

Cardiovascular Health: More Potassium and Less Sodium Intake

For years we have heard from doctors the importance of decreasing sodium consumption to maintain healthy blood pressure. Now research suggests that increasing your intake of potassium may be just as important as decreasing your intake of sodium for optimal cardiovascular health.

Harvard Medical School had investigators gather data from more than 2,000 men and women with pre-hypertension. Their progress was monitored for 10 to 15 years. Sodium to potassium excretion rates from 24 hour urine collections were compared with the incident of cardiovascular disease events, such as stroke, heart attack or death from cardiovascular disease.

Researchers concluded that a higher sodium to potassium excretion ratio is associated with increased risk of subsequent cardiovascular disease, with an effect stronger than that of sodium or potassium alone. What this means is it may be just as important to increase potassium intake as it is to reduce sodium intake, in order to protect cardiovascular health.

Contact Dr. Wilson for more details and for optimal nutritional support for cardiovascular health.