

## Guillermou

Fortunately, you can reduce your blood pressure numbers with a few simple lifestyle changes. Also a recent study by the Journal of the American Heart Association found that you can help improve your blood pressure with five minutes of breathing exercises six days a week. Many patients seek to reduce blood pressure through breathing as an alternative to medication. Breath control therapy relaxes the involuntary nervous system and helps regulate the heart and other bodily functions. This guide includes several breathing techniques to help lower blood pressure and improve your health.

[www.modernheartandvascular.com/breathing-techniques-that-lower-blood-p..](http://www.modernheartandvascular.com/breathing-techniques-that-lower-blood-p..) Garlic reduces blood pressure, improves cardiovascular health, activating nitric oxide, improving the intestinal microbiome. The status of vitamin B12, B2 and B6 activate methylation pathways in combination with the sulfur in garlic, playing an important role in the responsiveness of blood pressure to garlic. [www.spandidos-publications.com/10.3892/etm.2019.8374?text=fulltext#](http://www.spandidos-publications.com/10.3892/etm.2019.8374?text=fulltext#) (2020).----- [onlinelibrary.wiley.com/.../fft2.289](http://onlinelibrary.wiley.com/.../fft2.289) (2023).---- The gut microbiota and its metabolites, such as short-chain fatty acids (SCFAs), lipopolysaccharides (LPS), and trimethylamine N-oxide (TMAO), affect hypertension and atherosclerosis.

It was shown that hypertensive patients have a lower abundance of SCFA-producing microbiota and a higher abundance of gram-negative bacteria, which are a source of LPS. [www.nature.com/.../s41467-020-18871-1](http://www.nature.com/.../s41467-020-18871-1) (2020).-- [www.mdpi.com/.../2982](http://www.mdpi.com/.../2982) (2020).-- [www.sciencedirect.com/science/article/abs/pii/S0006295222003963](http://www.sciencedirect.com/science/article/abs/pii/S0006295222003963) (2022).-- [www.mdpi.com/.../9673](http://www.mdpi.com/.../9673) (2022).--

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Garlic can reduce blood pressure, waist circumference, body mass index, LDL-C, triglycerides, and inflammatory markers. It can also increase HDL-c levels and can improve cardiovascular parameters such as coronary artery calcium, microcirculation, epicardial and periaortic adipose tissue, low-attenuation plaque, carotid intima-media thickness; and carotid intima-media thickness.

[www.tandfonline.com/.../10408398.2022.2043821](http://www.tandfonline.com/.../10408398.2022.2043821) (2022).-- [onlinelibrary.wiley.com/.../ptr.7729](http://onlinelibrary.wiley.com/.../ptr.7729) (2023).-- [www.sciencedirect.com/science/article/abs/pii/S0378874123008280](http://www.sciencedirect.com/science/article/abs/pii/S0378874123008280) (2023).-- [bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-02..](http://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-02..) (2023).-----

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## juststeve

Gui! Blasphemy! What about the pills? We are supposed to take the pills? Why would we want to consider taking control of our Health when there are Pills? Why would we want to pick up a simple, or a few simple habits, mild exercise to address a health issue - ( with guidelines constantly being changed so even a healthy teenager would have trouble meeting the targets, cough, cough.) Breathing into a paper bag for a few times a day, how low tech. Eating nutritious foods, like cherries known to drop blood pressure readings, so exhausting, so much to remember, (cough, cough.) Engage in the mild exercises given today that may also address other health issues too?

Ah, such blasphemy, that may prevent the use of other pills, (cough, cough.) Pills, so modern, so convenient, so prosperous all at the speed of science. (Sarcasm. I've been advised to alert sarcasm when it has been engaged as some people don't get it. Maybe there is a pill for that too? Cough, cough, wink, wink, nudge, nudge.)

