

# High Blood Pressure ~ The Silent Killer Exposed In America!



" An Inside Look On Natural Preventive Treatments without The Medical High Costs"...

*by Terry Clark*



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More Resources to Controlling Your 'High Blood Pressure'.

### Normal Blood Pressure

The pressure of blood in the vessels when the heart beats:  
**systolic pressure**

The pressure between beats when the heart relaxes:  
**diastolic pressure**



millimeters of mercury

High blood pressure

140/90 mmHg or higher

Prehypertension

between 120-139 mmHg  
and/or 80-89 mmHg

Normal blood pressure

less than 120/80 mmHg

## 1. Alternative Methods of Treating High Blood Pressure

The "silent killer" is there inside your body, but you don't even know it's there! And before you know it, considerable amount of damage will have been done to your body. Some scientific studies show that OTC medications can come with significant side effects. Fortunately, there are a few alternative methods out there that could help you lower your blood pressure. A good method could be to bring some positive changes in your life and lifestyle. In some instances, healthy changes in your lifestyle can help you lower your blood pressure. If you just follow a few helpful tips, chances are high that you'll have a great opportunity to lower your blood pressure and avoid heart complications.

Don't rely solely on the blood pressure readings taken at the doctor's, as these might be less than accurate. Did you know that some people actually undergo a problem called the "white coat syndrome" where the readings might differ a lot because of high levels of stress? So it is better to have the blood pressure checked once more when you get back home. Use a home version of sphygmomanometer for this. There are many blood pressure cuff and gauge gadgets that you can rely on. Get the readings at a fixed time every day. Taking multiple readings at different times of the day can also help as the blood pressure can fluctuate throughout the day.

Losing extra pounds can always have a helpful effect on your blood pressure. Get used to eating healthy food items. Also work out on a regular basis. Aerobic workouts can help. Try walking, running and swimming. Any workout that raises your pulse will work. Try something that sustains the hyped rate for 20 minutes at least. This can help. Stay away from non-aerobic workouts (e.g. weight lifting and push-ups). They harm those with high blood pressure.

Stress reduction has always been the key if you wish to lower your high blood pressure. Just relax using meditation, yoga and biofeedback treatments. Nice and gentle massage can also help. In the same way, you could also take some rest if you want to lower your blood pressure. There are chronically stressed people whose adrenaline glands release abnormally high quantity of adrenaline. This could cause the tiny blood vessels to significantly constrict. This could also make it really hard for your heart to pump enough blood to them.

Stay away from alcohol, caffeine and tobacco. A balanced diet can also help in reducing hypertension. You should try to steer clear of animal fats. Rather, you should try and add as much fruits and fresh veggies as you can to your regular diet. Good proteins happen to come from fish, chicken, turkey and legumes. The bottom line is that you can try to keep a diet that is low-fat and rich in fiber.

There are some special food items that are helpful. Good examples are bananas (rich in potassium), celery (rich in photochemical 3-N-butylphthalide that can help reduce BP), leafy green veggies and milk (rich in calcium). Some clinical research has found that food items rich in different types of folate (e.g. beans, cereals, Brussels sprouts, asparagus) can also help. Same goes for cayenne pepper and foods rich in vitamin C, which may prevent artery wall damage. Make sure to get essential fatty acids in your diet from fish like salmon and sardines. Enjoy season foods with plenty of garlic, which is effective in lowering blood pressure.

You should try and follow a strictly salt-free diet. You should also stay away from food items containing salt, soda, sodium. You need to try and avoid foods with malicious

preservatives like MSG, sugar substitutes and meat tenderizers. Same goes for soy sauce as it comes with high amount of salt content.

You can also consult homoeopathy, reflexology, acupuncture or herbal treatment experts to treat your high blood pressure. Try to use herbs to treat your problem. A good example could be Noni juice, which has been used as a substitute to high blood pressure medications. You should try to drink up Noni juice before your meals and during your relaxation time, as this can lower your blood pressure more effectively. Other good remedies are Coleus plants, the Asian mushroom Reishi, Vitamins like Coenzyme Q10 and Omega-3 fish oils. If you don't have gastric problems, you can take lots of Vitamin C.

