



# Hypertension 101

Hypertension (high blood pressure) is the main consequence of most metabolic diseases, including obesity, atherosclerosis, insulin resistance, systemic inflammation, and impaired mitochondria, liver, and kidney function. All of these conditions—for one reason or another—impact the body's ability to maintain sodium balance, fluid balance, and/or vascular health. Consequently, hypertension is the greatest risk factor for heart attack, stroke, and premature death. A functional approach seeks to address the root causes of blood pressure imbalance by focusing on diet, lifestyle, and metabolic health.



*Blood pressure is measured as systolic over diastolic (heart contraction/relaxation).*

**NORMAL: <120/<80 mmHg**  
**AT RISK: 120-139/80-89 mmHg**  
**HYPERTENSION: 140&/90& mmHg**  
\* references ranges may vary by provider

## SUPPORT HEALTHY BLOOD PRESSURE

**MINIMIZE SUGAR & SWEETENERS**  
*support healthy blood pressure (and blood sugar) levels by choosing foods that are higher in protein, fat, & fiber*

### EAT WHOLE FOODS

*a Mediterranean-style diet is very supportive for cardiovascular health, especially fish, seafood, garlic, and vegetables high in potassium & magnesium*

### MOVE YOUR BODY

*daily exercise is one of the most powerful ways to support metabolic & cardiovascular health*

### SUPPLEMENTAL NUTRIENTS

*potassium, magnesium glycinate, vitamin C, CoQ10, EPA & DHA*

## WHAT ABOUT SODIUM?

Reducing sodium seems to make a difference in individuals with salt-sensitive hypertension.

Sodium molecules pull water molecules, so reduced sodium levels reduce fluid levels, which then reduces blood pressure. So the simple physics of osmosis means that lower sodium intake can result in lower blood pressure in the short term. While that may motivate some to use less table salt, the main source of sodium is highly-processed foods (even those that do not taste overly salty). Nutritionally, the most powerful ways to support healthy blood pressure are to eat a colorful, diverse, whole food diet and to increase levels of other nutrients that balance sodium, like potassium and magnesium.