

A low-sodium diet can help you deal with hypertension

If you are suffering from high blood pressure, a diet can restore this condition faster, according to a new study.

If you are suffering from high blood pressure, a diet can restore this condition faster, according to a new study.

A combination of reducing salt intake with a diet or one of the two diets can reduce blood pressure in adults with hypertension, in which arterial blood pressure rises continuously. .

Diets emphasize the use of appropriate amounts of food and nutrients such as fruits, vegetables and cereals along with milk, fish, poultry, beans, nuts and seeds to lower blood pressure.



The study, led by Stephen Juraschek, a researcher at the Boston Medical Center in the United States, monitored 412 adults with systolic blood pressure placed on a low-sodium or institutional diet. diet for four weeks.

Participants were divided into four types of blood pressure: less than 130 mmHg, between 130 and 139 mmHg, between 140 and 159 mmHg, and 150 mmHg or higher.

Researchers found that participants who cut salt intake or followed a diet that reduced salt intake had lower systolic blood pressure.

In addition, participants in a combined diet plan removed sodium containing sodium with lower blood pressure than those with high sodium in regular diets.

This study is presented at the 2017 American Heart Association Scientific Conference in California.

See more:

1. Common antihypertensive drugs are linked to skin cancer risk
2. Instructions on how to measure blood pressure at home
3. Hypertension in pregnancy can affect long-term cardiovascular health

You finished reading the article "**A low-sodium diet can help you deal with hypertension**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
