



## Hypertension: Food Sensitivities & Blood Pressure

Food sensitivities can quietly elevate blood pressure through inflammation and fluid shifts. Unlike true allergies, sensitivities are delayed and harder to identify. Chronic exposure sustains vascular stress. Identification restores control.

Certain foods trigger immune-mediated inflammation, increasing cytokines that stiffen blood vessels. Sodium retention and sympathetic activation may follow.

Lab trends may show fluctuating BP despite stable medication and lifestyle.

Elimination trials often clarify contributors when standard interventions stall.

### 01 Is This Your Story?

A patient follows a low-sodium diet yet BP remains elevated. A short elimination of dairy and processed wheat reveals consistent BP improvement. When reintroduced selectively, BP spikes return, confirming sensitivity-driven elevation.

### 02 Try This Today

**Measure:** Track BP alongside specific food intake..

**Do:** Trial elimination of one suspected trigger for 2 weeks.

**Reflect:** Ask whether inflammation, not salt alone, drives BP changes.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