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Just, you convince with your witty comment (cough, cough). Junk food alters cell membranes, causing metabolic diseases, high blood pressure and arteriosclerosis. Hydrogenated fats, sugars, devitalized foods, pesticides, etc., and the lack of potassium, magnesium and calcium, alter the Na/k balance, altering mitochondrial function. The consumption of alcohol, sugar, laxatives, diuretics and acetylsalicylic acid cause potassium loss. In a meta-analysis of 20 clinical trials, magnesium deficiency is associated with an increase in blood pressure. Magnesium helps lower blood pressure in several ways. Among other things, it helps: 1) Relax blood vessels. 2) Acts as a natural calcium channel blocker. 3) Increase nitric oxide levels.

4) Reduce endothelial dysfunction, which is an imbalance between relaxation and contraction factors in blood vessels. Research has shown that magnesium and vitamin D have an interactive effect on lowering blood pressure. [healthmatch.io/high-blood-pressure/magnesium-for-high-blood-pressure](https://healthmatch.io/high-blood-pressure/magnesium-for-high-blood-pressure) (2022).---- [www.frontiersin.org/articles/10.3389/fnut.2022.829857/full?gad=1&g..](https://www.frontiersin.org/articles/10.3389/fnut.2022.829857/full?gad=1&g..) D\_BwE (2022).---- High blood pressure can damage the blood vessels in your kidneys, causing several types of kidney disease (nephropathy). Having diabetes as well as high blood pressure can make the damage worse. [www.niddk.nih.gov/health-information/kidney-disease/high-blood-pressur..](https://www.niddk.nih.gov/health-information/kidney-disease/high-blood-pressur..) (2022).--- [www.heart.org/en/health-topics/high-blood-pressure/health-threats-from..](https://www.heart.org/en/health-topics/high-blood-pressure/health-threats-from..) damage-or-failure (2022).-- [www.kidney.org/.../hbpandckd.pdf](https://www.kidney.org/.../hbpandckd.pdf) (2022).---

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## Alfurs

And a word of CAUTION from personal experience: Many years ago when I worked as a personal trainer, I asked my client to do the superman pose. After a few seconds in this pose she had a minor brain hemorrhage. She suffered from high BP. From this I learned that when someone with high BP does isometric exercises that it's always best to do them with the head placed higher than the heart. Bridge glues are high risk for someone with elevated BP, while wall squats, overhead hold etc. are best.

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The 7 Minute Workout ([play.google.com/.../details](https://play.google.com/.../details) ) seems to be similar to what is recommended in this article. I highly recommend trying it. 12 high intensity bodyweight exercises. 30 seconds per exercise, 10 seconds rest between exercises. The only tools you need - an exercise mat preferably, a chair, and a wall. For a couple years at least, I do that M/W/F before heading to work. I've since added (in the same app) their intense abdominal workout on T/Th and sometimes Sat in the morning. TBH, aside from trying to work in a "nitric oxide dump" (4 sets of 20) several times a day, the 7 Minute Workout is the only exercise I do consistently, and am generally more fit than most of my coworkers who are decades my junior (okay, I'm certain diet helps significantly with that as well, having followed Mercola since around 2000.) I like this workout in that you start out wherever you are physically, and then push yourself over time.

For example the jumping jacks I barely jump up, mostly doing the motions with arms/legs, and typically do about 60 rapidly in the 30 seconds. For the stepping onto chair, I instead step up onto the third step of stairs - more stable, and my height allows it - and I never touch the stair handrail. I hold a couple of 25# weights for the squats and lunges, etc. I turn 60 this month, and in general feel healthier than I did a couple decades ago.

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Good recommendations. In this study, 45 patients with hypertension aged between 55 and 70 years were randomly divided into three groups: the high-intensity resistance exercise (HE) group, the low-intensity resistance exercise group combined with blood flow restriction (LE-BFR), and the low intensity strength exercise group (LE). All patients performed resistance exercises of the quadriceps femoris. The exercise intensity of the HE, LE-BFR and LE groups was 65, 30 and 30% of one repetition maximum (1RM), respectively under certain training conditions. After 12 weeks of training the systolic blood pressures in the HE and LE-BFR group were significantly reduced.

Compared with HE and LE, LE-BFR could effectively decrease systolic pressure and regulate autonomic nervous system function in patients with hypertension. [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2022).----- The objective of this study was to compare acute cardiovascular responses during and after three different resistance training protocols. 52 participants aged 27.37 years were randomly assigned to three groups: low-intensity exercise without BFR (L) and with blood flow restriction (LI -BFR), and high-intensity exercise under certain conditions.

