

TOP 7 FOODS TO CONSUME TO LOWER BLOOD PRESSURE



1 BEETS

This vegetable is known to lower blood pressure upon ingestion. This is due to the heavy nitrate concentration. Nitrates have a relaxant effect on the veins and coronary vessels, which enables them to enlarge and allow more oxygen-rich blood into the flow.

2 WATERMELON

Has high levels of the amino acid L-citruline, which converts into arginine under the right conditions. The outer part of the watermelon, which also happens to be the part most people avoid, contains the most substantial amount of L-citruline.

3 GARLIC

This herb holds many benefits. It supports the synthesis of nitric oxide synthase (NOS). However, assuming ample vitamin B2 is available as a cofactor, the NOS can convert arginine into nitric oxide. Garlic is also high in the sulfuric compound allicin, which reduces inflammation and may also reduce the risk of coronary disease. For best results, we recommend eating a clove or two with vitamins.

4 CITRUS FRUITS

Whole oranges or grapefruits contain a large amount of Vitamin C. Vitamin C is a precursor for NOS synthesis. Vitamin C is also an antioxidant known to fight harmful free radicals. In this case, it fends off the free radicals that may attack and nullify the nitric oxide. This is why doctors recommend a vitamin C boost for anyone with the common cold or flu.

5 POMEGRANATE

Foods high in nitric oxide include the crimson-red pomegranate. Its high polyphenol levels help convert dietary nitrates into the usable nitric oxide and also prevents the NO from converting back into nitrite. The polyphenols also fight oxidative stress, which significantly lowers the risk of heart disease. Pomegranate is especially high in a protein called monocyte chemoattractant, which helps strengthen blood vessel lining.

6 GRASS-FED MEATS

Most meat sources, including fish, are high in a nutrient called coenzyme Q10. Organ meat is especially high in coenzyme C10. Do your best to stick to organic and grass-fed meat, which has the highest concentrations of CoQ10.

7 DARK CHOCOLATE

Studies show that subjects who consumed raw cacao/dark chocolate for 15 days benefited from higher Nitric Oxide serum levels and reduced systolic blood pressure.