## 2. Are There any Symptoms of High Blood Pressure

They don't call high blood pressure or hypertension "The Silent Killer" for nothing. The most critical thing about high blood pressure is that the symptoms are almost nonexistent till any major disaster like strokes or massive heart attack strikes. High blood pressure can be present for years and go unnoticed. Unless you get checkups on a regular basis, there is virtually no way in which you can know it's there. Actually, in accordance with the AHA, some 60 million people in the US live with the disease without even knowing it!

The only good news about high blood pressure is that it's controllable and reversible if you bring some simple changes in your lifestyle. True! Millions out there are adopting OTC hypertension medication. Still, a great majority of them can deal with the condition successfully



in a natural way without any drugs. Fortunately, even the ones who are in the advanced stages of hypertension can benefit from bringing some positive changes in their way of life.

There are some common hypertension symptoms. They become obvious when the systolic and / or diastolic blood pressure level climbs 20 points over the normal level. The most common symptoms are blurry vision, headache, dizziness and throbbing in the nape area, especially if the pain isn't attributable to the muscular / skeletal conditions. Such symptoms might not turn out to be very grave. Still, they are signs of a terrible medical condition, which calls for immediate attention. Such kinds of high blood pressure symptoms won't impair your day to day activities. However, this does not mean that you should ignore them.

At the other end of the spectrum, there are other symptoms of high blood pressure which are pretty alarming and call for instant action. Such symptoms are present when you have 140+ mm Hg diastolic blood pressure reading. Nevertheless, things depend a lot on the existence of many other risk factors. Some important and severe hypertension symptoms are very painful headache inducing vomiting, deafness, and blurry vision. As said earlier, dizziness or lightheadedness can cause disorientation too.

Proper education on how to treat hypertension when such symptoms manifest themselves is critical for curing the condition. When the blood pressure reaches very alarming levels, certain remedies must be taken to stabilize the patient's readings. Medication, naturally, is the top option for a great majority of people. However, if a medical expert is unfamiliar with the medical background of a patient, the resorting to medication could turn out to be as unsafe as letting the hypertension go untreated.

Physical signs of symptoms associated with extremely high blood pressure could oftentimes leave you confused. Even the attending physician could miss these symptoms. So it's crucial that if you experience any kind of illness, immediately have your blood pressure checked. There are some instances when the doctors discover high blood pressure when they are trying to diagnose an entirely different illness.

As high blood pressure can cause damage to virtually all the crucial parts and organs of your body, you would not want to end up missing the vivid signs. The biggest mistake could be to leave your blood pressure unchecked for too long. If the silent killer is approaching, you can find different kinds of cardiac problems like liver / kidney disease and possibly vision problems or even stroke. Still, the most common symptoms include headache, ataxia (problems with walking), convulsions, blurred vision, internal / external tremors and giddiness.

Some of the signs could easily be mistaken for something else. Besides, high blood pressure could turn out to be a symptom of yet another problem. Some of the most noticeable signs of high blood pressure are related to diabetes. Unfortunately, these symptoms are similar to the signs of somebody who gets drunk. When there are cardiac damages that occur because of high blood pressure, the patient might complain of exhaustion even in the case of minor exertion. Some people feel breathless and sweaty. In most cases, this happens when substantial damages of the heart have occurred. This calls for further investigation and treatment.

Now you know what the symptoms of high blood pressure are. Do not wait until they manifest themselves. Check your blood

pressure regularly and call your doctor immediately if it goes over normal levels.

### 3. Coming to Terms with Hypertension

Only when you understand what high blood pressure is you will be able to deal with the condition. One of the easiest ways to make sure that the condition does not push you over the edge is to understand it. In this way, you will be able to take action for lowering your blood pressure.

Hypertension is the pressure that is exerted by the blood to the arteries as the blood is pumped by the heart to circulate in the body. The pressure on the arteries can be measured at two intervals - when the heart beats (systolic pressure) and when the heart relaxes which is the interval between beats (diastolic pressure). Both pressures are necessary to consider in terms of the management of the condition.

On a normal day when one is exposed to different environments, the blood pressure will usually differ, falling and rising as the surrounding conditions change. When the blood pressure remains high for a long period of time without any associated reason then there is high chance that one may be suffering from hypertension. High blood pressure usually leads the heart to working way too hard. This results in much more wearing. In some cases, high blood pressure can lead to damage of different organs such as the eyes, brain, kidneys and the heart.

