

Nutritionists recommended breakfast at low pressure almost immediately after awakening

Hypotonia is called a condition in which blood pressure drops below 90/60 mm Hg. Art. A person can also feel dizziness, confusion of consciousness, he can have a fiction, headaches. The time of eating can significantly affect blood pressure.

That is why it is best to have breakfast at low blood pressure within an hour after awakening.

**Digestive stimulation.** Eating for an hour after you wake up, restores blood sugar levels, activates the functioning of a sympathetic nervous system, which can contribute to a smooth increase in blood pressure and improve blood circulation. At the beginning of the day, it is also recommended to eat in small portions. One study showed that those who had breakfast and ate products rich in nutrients, the heart was healthier than people who did not eat in the morning.

**Energy charge for the day.** Morning meal gives the body “fuel” to increase the level of energy and improve blood circulation.



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**Optimization of morning training.** Thanks to a small, but nutritious breakfast before charging (for example, you can eat a toast slice with peanut oil and banana), you maintain energy and blood pressure.

**Maintaining hydration.** Dehydration is considered one of the causes of low blood pressure. This is due to the fact that fluids improve blood circulation in the body.

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