



## Could a "functional food" help?

Functional foods are those which have specific health-promoting and / or disease preventing properties, sometimes owing to the presence of a particular 'functional' ingredient. Examples are mini drinks containing AmealPeptides™, a special form of dairy protein. These have been shown to help lower blood pressure, but only as part of, not instead of, a healthy diet and lifestyle.



## What about other lifestyle factors?

- Being physically active is one of the most important things you can do to reduce your blood pressure. Brisk walking, cycling or gardening are good. Try to build them into your lifestyle aiming for at least 30 minutes of moderate intensity activity on most days of the week. This can be broken up into segments of 10 -15 minutes. Check first with your doctor if you have heart problems or are new to exercise.



- Drinking a lot of caffeine and being under stress can raise blood pressure, but this is only temporary. Nevertheless cutting down on coffee, tea and cola drinks and using relaxation techniques such as meditation can help to avoid these short-term increases.

Changing your lifestyle in this way can help to achieve a significant drop in your blood pressure levels, whether or not you are taking tablets. The effects can often be seen quite quickly - usually within weeks of starting.

*By Sue Baic RD*

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