It is considered that the symptoms of hypertension are

extremely hard to notice especially when the sufferer is not into exercise. Symptoms are hard to notice in a large number of people who suffer from hypertension and pre-hypertension. The dangers of severe hypertension are extreme when it is uncontrolled. They can be life threatening. You can develop conditions such as heart failure, kidney problems, blindness and stroke. Still it is possible to control the condition. Just keep in mind that once it has been triggered it is usually a condition that one has to live with for the rest of their life.

There are a number of ways in which you can make sure that the effects of the condition are minimized. In most cases medical prescription drugs are used to treat high blood pressure. But treatment is only successful if one combines it with a couple of other management steps. Hypertension has been proven to affect adults of all ages irrespective of their culture as well as gender. Thus the best thing to do is to prevent its occurrence. Keep in mind that it may attack any individual at any time.

#### 4. Blood Pressure Readings - Diastolic and Systolic Readings Explained

Do you know what blood pressure readings are? The 2 numbers measuring blood pressure appear like a fraction. At least, that's what it feels like as one number is on top and the other one is at the bottom (e.g. 128/82). It's that number on the top we call the systolic pressure. And systolic blood pressure is the pressure in the blood vessels when the heart beats. The number at the base is the diastolic pressure. Diastolic blood pressure actually measures the level of pressure within your blood vessels in between two heartbeats. Both diastolic pressure and systolic pressure are measured when the patient is resting.

As the blood pressure changes too often throughout the day, it's better if you make use of multiple readings to figure out your average blood pressure. This is because your blood pressure will tend to fluctuate within a particular range. There are many things which can cause your blood pressure to change in a matter of few minutes or so. Good examples are posture, exercise, tension and the use of tobacco. But apart from that let's see what's considered too high.

If you want to find out the average reading of your blood pressure, you'll have to take readings twice a day or more often. In general, anything below 120/80 is regarded as normal blood pressure. Still, enormously low levels of blood pressure could cause a problem as well. Today, most of the healthcare professionals regard average readings of 120/80 to 139/89 as pre-hypertension. And when the average of the blood pressure readings are more than 140 over the 90 mark, this is a clear sign that you've got alarmingly high blood pressure (hypertension).

Just a single reading of 140/90+, however, does not necessarily mean that you've got high blood pressure. Then again, the doctor will want you to watch your blood pressure throughout a particular time period to understand whether it's stable or not. You'll also have alarmingly high blood pressure if only one of these numbers is too high. You may want to make a table with your blood pressure readings so that the doctor can diagnose your condition more easily.

Let's take a recap of what you've learnt so far. There are two kinds of pressures measured to read blood pressure levels. Systolic blood pressure is the total amount of pressure or force that your blood exerts on your blood vessels' walls as it passes through them. In other words, systolic blood pressure measures the level of blood

pressure as your heart beats. On the other hand, diastolic pressure is a measure of your blood pressure when your heart remains relaxed. Systolic blood pressure is measured by a special device called sphygmomanometer. A fabric cuff is wrapped around your arm and then inflated slightly. The blood pressure is measured on a gauge attached to the cuff. The healthcare provider reads the numbers that appear on the gauge as air is released from the cuff. Blood pressure can also be measured with an electronic blood pressure device.

The significance of Systolic Blood Pressure is great. When blood gets pumped out of your heart into the blood vessels, sufficient systolic blood pressure is produced to send the blood to virtually all parts of the body. Since in arteries the blood travels away from your heart, they slowly get tinier. The blood vessel system is comparable to the branches of a tree. A branch might go into the brain whilst another may actually go into the kidneys. That way, the systolic blood pressure will keep your blood easily flowing all the way through these branches to make sure that the cells in the body manage to get the oxygen and nutrients needed. Unnaturally low systolic pressure is known as hypotension. People also call it simply low blood pressure. Problems arise when the blood fails to bring oxygen as well as nutrients into the cells of the body.

In general, you should not focus much on where the readings come from, but on what they mean. If the device you are using at home shows readings of or higher than 120/80, you should make an appointment to see your doctor. If your blood pressure is 140/90 or higher then you should seek medical help immediately.

## 5. Different Causes of High Blood Pressure

As opposed to the much popular belief, there are multiple factors which can contribute to high blood pressure. One common factor is stress. It is clinically proven that high blood pressure that comes from stress is just temporary. This means that your blood pressure will fall when your stress is off.

