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How to lower Blood Pressure without medications:

dark chocolate

egg white

wine

olive oil

food high in potassium:

CARB white beans, soy bean, lima bean, kidney bean, pinto bean, great northern bean

CARB dark leafy green: spinach, swiss chard, kale, collards

CARB sweet potato, banana

CARB dried apricot, dried peaches, dried raisin, dried prune

CARB baked acorn squash, butternut, zucchini, hubbard

CARB avocado

CARB white mushroom

PROTEIN yogurt (plain, skim/nonfat)

PROTEIN salmon, lingcod, halibut, yellowfin tuna, anchovies, mackerel, herring

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