



Hey Think your Health friends,

Welcome to the fifth issue of the THINK YOUR HEALTH newsletter. My goal is to send a weekly email straight into your inbox packed with snippets of health information and other items of interest.

1) Fish:

Fish such as salmon, herring, tuna or mackerel have positive cardiovascular and blood pressure lowering effects. They are a very good source of omega 3 fatty acids. Omega 3 fatty acids are able to lower blood pressure because of their anti-inflammatory properties. For example Japan has high fish consumption with an omega 3 index between 9-11%. They are also a country with one of the **highest life expectancy and lowest rates of coronary artery disease**.

2) Potassium rich foods:

Potassium rich foods can help **reduce your blood pressure**. The reason for this is potassium reduces the effects of sodium. If you ingest too much sodium, sodium holds onto water and your blood pressure increases. If you ingest more potassium, it helps you pee more sodium in your urine. Potassium also **helps to ease tension in your blood vessel walls**, which helps further lower blood pressure. Potassium also helps relaxes your arteries, thus indirectly helping with blood flow in your body.

The recommended daily intake of potassium according to the National Institute of Health for men is 3,400mg/d and for women 2,600mg/d.

For example one standard portion cup of cooked spinach would be 839mg of potassium, one medium potato baked with skin would be around 926mg of potassium.

Some other examples of potassium rich food are: mushrooms, tomatoes, leafy greens, peas, beans, bananas and avocados.

Please note: too much potassium can also be harmful so consult with your Doctor before going on a high potassium diet or if you take potassium supplements in particular if you have kidney disease or are on drugs which can increase your potassium such as ACE-I, ARBS or Spironolactone.

3) Magnesium rich foods:

Magnesium rich foods can also **lower your blood pressure**. If you take in adequate magnesium your body makes a molecule called nitric oxide which **helps relax your blood vessels**. This helps with blood flow in your arteries, but more importantly helps reduce your blood pressure. Moreover, magnesium is involved in multiple chemical reactions in your body.

Examples of good magnesium sources are pumpkin seeds, dark chocolate, black beans, nuts such as almonds and cashews, boiled spinach, or salmon.

Recommended daily intake according to the NIH is for men 400-420mg and for women 310-320mg.

For example one cup of cashew nuts dry and roasted would be around 356mg magnesium , one cup of raw black beans is 332mg of magnesium

4) High fiber foods:

High fiber foods have been shown to **lower blood pressure and inflammation.**

Sources of fiber can be vegetables such as spinach or broccoli, fruits such as pears, apples or bananas, grains such as cooked brown rice or cooked barley or cereals such as shredded wheat or cooked oatmeal. Not only is fiber a heart healthy food, it fills you up, therefore you eat less and helps you lose weight.

So that you get the idea here are examples of fiber: raspberries which have about 4g of fiber for a standard portion which would be the size of your fist or lentils cooked which would be 3.9g for a ¼ cup.

5) Calcium rich foods:

There is some observational study evidence to show that **calcium rich food may help with lowering blood pressure.**

Calcium in your body has two roles. It helps tighten your blood vessels as well as relax blood vessels.

Of note high intake of calcium supplements has been associated with increased cardiovascular risk. Therefore food I would recommend would be food types which are also rich in the other minerals I mentioned earlier such as cooked spinach, cooked kale. Would also recommend low or non-fat Yogurt or low-fat Greek yogurt as calcium sources.

Quote of the week:

"A healthy outside starts with a healthy inside"

Robert Urich

♥ My favorite things:

Currently, I am reading the [Checklist Manifesto](#) by Atul Gawande.

Here, the author(a physician) examines the growing complexity of medicine and other professions. Various facets of our own lives have become increasingly complicated. Here Dr. Gawande offers a solution, which on the surface appears even banal, the simple checklist. However, the implementation and follow through is what can be daunting and challenging. Fascinating read and thoroughly riveting examples are described to illustrate his points. The story of the young Austrian girl who was saved through heroic measures because of a "simple" checklist is worth the read.

Latest video: [Xanax \(Alprazolam\) uses |10 facts you need to know BEFORE taking med!](#)



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