salt eliminates up to 60% of the sodium found in typical salt. For sodium sensitive consumers, this is a major breakthrough. It is perfect for low-sodium recipes and diets. Surveys indicate that consumers cite salt content as one of the top factors in their food worries. Smart Salt is the new healthier salt for these millions of consumers worried about their salt intake. For processors and distributors, the “**reduced sodium, healthy alternative**” message point of Smart Salt has solid market appeal.'*

On the other hand, you can cut down on sodium and add potassium and magnesium-rich foods such as **broccoli**, **yogurt**, **bananas** and **oatmeal** in your diets. Nature has its own remedies.

2. More vitamins

Not enough Vitamin C

In a double-blind placebo-controlled trial study reported in the Lancet, (Lancet, 1999; 354: 2048-9), 45 people with moderate-to-severe hypertension (average 155/87 mmHg) took either 500 mg/day of vitamin C or a placebo.

After a month, BP dropped by 9 per cent with the group taking the vitamin C, bringing their average BP down to 142/79 mmHg. The experts in this study were not sure what the blood pressure lowering mechanism was, theorizing that the antioxidant properties of vitamin C protect the body's level of nitric oxide, a natural compound which relaxes blood vessels and therefore lowering blood pressure.

Recommended dosage: 500 mg x 3 times a day (after meals).

Not enough Vitamin B - too much homocysteine

Homocysteine is a major factor in cardiovascular disease. This naturally occurring amino acid is thought to indirectly cause atherosclerosis and hypertension.

High homocysteine (above 12 mmol/L) is related to low blood levels of vitamin B. The recommended dose is vitamin B as folic acid (800 mcg/day) plus B6 and B12 in a daily multivitamin (Am Acad Fam Physicians, 2001; November).

Eat more vitamin D and increase your sun exposure.

Slipping, slopping and slapping might not always be the wisest move if you're suffering from high blood pressure.

Increasing sun exposure or vitamin D supplementation is associated with lower blood pressure.

The relationship between vitamin D and blood pressure is probably driven by an improved calcium uptake.

Drink more green tea

You already know how important antioxidants are to your health. And you know some are much more powerful than others. What most people don't realize is the power of an antioxidant depends on its structure, which is made up of rings.

Antioxidants use these rings to capture disease-causing electrons from free radicals. The more rings they have, the better they work — since you're setting more traps for these toxic invaders.

Most plant-derived antioxidants — also known as flavonoids — have three interconnected rings to trap free radicals. The catechins found in green tea have four interconnected rings, making green tea an even more powerful free radical scavenger.

Ecklonia cava

A type of brown seaweed extract, an antioxidant called Ecklonia cava has been reported to be an extremely good blood pressure lowering anti-oxidant. It has double the free radical fighting power of green tea and as much as 100 times that of some other antioxidants.

As well as lowering blood pressure it also contains a host of other health enhancing features, like improving memory, lowering cholesterol and boosting sexual performance.

According to promotional blurbs Ecklonia cava is not only nature's ultimate blood-thinner, its nature's ultimate free radical-trapping machine.

Seanol

A proprietary brand Ecklonia cava is Seanol.

According to the blurb on the internet, if you want to have healthy blood pressure, you have to have open, relaxed, and healthy arteries. When arteries and blood vessels are stiff and narrow, your blood flow is restricted. This causes your blood pressure to go up and forces your heart to work harder.

One reason your blood vessels get narrower is due to high levels of an enzyme produced in your body called angiotensin-converting enzyme (ACE). ACE causes your blood vessels to constrict and get smaller.

Seanol is a natural ACE Inhibitor that comes from the ocean!

Research shows that Seanol has over 15 times more power to inhibit ACE than the most powerful land-based polyphenols.

It has been proven to be 100 times more powerful than Resveratrol and lasts in the body 11 hours longer.

(Resveratrol is a poly - phenolic compound found in a number of foods such as grapes, purple grape juice, red wine, peanuts, and some berries. It's reported to be a powerful cardiac supporter, stops free radicals, promotes skin health blood sugar regulation and slows ageing.)

3. More Coenzyme Q10

Coenzyme Q10 (CoQ10) is a naturally occurring enzyme with dramatic effects on hypertension. In a study conducted at the University of Texas during the 1980's, 400 people with hypertension took a daily dose of CoQ10. The effect on blood pressure was dramatic, with 97 per cent of these involved in the program being able to stop taking their conventional blood pressure lowering drugs (Mol Aspects Med, 1994; 15 [Suppl]: 165-75).

In a full-scale, randomized, placebo-controlled trial 80 hypertensive patients were given 60 mg of CoQ10 twice a day for 12 weeks. Systolic BP dropped by 18 mmHg, with no side-effects. (South Med J, 2001; 94: 1112-7).

