

ALTERNATIVE REMEDIES FOR HIGH BLOOD PRESSURE

The following herbs and supplements may be beneficial for addressing some of the underlying causes of high blood pressure:

HAWTHORN - Derived from a northern European plant, hawthorn has been a traditional remedy for heart disease. Studies indicate its effectiveness in reducing inflammation and arterial stiffness, resulting in modest blood pressure reductions. However, individual responses may vary, and caution is advised when using hawthorn alongside medications like digoxin, which treats certain heart disorders.

FISH OIL - Recognized for its omega-3 fatty acids, fish oil is hailed for its natural anti-inflammatory properties. Research suggests its effectiveness in lowering systolic blood pressure and reducing triglyceride levels. Due to concerns about the cost and mercury levels in fish, dietary supplements from reputable sources are recommended, emphasizing mercury level checks in fish oil products.

GARLIC - The compounds in garlic regulate the immune response and lower lipid levels, making it a potential aid in reducing blood pressure. Kyolic aged garlic extract, sourced from organically grown garlic aged over 20 months, has shown promise in reducing both systolic and diastolic blood pressure in clinical trials.

MAGNESIUM - Diets rich in magnesium may lower hypertension risk by acting as a natural calcium channel blocker. While not universally successful, magnesium has shown effectiveness, particularly in individuals with blood pressure not well controlled by prescription drugs.

COENZYME Q10 - Involved in smooth muscle contraction and mitochondrial activity, Coenzyme Q10 provides additional energy to the heart muscle. Studies indicate potential benefits in lowering systolic blood pressure, especially in individuals with metabolic diseases. However, its impact on primary hypertension remains inconclusive.

FOLIC ACID - Given as an alternative treatment, folic acid, often combined with vitamins B6 or B12, reduces homocysteine levels in the blood. Meta-analysis results suggest a significant reduction in systolic blood pressure with folic acid supplementation.

It's crucial to consult with a healthcare professional before incorporating these alternative remedies, especially when using them in conjunction with prescribed medications.