

10 Amazing Foods that Lower Blood Pressure.

And Help with other Health Issues.



By Rachel Duerden

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Jasperden Health

Inspiring You to Enjoy a Healthy Life

Introduction

Have you been told that you have high blood pressure?

Are you taking tablets and have been told to eat more healthily but not sure what foods to eat?

Then, this ebook is for you.

Extracted from Jasperden Health, a health blog, it is about 10 foods which have been proven to help to lower your high blood pressure. It also describes other beneficial effects on your health.

I hope you find it helpful.

Rachel.



Jasperden Health

1. Broccoli



One of the healthiest foods you can eat. Full of vitamins, minerals, fibre and antioxidants.

Broccoli also contains high levels of 'glucoraphanin', a compound that is converted into an antioxidant called 'sulforaphane' during digestion. Some studies show that sulforaphane can reduce blood sugar levels, cholesterol levels, oxidative stress, chronic disease development and may slow down the ageing process.

Broccoli is a good source of fibre; therefore promoting healthy digestion and reducing constipation.

It could reduce the risk of heart disease.

It can also improve your bone health.

Broccoli is fantastic for your skin. It's an excellent source of vitamin C, which fights skin damage caused by the sun and pollution, reduces wrinkles and improves overall skin texture. Also plays a vital role in the formation of collagen.

Good sources of vitamin A & E; also crucial for healthy-looking skin.

2. Cranberries



May prevent the development of Alzheimer's Disease. The latest medical studies have shown that the antioxidants in cranberries can prevent it.

May reduce the risk of Heart Disease. A study in 2019 revealed that supplementing your diet with cranberries can manage blood pressure and reduce your BMI (Body Mass Index). In another study, 78 overweight or obese participants, found their blood sugar levels improved, along with signs of inflammation and their 'good' cholesterol levels, by drinking low-calorie cranberry beverages and eating a lot of plant based foods every day.

May boost your immune health. Research in 2016, revealed that cranberries or compounds in cranberries had the effects of triggering the death and slowing the growth of cancer cells and reducing inflammation.

Help with weight loss. They're full of fibre which helps you to stay full longer but also, the juice has an emulsifying effect on the fats deposited in your body which help them digest better.

Warning. If you take Warfarin, be careful because the high content of vitamin K can interfere with it. And go easy on cranberry juice. Too much could lead to kidney stones.

3. Flaxseeds



Loaded with nutrients, flaxseeds (also known as linseeds), are a rich source of healthy fats, antioxidants, fibre, protein, omega 3 and lignans.

Lignans are micronutrients found in certain plant based foods and may stop tumours from forming new blood vessels. The lignan content of flaxseeds is thought to be over 800 times higher than other foods. A study, published in 2008, showed that prostate cancer tumours appeared to stop growing in 161 men who consumed flaxseeds.

Another study found that flaxseeds in the diet reduced the risk of breast cancer.

Flaxseeds may also help to lower the risk of diabetes and heart disease, reduce cholesterol and blood pressure and protect against radiation.

To get these health benefits, ground flaxseeds should be eaten rather than whole seeds as whole seeds remain undigested and pass through the system.

The best thing about eating flaxseeds to help our health is that we only need to eat 1TBSP a day!

4. Grapes



Believe it or not, grape seeds are edible and are capable of reducing fat, have anti cancer and anti-inflammatory properties.

Grapes also have the following health benefits:

Protecting against heart disease.

Lowering blood pressure.

Decreasing cholesterol.

Helping bone health.

They are also high in antioxidants such as Vitamin C.

5. Hazelnuts



Also known as 'filberts'. Ancient Greeks used hazelnuts to treat coughs and baldness.

Health benefits of hazelnuts include:-

Balancing cholesterol levels.

Reducing blood pressure and clots.

Boosting the immune system.

Helping to manage diabetes.

Improving digestive function. They are a good source of fibre.

Helping to prevent cancer.

Helping to increase cognitive function.

6. Hemp Seeds



They are one of the most nutritionally dense foods containing:-

Omega 3 and 6 fatty acids, a good source of vitamin E and minerals like magnesium, calcium, iron and zinc.

A high protein content. More than 25% of their total calories are high-quality proteins.

High amounts of soluble and insoluble fibre which benefits digestive health; if they are eaten whole.

Eating the seeds may reduce your risk of heart disease because of the high amounts of arginine, an amino acid which produces nitric oxide. Nitric oxide is a gas molecule that makes blood vessels dilate and relax, leading to lowered blood pressure.

Hemp seeds may reduce the symptoms of PMS and menopause which could be caused by sensitivity to the prolactin hormone. The Gamma-linolenic acid (GLA) in hemp seeds produce prostaglandin E1 which reduces the effects of prolactin. GLA may regulate the hormone imbalances and inflammation associated with the menopause.

7. Oats



Oats are among the healthiest grains on the planet because they are a fantastic source of vitamins, minerals, fibre and antioxidants.

Health benefits include:-

Reduced cholesterol levels, blood sugar levels and insulin response.

Increased growth of good bacteria in the digestive tract.

May help with skin conditions like Eczema. (Only when applied directly to the skin.) Quite a few beauty products that can be bought, contain oatmeal.

May help to relieve constipation.

Oats also contain selenium and zinc which are involved in fighting infections.

8. Potatoes



Potatoes contain magnesium, iron, folate, phosphorus, calcium, zinc and are a good source of B vitamins.

Therefore potatoes can:-

Help the body to build and maintain bone structure and strength.

Help to fight cancer.

Relieve constipation.

Can improve blood sugar levels.

Potatoes may help with depression, stress and perhaps, Attention Deficit Hyperactivity Disorder, because they are a good source of B6 vitamins. B6 helps to create useful brain chemicals, including serotonin, dopamine and norepinephrine.

Not bad for your humble spud!

9. Spinach



Spinach is basically a powerhouse of nutrients. It contains, amongst others, iron, lutein, zeaxanthin, nitrates, antioxidants, vitamin K, and fibre.

It can help with:-

Promoting hair growth.

Improving your eye health. The lutein and zeaxanthin that is in spinach can help with cataracts and age-related blindness.

If you eat approximately 128g of spinach every day, your risk of developing Type 2 diabetes is reduced by 14%.

Boosting your immune system because of spinach's high antioxidant content.

Strengthening your bones.

10. Walnuts



Are rich in antioxidants. Antioxidants can help to fight oxidative damage in your body, including damage done to "bad" LDL cholesterol, which promotes atherosclerosis. (Plaque in your arteries).

May help to lower the risk of type 2 diabetes. In one study, 100 people consumed 1 tbsp of walnut oil a day for 3 months, while continuing their diabetes medication and balanced diets. This resulted in an 8% decrease in their fasting blood sugar amount.

Supports good brain function. That's handy since walnuts look like brains! Even though more studies are needed, older adults who ate walnuts regularly, show better brain function, including faster processing speed, more mental flexibility and better memory.

So, to get the potential health benefits, apparently, only 7 whole walnuts are needed to be eaten!

About the Author



A former health care professional now a runner and cat slave, Rachel writes a health blog. She is constantly amazed by the health benefits of eating certain foods and spends a lot of time researching them and then sharing her research with her readers. She offers tips to manage various health conditions and writes about other subjects at times, too!

Feel free to check out her blog. You're always welcome.

<https://jasperdenhealth.com>



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