4. More vegetables

Parsley & asparagus

It's worth doing what you can to improve kidney function. Reports are coming in that one of the ways to do that are by increasing your intake of parsley & asparagus.

Garlic

A lot of people control their blood pressure with garlic, a natural antibiotic and cleanser. Eat 2 cloves of chopped raw garlic every morning on an empty stomach: Garlic is. It can now be purchased in semi-liquid form in a tube from your local supermarket. On one label I read that a teaspoon is the equivalent of 3 cloves.

Garlic reduces the amount of 'bad' cholesterol and blood fats or lipids, while increasing the 'good' cholesterol, hence protecting the heart. It lowers blood pressure by preventing our arteries from hardening.

Odorless capsules are readily available from health food shops.

Countries like Japan, Thailand and China where it's popular to include garlic in the diet have a low incidence of heart disease.

Celery

Celery (about 3 or 4 stalks a day) as well as using celery seeds in soup or as a spice will help lower your blood pressure. The effect can be dramatic.

Beetroot juice

Beetroot juice is very effective in lowering blood pressure, with a recommended dose of around 250ml/day. It's cheap, effective and has no side effects. Just don't freak out when you look at the colour of your urine!

The bright-red juice contains the chemical nitrate, which reduces blood pressure.

The blender

I recommend you make up a blended drink of fruit and vegetables for breakfast.

You can include celery, carrots, apples, pears ... - whatever you like.



5. More fruit

Eat more guava

In a large randomized, blinded, controlled trial, high blood pressure patients were given daily portions of guava fruit, a good source of vitamin C, fibre, potassium and magnesium. Those on the guava diet showed an increase in plasma ascorbic acid, a reduction in the serum total cholesterol and triglycerides, a substantial lowering in systolic and diastolic blood pressure, as well as a net increase in high density lipoprotein cholesterol (the 'good' cholesterol) (J Nutr & Envir Med, 1997; 7: 5-14).

Good news for olive-tree-leaf tea drinkers

An infusion (or tincture type preparation) of the evergreen leaves of *Olea Europaea* (Olive tree) have been used as an effective anti hypertensive for donkey's years. Containing the substance oleuropein, the olive leaf infusion helps reduce hypertension by dilating coronary blood vessels (Am J Chin Med, 1979; 7: 197-236).

Hello Vera!

Have you tried drinking Aloe Vera? It is reported to lower blood pressure in some people by 10 points.

Hibiscus tea

Try hibiscus tea which is used in the Middle East to lower blood pressure.

Try a couple of cups daily - it's more effective made with the whole flowers than teabags, although they work too.

Watermelon

Apparently eating watermelon lowers blood pressure. Sounds like a mouth-watering way to lower your blood -pressure.

6. More Ayurvedic nutraceuticals

Like traditional Chinese medicine, Indian ayurvedic medicine has been around long enough for its reputation to be consolidated. Modern junk medical research either ignores or poo poos these forms of treatments - but at its peril and the peril of those to whom junk pharmaceuticals are prescribed.

Mukta Vati

A number of people writing on the hypertension forum in the **What Doctors Won't Tell You** website, <http://www.wddty.com>, reported the success they have had on lowering their blood pressure using the Ayurvedic nutraceutical Mukta Vati. Here's how one satisfied customer reported her success in lowering her blood pressure.

'It worked for me. My blood pressure was VERY high about 3 years ago. I started on the full dose of 2 tablets morning and night an hour before eating and although the website said it would take 3 days for the blood pressure to start dropping it took mine 6 days! Now I only have to take 1 tablet morning and night 3 days a week and my blood pressure is normal (or even below!!) It must be Ivy's Mukta Vati - google for it and find your local supplier. It can only be found online. This particular brand which I understand is only made in one temple in India. Look at www.muktavati.com.

Ingredients in Mukia vati include:

Cantella Astiaticia - Brahmi
Convolvulus Pluricalis - Shankhpushpi
Tinospora Cordifolia -Guduchi
Terminalia arjuna - Arjuna
Withania Somnifera - Ashwaganda
Celastrus Paniculatus - Jyotishmati
Inula Racemosa - Pushkarmoo
Onosma Bracteutum
Corrallium Rubrum
Pearl Powder

Maybe you need more Alistrol

Alistrol is natural herbal dietary supplement aimed at reducing high blood pressure. It includes four herbal ingredients that have been used for centuries in traditional Chinese and Indian Ayrvedic medicine. This proprietary formula has been tested in a double-blind clinical study. All-natural Alistrol has been available since 2001.

