



Hypertension: Anti-Inflammatory Diet & Blood Pressure

Inflammation plays a significant role in the development and progression of hypertension. While sodium often receives most of the attention, chronic inflammation can damage blood vessels, impair circulation, and contribute to elevated blood pressure. Nutrition is one of the most powerful tools available to reduce inflammatory burden.

Chronic inflammation can contribute to high blood pressure by affecting blood vessel function, increasing arterial stiffness, and worsening insulin resistance. A diet rich in vegetables, fruits, fish, olive oil, nuts, seeds, and legumes can support healthier inflammation levels, while limiting ultra-processed foods, added sugars, and refined carbohydrates may further support cardiovascular health.

01 Is This Your Story?

A patient with hypertension and elevated hsCRP shifts from a processed-food-heavy diet toward a Mediterranean-style eating pattern. Over six months, blood pressure, inflammatory markers, and energy levels all improve.

02 Try This Today

Measure: Evaluate how many anti-inflammatory foods you consume daily.

Do: Add an extra serving of vegetables to two meals today.

Reflect: Ask whether your diet is calming or fueling inflammation.



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