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BLOG

Blood Pressure Habits for Lowcountry Living

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At the Table

- Lower-sodium Lowcountry recipes
- Local seafood with omega-3s
- Produce from farmers markets

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On the Move

- Walk the West Ashley Greenway
- Swim or try water aerobics
- Indoor options on extreme days

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At Home

- Use a validated home monitor
- Keep a blood pressure log
- Bring your readings to visits

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Read the full article

Managing High Blood Pressure in Charleston: A Local Patient's Guide

hopeintegrativemed.com

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General information, not medical advice. Your provider can tell you what is right for you.