

High Blood Pressure Help Sheet

Nutrients/minerals

✓	Potassium
	Magnesium
	Vitamin D
	Vitamin C
	Probiotics
	Melatonin

General things to remember

- Eat small portions of meals frequently
- Avoid eating excess salt
- Add minerals and/or a hydration multiplier to your water
- Drink almond milk
- Limit stress If you can
- light and regular exercise

Ty making your own takes on these fun smoothie recipes!

Spinach Avocado Smoothie:

Ingredients

- Plain yoghurt (non-fat): 1 cup
- Chopped spinach (fresh): 1 cup
- Chopped banana (frozen): 1
- Sliced avocado: ¼ cup
- Water: ½ cup
- Honey: 1 tsp

Strawberry Banana Smoothie:

Ingredients:

- Strawberries: ½ cup
- Blueberries: ½ cup
- Banana: 1
- Cashew milk/toned milk (chilled, unsweetened): ¾ cup
- Hulled hemp seeds: 1 tbsp
- Cashew butter: 1 tbsp

Green Pineapple Smoothie:

Ingredients

- Almond milk (unsweetened): ½ cup
- Plain Greek yoghurt (non-fat): ⅓ cup
- Baby spinach: 1 cup
- Banana (frozen, sliced): 1 cup
- Pineapple (sliced): ½ cup
- Chia seeds: 1tbsp
- Maple syrup or honey: 1-2 tsp (optional)

Food Remedies

✓	Ginger
	Green Tea
	Lemon Water
	Bananas
	Apple Cider Vinegar
	Whole grains
	Also Beetroot, cooked broccoli, cucumbers, zucchini, tomatoes, and eggplant Also pomegranate, apple, orange, melon, avocado, mango, fig, and papaya

Powerful Remedy

Cook or by a whole cooked chicken. Try and eat the whole Chicken by yourself in 24 hours or less. Then take the bones and make a strong broth and drink that in the following 24 hours. Can quickly reduce blood pressure and swelling