

High Blood Pressure

Nutritional Approach



High blood pressure (or hypertension) increases the risk of cardiovascular disease, stroke, and kidney damage. It is often difficult to determine the exact cause of hypertension. While making dietary changes may not eliminate the need for medication, it can improve treatment efficacy and reduce the risk of developing cardiovascular disease.

DASH Diet

The DASH (Dietary Approaches to Stop Hypertension) diet is an eating plan aimed at lowering high blood pressure. It focuses on increasing fruits, vegetables,

