

So you don't want to take Blood Pressure Pills

- 1) **Decrease intake of salt**- decreasing salt intake can lead to 5-10 mm Hg drop in Blood pressure. You need to be careful when eating out. If the local restaurant has menu list online, many times salt content is listed
- 2) **Weight Reduction**- weight loss can be central to control of blood pressure. A 20lb loss is associated with a 6 mm Hg drop in blood pressure
- 3) **Alcohol**-No more than 2 drinks a day.
- 4) **Exercise**- exercising 3 x week for 30 minutes has been shown to decrease blood pressure by 7 - 10 mm Hg.
- 5) **Diet**- High Fiber, Low Bad Fat has been shown to decrease blood pressure by 11 mm Hg.
- 6) **Sleep Apnea**- treatment of sleep apnea if you have it can decrease blood pressure by 10 mm Hg