Today, a great majority of high blood pressure problems are attributed to a few typical underlying factors. As the veins and arteries end up losing their normal elasticity (ability to expand in line with the pulse of your beating heart) they will cause much more resistance to the blood flow, when blood is pumped from the heart. There are some common factors which contribute a lot to the loss of elasticity. Stiffening of the arteries is sometimes caused by gradual buildup of plaque onto the walls of the artery. Many scientists have blamed high cholesterol levels, as this substance blocks the arteries. The stiffening of the arteries is mainly due to aging. Then again, it can also happen if there's a lack of essential nutrients in your diet.

Believe it or not, high blood pressure can occur in young women too and be utterly dangerous. So what would be some of the causes for this condition in females? The hazard could be Essential HBP type, if there isn't any identifiable cause. It could also be Secondary HBP type, where high blood pressure comes as a result of precise underlying causes (e.g. kidney complications).

Take the Essential HBP type, for instance. Although there isn't any identifiable cause, chances are high that there are some risk factors causing it. The most common factors are age, family history, and absence of exercise, too much salt in the diet or a diet too rich in fats. Any of these

factors could trigger your pressure to rise. When it comes to Secondary HBP, the pressure has hiked because of an underlying cause like kidney infection or narrowed arteries or medicines like contraceptive pills. Illegal drugs can be harmful too.

A great majority of people with hypertension won't feel any symptoms at all. This is why you must a blood pressure check at the doctor's regularly. Everyone's pressure goes up or down for one reason or another during the day or night. You might get anxiety when you're stressed out and this could hike the blood pressure levels significantly. It is also important to cut down on salty foods and on salt. For instance, bacon, pickles or processed cheeses usually come with too much salt.

Hypertension can severely add to your heart's workload. The same can be said about the arteries. In other words, the heart has to work and pump harder. As your arteries are vested with the job of carrying blood under great pressure, your health is in deep trouble. When the heart and the arteries keep working under such high pressure for a long time, the heart and arteries might stop working effectively. This will affect the other organs in the body. Patients may end up with obesity, smoking, alcoholism, poor diet and drug addiction that can further increase the risk of stroke.

Rare kinds of diseases like coarctation of the aorta (an illness of large artery that carries blood off the heart in an unhealthy way) can cause high blood pressure. The aorta happens to be tightly constricted a couple of inches away from the heart. It'll then expand right into its normal diameter. And there is no doubt that blood pressure rises as the blood goes through the constriction to subsequently fall below afterwards, just in the way water does as you compress your garden's hosepipe. Then again, when such



constriction is fixed surgically and when the usual continuity of your aorta gets restored, the level of blood pressure will generally take a couple of years to return to normal levels. The primary cause of extremely high blood pressure happens to be the constriction. On the other hand, the long-lasting cause is perhaps the intricate changes pertaining to the circulating hormones that are responsible for maintaining the blood flow throughout the kidneys.

Now you know all about the causes of high blood pressure and how you can avoid some of them.

## 6. Foods and Diets for Hypertension

When it comes to diets that can help in dealing with high blood pressure, they are quite similar to those designed for weight loss. Weight and hypertension are correlated. The more obese one is the higher their chances of getting high blood pressure are. It is important that one maintains healthy weight to make sure that they minimize the effects of high blood pressure. The best way to manage weight is to watch what you eat. In doing so, you can watch on the amount of sodium that you ingest on a daily basis.

One of the most helpful foods in a diet is fruits. Fruits are great for feeding the body with sugar and for making sure that one will neither gain fat nor weight at the same time. Fruits have minerals and vitamins that are necessary for the growth of every human being. The choice of fruits over other energy sources such as carbohydrate rich foods is great. In this way, you are making sure that you don't accumulate unhealthy sugars in the body. You also make sure that there is very little waste to be eliminated from the body.

Vegetables are other important foods. They are quite important for managing hypertension. Just like fruits, vegetables are quite useful when it comes to supplying the body with nutrients that have few toxins. When it comes to calories, the vegetables are quite helpful in minimizing weight and fat gains. Vegetables are essential for the plan to reduce the number of the calories consumed. There are a number of vegetables available in different parts of the world. It is best to eat those vegetables that are grown in the same area as they are very cheap and full of nutrients that nourish the body.

