

Natural Ways to Lower Your Blood Pressure

The key to lowering your blood pressure starts with eating heart healthy foods, boosting your minerals, making healthy choices, and stressing less.



Add leafy greens.



Include fresh berries.



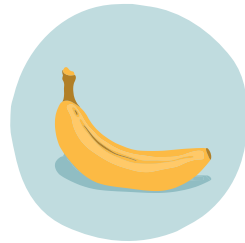
Try dark chocolate.



Choose calcium-rich foods.



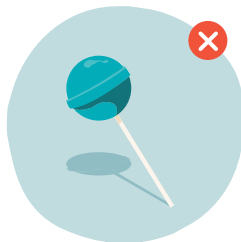
Add magnesium sources.



Include potassium picks.



Season without salt.



Reduce added sugars.



Move your body every day.



Practice deep breathing.



Play calming music.



Take quiet moments.