Blood pressure (BP), heart rate (HR), and oxygen saturation (SpO<sub>2</sub>) were assessed at baseline, after each set, and after exercise. The HI and LI-BFR protocols showed more significant post-exercise hypotension and a greater reduction in Mean Arterial Pressure than the LI group. RPP during exercise was different from HI to LI and LI-BFR. The HI protocol reduced SpO<sub>2</sub> during all exercise bouts ( $p < 0.05$ ). The results of this study indicate that LI-BFR promotes a hypotensive response similar to HI, with equal or lesser cardiovascular responses during exercise than traditional resistance training. [www.efsupit.ro/.../Art%2087.pdf](http://www.efsupit.ro/.../Art%2087.pdf) (2023)

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## MannaFood

Petting my cat lowers my blood pressure. Their purring is very soothing. I think it has something to do with the frequency produced from their purr. There are some wonderful videos on Youtube of a fireplace with the sound of a cat purring that are just wonderful and relaxing. I put them on in the evening sometimes since they last 3 or 4 hours. My cats love those videos too lol. They always calm down and go to sleep.

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## jen597232

Beetroot juice and hawthorn berries lower blood pressure too

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Yes, 9 IMPRESSIVE HEALTH BENEFITS OF HAWTHORN BERRY Hawthorn berry contains plant polyphenols, which have antioxidant properties that have been linked to numerous health benefits. ----  
-1. Loaded with antioxidants -----2. May have anti-inflammatory properties -----3. May lower blood pressure -----4. May reduce blood cholesterol levels -----5. Used to aid digestion -----6. May have anti-aging properties -----7. May reduce anxiety -----8. Used to treat heart failure -----9. Easy to add to your diet [www.healthline.com/.../hawthorn-berry-benefits](http://www.healthline.com/.../hawthorn-berry-benefits)

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Nitric oxide is one of the most important molecules your body produces naturally. It is vital for your health as it affects a wide range of essential processes. Its most important function is vasodilation. That means it helps the muscles inside your blood vessels relax and widen, allowing blood to move freely and deliver oxygen and nutrients throughout your body more efficiently. By helping blood vessels dilate, NO promotes healthy blood flow, which can have many health benefits, including lower blood pressure, better brain function, and better sports performance.

As you age (age 40 and older), the body naturally begins to produce less nitric oxide. The nitric oxide you produced in your twenties could be cut in half or more in your 50s, 60s, and beyond. If you can't produce enough NO, you may be at higher risk for health problems such as high blood pressure and heart problems. Beets, watermelon, cocoa, garlic, green vegetables, and citrus increase nitric oxide, lowering blood pressure. Fermented foods have good bacteria and yeast that are known to alleviate conditions such as high blood pressure.

Research says that fermented foods block the enzyme that raises high blood pressure in humans. Consumption of pomegranate juice inhibits the activity of serum angiotensin-converting enzyme and reduces systolic blood pressure. [humann.com/blogs/explore/top-7-nitric-oxide-foods-to-send-your-levels-..](https://humann.com/blogs/explore/top-7-nitric-oxide-foods-to-send-your-levels-..) .---- [www.ncbi.nlm.nih.gov/.../PMC9318495](https://www.ncbi.nlm.nih.gov/.../PMC9318495) .---- [www.vinmec.com/en/news/health-news/nutrition/10-best-foods-to-increase..](https://www.vinmec.com/en/news/health-news/nutrition/10-best-foods-to-increase..) .--- [timesofindia.indiatimes.com/life-style/health-fitness/health-news/here..](https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/here..) pigid=90661650 .---

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## healthkicker

Does garlic have to be organic to have the effects of lower BP or does commercial garlic have the same benefits?

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## bchristine

Organic garlic is always superior. Conventional garlic typically is from China. Garlic itself is good all-around, but if you buy conventional, you will also get a nice dose of pesticides along with it ...