There are a lot of advantages that can be derived from taking up diets that have vegetables and fruits, but the body still requires other foods that have nutrients which are not present in these two foods. Since the body requires carbohydrates and proteins then one has to be aware of their contents in each meal. It is advisable to go on a diet that is fat free, low in cholesterol or in saturated fat at least. Planning meals to have fish, poultry and whole grain products will help you in achieving low blood pressure. Most of all, avoid sugary foods and those rich in salt.

## 7. Foods that Can Reduce High Blood Pressure

You might find it difficult to believe that there are foods that can reduce hypertension. There are several foods that can do it. If you find that you have developed high blood pressure, you can immediately switch to the foods mentioned below in order to get your blood pressure under control.

1. Drink skim milk regularly to decrease hypertension. This

milk contains low amounts of fat. At the same time, it is rich in calcium and vitamin D that are required to combat hypertension. Calcium is also present in nuts, green leafy veggies, salmons, sardines, and sunflower seeds.

2. Dark chocolate is good for relieving hypertension and for satisfying your cravings for sweets as well. Flavenoids present in dark chocolate bring about a remarkable change in diastolic and systolic blood pressure.

3. Spinach, beans and other magnesium rich foods like grapefruit, figs, yellow corn, apples, almonds and whole grains are great for lowering your blood pressure.

4. Foods rich in potassium such as watermelon, bananas, soya beans, zucchini, baked white potatoes and spinach are regarded as the most effective foods to control blood pressure. Potassium allows the body to eliminate excess fluids so there is no pressure on the heart to pump blood harder.

5. According to researchers, eating fibrous foods like veggies, fruits and oat bran can bring about a considerable change in hypertension levels. These foods help to normalize the blood pressure in people who suffer from hypertension when they are anxious or depressed.

6. Omega 3 fats found in flaxseeds and fatty fish can help for the lowering of your blood pressure. You can take supplements as well.

As you can see, there are several foods that reduce the blood pressure. As there are several food items on the list, you

can make several meal combinations using poultry, fish and lean meat. See to it that your snacks consist of fruits that are high in calcium, potassium and/or magnesium. The dark chocolate can be the best snack to help you deal with hunger pangs between meals and manage your hypertension at the same time.

Studies have revealed that consuming these foods in adequate amounts and in the correct combinations can prove to be highly effective. It can have a similar effect to the one of prescribed medicines. However, make sure that your doctor decides if you need medicines. It is not advisable to adjust the dosages in line with your own ideas.

#### 8. High Blood Pressure and Infants

If you are thinking that high blood pressure is a condition that affects only adults, then you are completely wrong. Teenagers, infants as well as newborns may suffer from this condition. It has been noticed that about five percent of children experience hypertension. The chance of having hypertension as adults is higher these days.

Hypertension in infants is often caused due to premature birth. In other cases, they might have problems with different organs of the body such as the heart, kidneys, lungs or the cardiovascular system in general and these problems may cause hypertension. These infants may face problems like coarctation of the aorta. This simply means that the blood vessel carrying blood to the heart is slender. The condition can also occur because of a blood clot in one of the blood vessels of the kidneys. Some other causes, apart from these, include medicine side effects, any kind of tumor, and exposure to drugs such as cocaine

when in the womb, genetic issues or problems associated with the functioning of the thyroid gland. The blood pressure in infants is supposed to be about 64/ 41 and it increases with the growth of the baby.

Though the hypertension symptoms are often not seen in infants, there are some that reveal high blood pressure. These include pale or bluish skin, rapid breathing, frequent urination and zero weight gain. Apart from these, other symptoms include troublesome breathing, irritability, seizures, and vomiting. The only way to find out if an infant has hypertension is to take their blood pressure reading. In infants, this is done with the use of an automated device.

Hypertension treatment for infants is based on the cause of the problem. It may include dialysis, drug therapy and surgical intervention such as coarctation repairing or transplantation. Again, the rate of recovery depends on the cause of the problem in infants. As a parent, you have to know when to take medical advice. It can be when you see that your baby is not progressing in weight, suffering from urinary tract infection or having bluish skin or looking irritable most of the time.

You can certainly take some steps to decrease the risk of your kid developing this condition. For example, before you get pregnant, take your doctor's advice, if you have a family history of kidney disease, hypertension or congenital heart disease. It is always better to consult your doctor before you plan to become a mother.

