

Tips for the Prevention and Treatment of High Blood Pressure

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1. Reduce Stress
2. Avoid over the counter sinus and arthritis medications like Advil, Motrin, Goody's, and BC's, decongestants
3. Cut back on salt- sodium rich foods:
 - canned foods
 - soups
 - ketchup, mustard, pickles, relish
 - snacks like pretzels, potato chips
 - high salt drinks like tomato juice
4. Up the intake of fruits and fresh vegetables.
5. Exercise regularly especially aerobic exercise.
6. Reduce and limit alcohol.
7. Sleep 7-9 hours a day.