Alistrol's ingredients are believed to protect arterial walls from the damage that can result from the build up of plaque, and also to help the body to use oxygen more effectively by dilating coronary blood vessels. When blood vessels are dilated, they are carrying oxygen, blood, and nutrients throughout the body more effectively to all of the vital organs. Dilating blood vessels also helps the heart to use minerals such as calcium.

Alistrol works for some people who have tried many other remedies without success. It has no known interactions with prescription high blood pressure medicines; you don't have to risk stopping your other therapies in order to try out Alistrol.

Here's what you'll find inside Alistrol's patented natural organic formula

Garlic Seed Extract

Garlic has been used through out recorded history for both culinary and medical purposes. Garlic is claimed to help prevent heart disease (high cholesterol and high blood pressure). Animal studies and some early studies in humans have suggested possible cardiovascular benefits of garlic.

Premium Hawthorn Berry Extract

Hawthorn Berry is a traditional herbal remedy that has been clinically shown to help improve the blood supply to the heart, by dilating the hearts blood vessels. Hawthorn berry also appears to help support the metabolism of the heart.

Daikon Seed Extract

Daikon seed has been used for at least a thousand years as a traditional herbal remedy. Studies suggest that daikon seed contributes to maintaining cardiovascular health and helps to support healthy blood pressure

Pure Holly Leaf Extract

Holly leaf has been used as a tea in Chinese folk medicine for centuries. Recent studies indicated that holly leaf helps expand blood circulation and blood vessels to enhance blood circulation and blood flow to the heart

7. More herbs and spices

Cinamon

One study showed that after 12 weeks on 2g of cinnamon per day, study subjects had significantly reduced blood pressures.

Cinamon is reported to be an essential part of a diabetic diet.

Hawthorn Tincture

Hawthorn tincture - made from either the berries or the leaves - is frequently recommended for blood pressure.

8. More arginine

Arginine is a naturally occurring amino acid which the body converts to nitric oxide. This can help blood vessels to dilate. It increases blood flow which can support a healthy cardiovascular system.

Arginine is a nonessential amino acid, meaning most of the time it can be manufactured by the human body, and does not need to be obtained directly through the diet.

Arginine is found in a wide variety of foods, including dairy products (e.g., cottage cheese, ricotta, milk, yogurt, whey protein drinks), beef, pork, poultry and seafood. Plant sources include wheat germ and flour, buckwheat, granola, oatmeal, most nuts; pumpkin, sesame and sunflower seeds), chick peas and soybeans.

9. More dark chocolate

Whilst it hardly sounds like a good recommendation, eating dark chocolate dilates blood vessels. What's more, the effect is almost immediate. There are many studies that are now completely overturning the conventional medical view of chocolate which, until recently, was condemned by nutritionists as being too high in both saturated fat and sugar. Today, dark chocolate is increasingly being recognized as one of the most potent 'functional foods' around. Just don't eat too much of it.

To mask the bitterness of cocoa, milk chocolate contains between 50-60 percent sugar. Dark chocolate is more bitters because it has a significantly higher concentration of cocoa solids (50%–90%) and less added sugar.

It's reported that cocoa increases levels of HDL (the 'good' cholesterol) while decreasing LDL (the 'bad' cholesterol), plus, the key ingredients in chocolate are polyphenols, naturally occurring antioxidants.

10. Drink more water

A lot of problems with hypertension and high cholesterol are caused by dehydration. We are supposed to drink enough water to make urine clear all the time. The book says to build up slowly (over about 3 months) to about 4 pints per day, then extra for each tea/coffee. If you don't like water, your thirst mechanism will be restored after about 3-4 months and you will want it, so in the meantime it's just the discipline of building up your intake.

11. Eat less flour and sugar

Eliminating the carbohydrates (yep, that's a 'g' not a 'c') from your diet is a good thing - carbohydrates being a mixture of wheat flour and sugar, usually combined with fat. The carbohydrates are the foundation of a junk food diet.

A diet high in sugar impedes potassium uptake, and BP usually decreases when sugar is excluded from the diet (J Am Coll Nutr, 1987; 5: 79).

I believe there is a compelling reason to eat less wheat flour. We consume large quantities of wheat flour which quickly gets converted to sugar. Many people who have taken the wheat-free challenge for a couple of weeks have noticed a dramatic improvement in their health - weight loss, less headaches, more energy and lower blood pressure.

This is something you're going to have to experiment with yourself.

12. More dietary fibre

Higher dietary fibre can lower blood pressure. When more than 30 people switched to a diet of mostly raw high-fibre foods for six months, their diastolic BP plummeted by an impressive 18 mmHg (South Med J, 1985; 78: 841).

13. The fresh food revolution

There is compelling evidence that going on a diet of fresh fruit and vegetables for a month dramatically increases metabolic health.

Grab a copy of Gabriel Cousen's book '**Rainbow Green Live-Food**'. Search for his videos on YouTube.

