



Foods that increase blood pressure

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Abstract. Due to the fact that in our age almost the entire world is tirelessly struggling with hypertension, or high blood pressure, the problems of hypotension, or low blood pressure, are given catastrophically little attention. It's a pity, because the consequences of both diseases are dire. And, first of all, for the cardiovascular system. Moreover, hypotension often leads to dizziness, weakness and even deterioration of the endocrine system. And sometimes it can be a consequence of another disease. But in any case, leaving this condition unattended is extremely dangerous.

Key words: food to increase blood pressure, recommendations, benefits, harm, beneficial properties, contraindications

What is hypotension?

This pressure is below 90/60. It can be reduced by stress, eating unhealthy foods, or not getting enough nutrients.

If such cases recur and cause discomfort, you should definitely consult a doctor to rule out the presence of more serious diseases, in particular anemia, heart problems, dehydration, etc.

Diet and hypotension

Diet plays a very important role in the process of normalizing blood pressure. As a rule, having diagnosed this disease, doctors advise patients to refrain from drinking alcoholic beverages, as well as foods high in carbohydrates. Since alcohol depletes the body's strength, and carbohydrates can cause excess weight gain. This is despite the fact that hypotensive people are already prone to obesity. In addition, scientists have proven that carbohydrates stimulate the production of insulin, which, in turn, overloads the central nervous system and increases blood pressure.

You also need to include more salty foods in your diet. In 2008, a study was conducted at the University of Cambridge, the results of which showed that salt directly affects blood pressure. The fact is that the kidneys can only process a certain amount of it. If more salt enters the body, the excess enters the bloodstream and binds water. Thus, the volume of blood in the vessels increases. As a result,

blood pressure rises. This study involved 11 thousand men and women from different European countries.

Research conducted at the National Cancer Institute in 2009 showed that there is a connection between eating red meat (pork, lamb, horse meat, beef, goat meat) and blood pressure. Moreover, to increase it, 160 grams of product per day is enough.

And in 1998, the University of Milan experimentally established that tyramine, or one of the components of the amino acid tyrosine, which is found in dairy products and nuts, can temporarily increase blood pressure.

Vitamins and blood pressure: is there a connection?

Oddly enough, hypotension can occur due to a lack of certain nutrients in the body. Therefore, in order to prevent it, it is imperative to include them in your diet. This:

- Vitamin B5. Responsible for the metabolic processes of carbohydrates, proteins and fats. Its lack leads to the excretion of sodium salts. And its presence in the diet increases vital energy and increases blood pressure. It is found in mushrooms, hard cheese, fatty fish, avocados [1], broccoli [2], sunflower seeds and meat.
- Vitamins B9 [3] and B12 [4]. Their main purpose is to generate red blood cells and thereby prevent anemia. Often this is the cause of low blood pressure. B12 is found in products of animal origin - meat, in particular liver, eggs [5], milk, as well as fish and seafood. B9 is found in legumes, fruits, vegetables, grains, dairy and meat products and some types of beer.
- Vitamin B1. Necessary for normal functioning of the cardiovascular system. You can find it in pork, cauliflower, potatoes [6], citrus fruits, eggs and liver.
- Vitamin C. [7] It strengthens the walls of blood vessels. A is found in citrus fruits, grapes [8], etc.
- In addition, it is important that a sufficient amount of protein enters the body. [9] They are needed to build new cells, including blood vessel cells. The best sources of protein are eggs [10], dairy products, fish and meat. Protein is also found in nuts, seeds, grains, some vegetables and legumes.

Top 6 foods that increase blood pressure

There is a list of products that can normalize, in particular, increasing blood pressure. Among them:

1. Grapes or raisins. It's better to take "Kishmish". 30-40 berries, eaten in the morning on an empty stomach, are enough. They regulate the functioning of the adrenal glands, which, in turn, normalize blood pressure.
2. Garlic. Its advantage is that it normalizes blood pressure, increasing or decreasing it if necessary. [eleven]
3. Lemon. A glass of lemon juice with a pinch of sugar and salt, drunk in moments of fatigue caused by low blood pressure, quickly brings a person back to normal. [12]
4. Carrot juice. It improves blood circulation and increases blood pressure. [13]
5. Licorice root tea. It can prevent the production of the hormone cortisol, which surges in response to stress. And, thereby, increase the pressure.
6. Drinks with caffeine. [14] Coffee, cola, hot chocolate, energy drinks. They are able to temporarily increase blood pressure. It is still not known exactly how. Either this occurs due to blocking adenosine, a hormone that dilates blood vessels. Either due to the stimulation of the adrenal glands and the production of adrenaline and cortisol, which together increase blood pressure. However, doctors recommend that hypotensive patients drink coffee along with a

sandwich with butter [15] and cheese. Thus, the body will receive a sufficient dose of caffeine and fats, which contribute to increased blood pressure.

How else can you increase your blood pressure?

- Review your diet. Eat in small portions, as large portions cause a drop in blood pressure.
- Drink enough fluids, as dehydration is one of the causes of hypotension.
- Sleep only on pillows. This will prevent dizziness in the morning in hypotensive patients.
- Get out of bed slowly. Since a sudden change in position can provoke pressure surges.
- Drink raw beet juice [16]. It prevents anemia and increases blood pressure.
- Drink warm milk with almond paste (soak the almonds in the evening, and in the morning remove the skin and grind it in a blender). This is one of the most effective means to combat hypotension.

And also never lose heart. Even if you suffer from hypotension. Moreover, people with low blood pressure live longer, although slightly worse than healthy people. Although here everything is purely individual. In any case, you need to believe in the best and live a happy, fulfilling life!

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Blood pressure-boosting foods

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