

BY VERA TWEED

# NEWSflash

## under pressure

Blood pressure rises with age but these are some ways to keep it at bay, according to research presented at an American Heart Association conference:

Listening to enjoyable music lowers blood pressure in middle-aged people. Singing along or stretching to the tunes are options.

Increasing the amount of potassium in your diet also helps combat hypertension. Good sources of potassium include:



People who are more **physically active** are less likely to have high blood pressure, even if they eat a high-salt diet.



Eating **whole grain cereal** on most days of the week can lower the odds of elevated blood pressure by up to 25 percent.



CoQ10, magnesium, quercetin, **aged garlic extract**, and L-arginine have all been shown to help reduce blood pressure.



1 medium **banana**:  
422 mg potassium;  
108 calories



11–14 fl. oz. **coconut water**:  
560–670 mg potassium;  
60 calories

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