



How to Fight High Blood Pressure Naturally

Cayenne Pepper- the Crowned KING

Cayenne pepper is probably the fastest acting food to lower blood pressure, but also probably the least liked remedy used due to its fiery effect.

It is a natural vasodilator-which opens up the blood vessels and improves the overall flow of energy throughout the body. Its ability to expand the blood vessels lowers B/P.

Incorporate **cayenne** pepper into your diet by sprinkling it on top of your food, using it in hot water with lime and maple syrup or honey, or use it via [Emethy®](#) form= **FIRE** Formula. Click on [Emethy®/Fire](#) links

Beetroot Juice

Drinking just a cup of fresh **beetroot** juice daily can have amazing effects on your health. Scientist have found that its nitrate content provides the benefits for the blood pressure.

According to [Natural News](#), after the juice is consumed, nitrate is converted into a chemical called nitrite and then to the gas nitric oxide. Once in the bloodstream, nitric oxide widens blood vessels, aids blood flow and lowers blood pressure.

Researchers are hopeful that increasing consumption of vegetables high in dietary nitrate, like beetroot juice and leafy greens, will be an easy remedy patients can employ to improve their cardiovascular health. Beetroot juice is also high in Vitamin C. Drink up!

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Cinnamon

This spice has proven especially beneficial to people that suffer from diabetes, since one of its major benefits is lowering blood sugar.

However, cinnamon is showing much promise in the fight against high blood pressure too.

Although scientist have confirmed that cinnamon positively affects patients afflicted with hypertension, exactly how it does has yet to be determined.

Many believe that its insulin sensitivity enhancing and anti-inflammatory properties may contribute to its ability to lower b/p.

Coconut Water

Considering its high nutrient content, the [health benefits of coconut water](#) are plentiful.

This cool beverage assists in the overall maintenance of good cardiovascular health.

Research has shown that those suffering from high blood pressure generally have low potassium levels. Coconut water is rich in potassium, which allows it to help manage blood pressure in the body.

Almonds

These nuts have a few heart healthy components, such as flavanoids, potassium, and Omega-3 fatty acids.

Flavanoids and Omega-3's have been proven to promote cardiovascular health; and potassium (as mentioned above) helps regulate blood pressure.

The monosaturated fats found in almonds lower blood cholesterol levels, as well as reduce arterial inflammation, which ultimately lowers blood pressure.

Try [making your own almond milk](#) instead of consuming cow's milk to help lower your blood pressure. If that's too much work, you can always just grab a handful or RAW nuts everyday-chew slowly!

Garlic

Garlic is known as the anti-viral wonder food, but it's definitely much more than a virus slayer.

It contains a powerful compound, **allicin**, which gives it its antibacterial, antiviral, and antioxidant properties.

Allicin has anti-hypertension qualities too, which lowers cholesterol as well as blood pressure.

Always use fresh garlic. And keep in mind, cooking garlic diminishes its healing abilities.

Turmeric

Turmeric, also known as curcumin, drastically decreases inflammation throughout the body. Inflammation is a primary cause of hypertension, so turmeric, by reducing inflammation, improves cardiovascular health and helps maintain a normal blood flow.

When coupled with black pepper, turmeric expands blood vessels and sweeps away accumulated obstruction.

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