

Soups

Gazpacho Soup



Made from tomato, cucumber, green peppers, garlic and olive oil - many of these ingredients protect against high blood pressure which is a major risk factor for heart attack or stroke. People who reported regularly consuming Gazpacho were much less likely to have high blood pressure.

Chicken Soup



Researchers have discovered that the chicken leg meat used to make the soup contains a chemical known as an ACE inhibitor, which lowers blood pressure.

Onion Soup



Onions contain prostaglandin A, which dilates blood vessels, reduce blood vessel resistance, decrease

Mung Bean Soup



Studies reveal that mung beans

 **RESPeRATE**[®] Clinically proven to lower blood pressure naturally

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PRESSURE

Recent clinical trials have found that as little as 2 ounces (¼ cup) of pomegranate juice a day lowers high blood pressure, improves cholesterol, and decreases plaques in your arteries.

Drinking 250ml (1 cup) beetroot juice a day can lower BP by 7.7/5.2mmHg.

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Teas

Hibiscus Tea



Reduces blood pressure in those individuals whose blood pressure is slightly elevated. Has Anthocyanins and other antioxidants

Green Tea



Contains polyphenols - powerful, plant-based nutrients.

Celery Juice



Contains the compound 3-n-butylphthalide, or phthalide, which helps relax the smooth muscles in the walls of the blood vessels. The amount of 2-4 stalks daily is recommended. You can combine this with apple, carrot, and beetroot for a super juice.

Pineapple Juice



Reduces hypertension due to the adequate presence of potassium and a lesser amount of sodium. 1 cup of pineapple juice contains about 1 milligram of sodium and 195 milligrams of potassium.

Onion Soup



Onions contain prostaglandin which dilates blood vessels, reduces blood vessel resistance, decreases blood viscosity and improves microcirculation. Onion skin contains quercetin, a plant pigment which help reduce blood pressure and prevent arteries from clogging.

Hawthorne Berry Tea



It is a powerful diuretic. Increases kidney function.

Olive Leaf Tea



Help supports healthy blood pressure.

Water



Drinking adequate amounts of water is, quite simply, one of the healthiest, cheapest, and most effective ways that you can help lower your blood pressure.



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