

The Graceful Healing Food Program for High Blood Pressure

The Graceful Healing Food Program is a clinically proven eating plan designed to help prevent and manage high blood pressure. Recommended by both the National Institutes of Health (NIH) and the American Heart Association (AHA), focuses on foods rich in potassium, calcium, magnesium, and fiber while limiting sodium, saturated fats, and added sugars.

Graceful Healing Program

High in:

- Fruits
- Vegetables
- Whole grains
- Lean proteins (especially fish and poultry)
- Nuts, seeds, and legumes
- Low-fat or fat-free dairy

Low in:

- Sodium (goal: < 2,300 mg/day; optimal: < 1,500 mg/day)
- Red and processed meats
- Sugary drinks and desserts
- Saturated and trans fats

Sample Daily Servings (2,000-Calorie Plan)

Grains: 6–8 servings/day (e.g., whole wheat bread, brown rice, oatmeal)

Vegetables: 4–5 servings/day (e.g., spinach, broccoli, carrots)

Fruits: 4–5 servings/day (e.g., berries, apples, bananas)

Low-fat dairy: 2–3 servings/day (e.g., skim milk, low-fat yogurt)

Lean meats/fish/poultry: 2 or fewer servings/day (e.g., grilled chicken, salmon)

Nuts/seeds/legumes: 4–5 servings/week (e.g., almonds, lentils, beans)

Fats and oils: 2–3 servings/day (e.g., olive oil, avocado oil)

Sweets: 5 or fewer servings/week (e.g., fruit sorbet, dark chocolate in moderation)

Benefits of this program

- Lowers blood pressure within weeks
- Reduces cholesterol levels
- Aids in weight management

- Reduces risk of heart disease, stroke, and kidney damage
- Improves insulin sensitivity

Tips for Success

- Gradually reduce sodium to let your taste buds adjust
- Read nutrition labels for hidden sodium
- Choose fresh, whole foods over processed ones
- Practice portion control even with healthy foods

Bonus Addition: Parsley Tea

Parsley tea is a natural diuretic known to support kidney function and gently lower blood pressure. Rich in antioxidants, vitamin C, and flavonoids, it can be added to your daily routine for an extra boost.

How to prepare:

- Bring 2 cups of water to a boil
- Add 1/4 cup fresh parsley (or 1 tablespoon dried)
- Let it steep for 5–10 minutes
- Strain and enjoy warm

Always consult your healthcare provider before starting herbal remedies, especially if you are on medication.