

10 ways to control high blood pressure without medication

1. Lose those extra pounds and watch your waistline
2. Exercise regularly
3. Eat a healthy diet
4. Reduce sodium in your diet
5. Limit alcohol consumption
6. Avoid tobacco products and secondhand smoke
7. Cut back on caffeine
8. Reduce your stress
9. Get a support system
10. Get regular health care
11. The payoff: Healthier living

For most people, these are not drastic changes in daily life, but they offer significant rewards. When your blood pressure is under control, your risk of life-threatening complications, such as heart attack and stroke, decreases and you may live a longer and happier life.