

High-Resistance IMST is a Simple Technique to Lower Blood Pressure

Ronald Grisanti D.C., D.A.B.C.O., DACBN, MS, CFMP

Reducing cardiovascular risk should be goal for anyone suffering with high blood pressure.

Clinical studies have shown that doing **High-Resistance Inspiratory Muscle Strength Training (IMST)** may reduce systolic blood pressure by **16mmHg** and reduce diastolic blood pressure by **7mmHg**.

Working out just five minutes daily via a practice described as “**strength training for your breathing muscles**” lowers blood pressure and improves some measures of vascular health as well as, or even more than, aerobic exercise or medication, CU Boulder research shows.

The study, published in the Journal of the American Heart Association, provides the strongest evidence yet that the ultra-time-efficient maneuver known as **High-Resistance Inspiratory Muscle Strength Training (IMST)** could play a key role in helping aging adults fend off cardiovascular disease—the nation's leading killer.

The studies attribute the reduction in blood pressure to the increased **parasympathetic tone** associated with respiratory muscle training.

Here is how to incorporate this amazing BP lowering exercise.

- 1: Purchase a device called **BreatheEasy Lung Exerciser** (<https://4breatheeasy.com>). The cost is approximately \$30.00.
- 2: Perform **30 inhalations at 75 percent maximum inspiratory pressure** six days a week.
- 3: IMST can be done in **five minutes** in your own home while you watch TV.

Conclusion

Adding this super simple **High-Resistance Inspiratory Muscle Strength Training (IMST)** could be a game-changer in improving your cardiovascular health leading to a reduced blood pressure.

References

- <https://pubmed.ncbi.nlm.nih.gov/33630377/>
- <https://pubmed.ncbi.nlm.nih.gov/29178489/>
- <https://www.ahajournals.org/doi/10.1161/JAHA.121.020980>
- <https://www.sciencedaily.com/releases/2021/06/210630135033.htm>
- <https://journals.physiology.org/doi/full/10.1152/jappphysiol.00024.2020>
- <https://www.colorado.edu/today/2019/02/25/novel-workout-improves-health>
- <https://www.health.harvard.edu/heart-health/breath-training-may-lower-blood-pressure>

The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Grisanti and his functional medicine community. Dr. Grisanti encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Visit www.FunctionalMedicineUniversity.com for more information on our training in functional medicine. Look for practitioners who have successfully completed the Functional Medicine University's Certification Program (CFMP) www.functionalmedicinedoctors.com. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Grisanti is required