## 9. High Blood Pressure Statistics

High blood pressure or hypertension actually killed over 56,560 people in the US in 2006. In the US, around 74 million people who are 20 years of age or older have alarmingly high levels of blood pressure. One among 3 US adults suffers from high blood pressure. Among those who suffer from high blood pressure, over 77% are well aware of the critical condition that they are in. Among all people suffering from high blood pressure, almost 68% are undergoing treatment. Over 44% have it well under control, whilst almost 56% do not have the situation under control.

The main reason for the 90% to 95% of these HBP cases isn't known. But, high blood pressure can easily be detected and is usually controllable. Between 1996 and 2006, the gross death rate due to high blood pressure raised by over 19 percent. Then again, the real number of deaths was actually 48%. In general, African Americans are more likely to develop high blood pressure symptoms compared to Caucasians and Hispanics. Within today's African-American community, the ones with the topmost rates of HBP are older, mid-aged, less educated, obese, and physically stationary and have diabetes.

In the year 2006 the surveyed death rate due to HBP in 100,000 people was over 15 for the Caucasian males and 51 for African American males. When it comes to females, it comes down to 14 and 37 respectively.

Needless to say, high blood pressure (hypertension) remains a highly serious health hazard and shouldn't be taken carelessly. On an average, 50,000 US people die every year due to high blood pressure. Over 60 million US people who are 20 or older suffer from high blood pressure. Over 90% all HBP cases do not have any known cause. Still, the condition is easily detectable and treatable. The African

American males remain at much higher risk of HBP, as mentioned before. High blood pressure could lead to kidney and/or heart failure.

High blood pressure or hypertension killed almost 50,000 Americans in the year 2002. This was listed as the primary cause of death in around 260,000 cases that year. Another study has found that around 65 million US people at the age of 6 and over suffer from high blood pressure. High blood pressure happens to be the single chief risk factor causing stroke. Around 700,000 US adults are likely to have a new or repeated stroke in the year 2011. Over 162,500 of them are likely to die. Stroke happens to be the third major cause of death amongst Americans. It is also one of the leading causes of grave and long-term disability. There are many out there who are under the wrong assumption that stroke happens to be an "old guy's disease." Still, that is not the case, as strokes can occur in people who are under the age of 65.

The great news is that you'll be able to protect yourself from stroke. For this, you have to know the risk factors. Then you need to reduce the underlying risk factors. Take the steps to learn all about the warning signs / symptoms of stroke. Stroke happens to be a special kind of cardiovascular disease. It affects the arteries which go into the brain. The stroke occurs as the blood vessel, which is carrying oxygen and nutrients into the brain, gets damaged. It could be clogged by some sort of clot. As this happens, a part of your brain will fail to get the blood it needs and it will eventually start to malfunction.

Clots blocking the artery can cause different types of ischemic strokes. And this happens to be the most typical kind of stroke. Did you know that Ischemic strokes now account for around 88% of all strokes? There are some ruptured blood vessels causing hemorrhagic strokes. As the

part of the brain starts to malfunction due to the absence of proper blood flow, different parts of your body get affected. Then again, strokes might cause paralysis. They can affect the language and speech and vision. This can cause further problems. You can also take note of the TIA (transient ischemic attack). It is a special "warning stroke."

The high blood pressure statistics are shocking. Do what is necessary in order not to become part of the statistics.

#### 10. Home Remedies to Control High Blood Pressure

Blood pressure is becoming a great concern these days, since many people have it. When blood pressure goes above 140/90, then it is referred to as high blood pressure or hypertension. It brings about damage to the blood vessels and the heart thereby increasing the risk of stroke or heart attack.

Although some people with hypertension experience symptoms like dizziness, palpitation, headache, blurred vision, or shortness of breath, others do not have any symptoms at all. Hence, it becomes significant to check your blood pressure on a regular basis with the help of your family doctor. This is essential especially if you are a person with a higher risk of high blood pressure.

There are some simple home remedies that can help people control their blood pressure levels.



1. A garlic clove is best for high blood pressure. You just have to chew one every day in the morning as soon as you wake up and then rinse your mouth with water.

2. Grind 100 gm of poppy seeds and ginger into powder. Keep it in an air tight container. Take a spoon of it in the morning and in the evening every day after mixing with water.

3. Take a tablespoon of honey and mix it with 2 tablespoons of onion juice and some cumin powder. Take this remedy 2 times a day and enjoy the results.