14. Reduce your alcohol intake

Giving up alcohol also has been shown to decrease blood pressure within a week (Proc Nutr Soc, 1988; 47: 111-4).

I bet you've never thought of going home to have a bowl of flour and sugar!
John Miller

15. Reduce your intake of aspartame.

There is mixed opinion as to whether aspartame affects gut bacteria, in effect altering the gut microbiome

An imbalance in gut bacteria has been linked to metabolic disorders, including obesity, insulin resistance type 2 diabetes, increasing susceptibility to infections, inflammation and influencing mood and cognitive functions.

Just to be on the safe side, when downing a sugar free soft drink consider the sort of relationship the drink has to gut bacteria, and overall health. Maintaining a balanced gut microbiome remains essential for the support of good metabolic health.

16. Breathing exercises

Start doing breathing exercises. Anulom vilom, a yoga exercise which is basically alternate nose breathing (breathe in from the left, breathe out from the right, breathe in from the right, breathe out from the left, again breathe in from the left.... and so on) for 15 minutes a day reduces blood pressure by regulating and moderating the pressure as well as releasing toxins.

17. Aerobic exercise

If you can average 4,000 steps a day you're on the way to better health. Walking quickly it will take about 40 minutes of your time.

With Fitbit wearable technology you'll be able keep track of your heart rate while exercising. Fitbit gives you aerobic fitness zone points for increasing your heart rate to (about) 65% of your age-related maximum health rate (220 minus your age).

Life is too short to eat bad food.

DIET PROFILE

Complete the diet profile and see how you shape up.

1. **Body composition:** how close are you to being your **ideal weight**? Use your own estimate of Kg over your ideal weight or your **percent body fat**.

Current weight	Ideal weight	Percent body fat								
Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2		
% fat men	>35	<35	<30	<28	<26	<24	<22	<20		
% fat women	>45	<45	<40	<38	<36	<34	<32	<30		
	3	4	5	6	7	8	9	10		

☐

2. Do you eat a **decent breakfast** or is it just flour and sugar?

No

0	1	2	3	4	5	6	7	8	9	10

Yes

☐

3. Do you eat a **high fat , flour and sugar** diet?

Yes

0	1	2	3	4	5	6	7	8	9	10

No

☐

4. Do you eat plenty of raw fruit and raw vegetables?

No

0	1	2	3	4	5	6	7	8	9	10

Yes

☐

5. Do you eat predominantly from the top of the **Hourglass** – good food at the top and junk down the bottom.

No

0	1	2	3	4	5	6	7	8	9	10

Yes

☐

6. How many glasses of plain, unadulterated **water do** you drink each day?

	1	2		3		4		5		>6
0	1	2	3	4	5	6	7	8	9	10

☐

7. Do you believe you're getting enough of the **essential vitamins, minerals ...**?

No

0	1	2	3	4	5	6	7	8	9	10

Yes

☐

8. Do you **eat too much**?

Yes

0	1	2	3	4	5	6	7	8	9	10

No

☐

9. Are you ruled by your **cravings** for foods with a high sugar content?

Yes

0	1	2	3	4	5	6	7	8	9	10

No

☐

10. Does the **back end** of your system work like a charm?

No

Like a charm

0	1	2	3	4	5	6	7	8	9	10

☐

If you want to be fit and healthy, eat the way fit and healthy people eat! **TOTAL**

☐

Food drives both illness and wellness; it's the poison and the antidote. Metabolic syndrome could colloquially be redefined as cells eating badly, as every one of the subcellular pathologies is made worse by providing the wrong food in the wrong place at the wrong time.

The change in food processing, starting 50 years ago, has fueled a slow but unrelenting medical economic and climate vortex downward

So our food's safe, right? But what if it acts more like a slow poison, like cigarettes—one won't kill you, but one hundred thousand consumed over ten years might? Unlike Salmonella, you won't be feeling the effects immediately. But eventually, you'll feel it everywhere. In your heart, muscles, bladder, brain, and especially your wallet.

Unfortunately, food now matters even more than it should. Food is beyond a necessity; it's also a commodity, and it has been reformulated to be an addictive substance. This has many effects on our world: economically, politically, socially, and medically.

The American food industry produces 3,900 calories per person per day, with about 29 percent wastage, but we should rationally eat 1,800–2,000. Who eats the difference? We do! Throughout evolution, humans could eat only a fixed amount, but today that amount is limitless.

Sugar is now the most ubiquitous foodstuff worldwide, and has been added to virtually every processed food, limiting consumer choice and the ability to avoid it. Approximately 80 percent of the 600,000 consumer packaged foods in the United States have added caloric sweeteners.

Robert Lustig 'Metabolics'