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## Ronald\_H

I'm not sure that a resting low blood pressure is as meaningful as blood pressure during a bicycle race, but I don't know a practical way to measure it. Besides, the body does important functions with blood pressure like the kidneys doing detoxification which takes energy. It seems to be a good logistic choice by the body to focus on that while resting. It's incredulous to me that the medical establishment focuses on numbers and attributes one meaning to this or that number without understanding the whole picture and interrelations.

Here's one to ponder: my very healthy body does at times increase my blood pressure, so assume it knows what it is doing and consider it is having my kidneys quickly remove salt and toxicities which is a good thing. Does that number at that moment mean I'm in poor health? Certainly not! Try telling that to the professional bicycle racers that cross the finish line behind me. I have a theory on that. It's universally believed that people suffering from dehydration while stranded at sea without fresh water can't hydrate by drinking seawater.

I believe that is mostly true. I figure, people believing that won't attempt it until so weak and desperate they try and die. But, I believe that I, as a healthy and extreme athlete, can hydrate with seawater and eliminate the salt. Perhaps it would be anomalous as I already know I'm different with many genetic blessings. I suspect the main difference is I would not wait for weakness from dehydration and lack of food to try.

I would try while strong and energetic with my theory that it takes extraordinary energy for a body to do this. I already know I have extraordinary energy! We've seen "conventional wisdom" and accepted concepts reversed many times right here on Mercola.com which is a main reason for me to have been reading all of it every night for two decades. What else will we see reversed next? Seawater for hydration? I believe it's possible at least for me, though I caution not for most.

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## **ghereinaus**

The 'brain balancing' exercise from Steven Rochlitz book 'Candida and Allergies' lowers my blood pressure, as well as reducing the instant hypersensitivity part of my chemical sensitivity.

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## **BlueQuasilica**

Thank you, Dr. Mercola and team, for this article. Another good isometric exercise, used by Shaolin monks, is the horse stance training, which can build leg endurance (among other things) and mental fortitude, as explained in the attached YouTube video: [https://youtu.be/yDhKU\\_z2t3Q](https://youtu.be/yDhKU_z2t3Q)

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## **goodbody2**

I used to do low squats, known as tianzi in Chinese. Some of my friends would do it for 20 minutes at a time. I just made it to ten min. It definitely calms and centers.

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## **kwik54**

Good morning all, A lot of us older folks are not able to run or hold squats or do most of the isometric exercises shown. I'm short-winded my joints are messed up from lifting weights, karate, tons of walking and just plain getting old! I never had anything resembling good flexibility.

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**b.dela**

"simple " isometric exercises ( ? ) Wall squat and low squat, High plank and side plank, Overhead hold, Glute bridge , Hollow-body hold and the Incline pushup hold are exercises that should focus on good posture / alignment and good efficient diaphragmatic breathing technique. Neither of them are being mentioned here ( ? ) As we all know, one of the most common consequences of ( long - term ) stress will be high bloodpressure and high muscle tension ( rigidity ), with the most affected areas in the neck, cervical area, lower back, hipflexors and legs . This can and will decrease the quality of life in your daily activities, work and sports. Consistently poor posture and poor breathing are one of the characteristics of people who suffer from long - term stress, often resulting in high muscle tension and high blood pressure.

Proper diaphragmatic breathing training, awareness of good alignment, relaxing mobility exercises, progressive muscle relaxation, the Physiological Sigh, yoga nidra, autogenic training, etc., etc. will give very effective, longterm results. " ..... according to researchers from Canterbury Christ Church University, the greatest reductions in resting systolic and diastolic blood pressure occurred after isometric training, like the such as the aforementioned exercises. " Canterbury Tales " ? or ..... maybe my vision and education have a different background . With kind regards, Bo de la Haye, Movement coach and lifestyle coach.

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**pjucla**

Great article! Great theme when teaching an older population exercise class ! Thank u

Posted On 02/15/2024

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**020202**

I remember reading here that drinking soda water reduced your blood pressure.

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**hellokitty**

@jeanpet I guess you've never been to natural springs before? I was at some natural springs in Colorado in 2014, where there were 7 different springs, and half of them had bubbly spring water coming out of them. They tasted so amazing. A lot of spring water is naturally bubbly.

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