4. Take about 30 to 40 curry leaves and make a juice using a cup of water. Stir the solution and drink it in the morning as soon as you wake up. The same thing can be done with fenugreek or coriander leaves. It will not be harmful to you in any way. However you have to find out which of the three options is best suitable for your body.

5. Consume one papaya daily on empty stomach and fast for the next 2 hours. This will control your blood pressure effectively.

Once it is certain that you have hypertension, it is advisable to get it checked regularly by your healthcare provider in order to see if it is controlled effectively or not. In addition, use the simple and effective home remedies mentioned above to keep your blood pressure levels under control without going for pharmaceutical drugs or medications that have side effects associated with them.

Follow this simple guide and see how your blood pressure

gets controlled and there is nothing to worry about more.

## 11. How a Change in Lifestyle can Reduce High Blood Pressure

Get to learn about the most promising ways to manage high blood pressure and there won't be any need for medication. First thing's first, you should try to lose those extra pounds. Try to watch your waistline too. Blood pressure oftentimes increases proportionately with your weight. If you lose just 10 lbs it could help you reduce the level of your blood pressure considerably. Generally, the more weight you lose the lower your level of blood pressure will become. Losing weight will help you keep your blood pressure under control. Make sure that you consult a healthcare expert to determine what your ideal weight level.

Apart from shedding a few extra pounds, you'll also need to keep an eye on your waistline. If you have too much of weight around the waist, this can put you into much greater risk of higher blood pressure. Males are at greater risk if their waist measurement goes over 40 inches (i.e. 102 cm). Women are at risk when their waist measurement goes over 35 inches (i.e. 88 cm). Asian men have been known to be at risk when their waist measurements goes over 36 inches (i.e. 90 cm). And women in Asia are exposed to higher risk of high blood pressure if their waist measurement goes over 32 inches (80 cm).

Work out on a regular basis. Regular physical activities, a minimum of 30 to 60 minutes of exercise 6 days a week, can substantially lower your levels of blood pressure by 4 - 9 mm Hg. You will get to notice the difference soon enough. If you have not been so active so far, boosting your workout level could substantially lower your current blood

pressure levels in a matter of a few weeks. If you've got pre-hypertension (systolic pressure that lies in the 120-139 range and diastolic pressure that lies in 80-89 range), working out on a regular basis can help you a lot in avoiding hypertension. Do you have a hypertension problem already? Then normal physical activities could bring down your blood pressure levels to the safe zone.

It will be worthwhile if you take some time to consult a doctor regarding the development of a suitable exercise program. The doctor can help you decide whether you're in need of any heavy or light exercise or whether any kind of restrictions apply. Even modest levels of activity for 10 minutes can help. Just consider walking or undergoing light strength training. But avoid making a "weekend warrior" out of yourself. Try not to do all the 'pending' exercise during the weekends. Working out cannot be made up for that way. And it's a miserably poor strategy. To be specific, such sudden bursts of activity could in fact turn out to be risky.

And there's nothing like eating a healthy and natural diet. Eating whole grains, fresh fruits and veggies can help. The same goes for low-fat dairy products. The use of this strategy could actually cut down the blood pressure level by as much as 14 mm Hg. And this type of eating plan could be best described as Dietary Approaches to Stop Hypertension (DASH) diet. But it's not easy to alter your current eating habits. Still, using these tips can be worthwhile. First thing's first, you should maintain a food diary. Write down whatever you're eating for a week. This could help you shed surprising amount of weight as you get to realize where your current eating habits stand. Keep monitoring what you're eating, how much you're eating and when you're eating.

It is a great idea to boost your potassium levels. Potassium could considerably lessen the impacts of the harmful sodium

that we consume through salt. The top source of potassium fortunately is foodstuff like fruits and veggies. It will be worthwhile if you take the time to consult a doctor regarding the best level of potassium consumption for you. Be prepared to be a smart shopper. You need to make your own shopping list before you head for the supermarket. This will help you steer clear of junk food. Do not forget to read out the food labels as you shop. Try and stick entirely to a healthy eating plan when you dine out too.

## 12. How Blood Pressure is Measured

Hypertension is a term used to describe high blood pressure. There are different reasons why a person can suffer from high blood pressure. Blood pressure is measured on the scale of millimeters of mercury. Mercury being the most sophisticated liquid present, detects the changes easily. The mean value of systolic pressure and diastolic pressure is the measured value of BP. Any change in the value of these pressures suggests either increase in blood pressure or a decrease in blood pressure. According to a survey carried out by health organizations, people who are exposed to high stress levels are often found to develop high blood pressure.

