

LOW BLOOD PRESSURE

(HYPOTENSION)

A decrease in the force exerted by blood against the walls of arteries and blood vessels during circulation. Typically diagnosed when blood pressure reading is below 90/60 mmHg.

POSSIBLE CONTRIBUTING FACTORS



- Parasympathetic dominance from chronic, long-term stress/trauma
- Adrenal hypofunction (low cortisol)
- Thyroid hypofunction (low thyroid function)
- Parathyroid hypofunction (check if calcium is decreased)
- Hypoglycemia (low blood sugar)
- Nutrient deficiencies: vitamin B1 (thiamine), B12/B9 (macrocytic anemia), iron anemia
- Dehydration or significant blood loss, leading to decreased blood volume and blood pressure
- Medications: antihypertensives, diuretics, and alpha-blockers

LIFESTYLE & DIETARY RECOMMENDATIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Drink enough natural spring water or filtered water. Urine should be pale/light yellow.
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour.
- Increase sodium intake (ex. 1 tsp sole in water bottle, salting food) but avoid processed and refined foods so that sodium intake remains reasonable
- Increase magnesium intake: almonds, avocado, leafy greens, kidney beans, cashews
- Focus on stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, Epsom salt baths
- Daily sun exposure
- Focus on sleep hygiene

SUPPLEMENT CONSIDERATIONS



- Stimulating adrenal adaptogens (licorice, eleuthero, cordyceps, ginseng) or adrenal glandular
- Blood sugar support formula (l-carnitine, CoQ10, magnesium, alpha lipoic acid, biotin, chromium, cinnamon)
- Electrolytes
- Methylated B Complex (with macrocytic anemia)
- Vitamin D3/K2 (with parathyroid hypofunction)
- Iron (if needed)