Normal systolic pressure is usually considered to have value of 120 mm Hg. This is considered to be the value at which blood pressure is under control. Usually when the heart pumps blood into the arteries, there is pressure building up at the entrance of the arteries until the blood flows into the veins. When the pressure is higher than normal, the heart starts to work harder to deliver the blood more effectively through the arteries. This will increase the stress of the heart and the blood vessels and may lead to a heart attack.

Normal diastolic pressure has a value of 80 mm Hg. When the value is below this particular number, a person experiences low blood pressure. A person with low blood pressure is often found to experience dizziness, light-headedness and fainting at frequent intervals. Under this condition, the blood circulation is not reaching the organs effectively through the arteries. Standing up is a problem as it can cause dizziness when one has low blood pressure. Usually a healthy person who does not experience low blood pressure does not have problems with standing up as the blood vessels present in the heart prevent dizziness. This ensures that there is a smooth flow of blood throughout the arteries.

Doctors use a blood pressure measuring machine to note down the value of the blood pressure of a person. This helps them diagnose the ailments which the person may have due to changes in the blood pressure and in the blood circulation. Arteries generally experience a pressure when there is a flow of blood from the heart. Any change in the pressure will lead to high or low blood pressure depending on the person's overall health condition. Hence, it is very important for a person to reduce their stress levels and follow a healthy diet to overcome high blood pressure.

### 13. How to Check Your Own Blood Pressure

Millions around the globe suffer from HBP or high blood pressure and have absolutely no idea that they have this condition. Much too often people face massive heart attacks or strokes unnecessarily as they have failed to monitor their day to day blood pressure at home and at their workspace. In other words, these people could have reduced their risk of such awful consequences if they had had their

blood pressure monitored.

There are automated home blood pressure monitors that you can get for yourself. They happen to be affordable and simple to use. These home monitors aren't available for free at the moment, but it's worth buying one for home use. There are 3 main categories of blood pressure monitors that you can choose from. Take Aneroid Monitors, for instance. Such types of blue-collar monitors are used by professional physicians in medical clinics and all hospitals today. Aneroid monitors come with a special dial gauge. The user's blood pressure will be indicated by the pointer of the gauge.

You can inflate its cuff manually by using a special rubber pump. Aneroid monitors need to rely entirely on the application of the stethoscope. You can listen to your heartbeats through it. In other words, the heartbeats you hear will need to be correlated with the readings of the monitor gauge. A reading actually has an upper number and a lower number. Among the 3 main types of monitors available, this one happens to be the most complex to understand and the most cumbersome to handle, especially if you are a novice.

There are also Digital Monitors. When buying a digital home monitor, you'll be able to select a manual or an automatic cuff. The readings will be displayed onto the screen digitally. In the same way, the digital monitors happen to be much more expensive in general compared to their aneroid counterparts. Fortunately, they've become among the trendiest ones and have been popularized because of their ease of use. Just in case you didn't know, you can buy digital monitors with standard cuffs. These require manual inflating through squeezing the miniature rubber pump. Still, most people don't want to deal with that kind of hassle.

Rather, they want to go for the machines that inflate and deflate the cuff automatically. All you need to do is to push a button. The digital monitor will do the job of taking the reading quickly. It will also display the results on a small screen and there won't be any need for you to use a stethoscope. The results can be stored, conveniently printed out and even downloaded to your pc. Features depend a lot on what model you've chosen. There are some models that let you to easily upload these results onto your consultant's system using the internet.

Compared to digital monitors, the Aneroid types are sometimes more accurate. Still, if you use the digital monitors in line with the instructions from the manufacturer, you will get highly accurate results that you can rely on. Movements and irregular heartbeat could have an effect on the readings, so you need to exercise utmost care as you use the monitor.

The third category includes the Wrist & Finger Monitors. These are highly popular because they are perhaps the simplest ones to use. Still, they could be the least accurate ones if the user fails to use the machine correctly. Many factors like body temperature or body position could decisively affect the underlying results. Despite all this, the Wrist and Finger monitors could prove very effective when it comes to monitoring the blood pressure levels at home on a daily basis. It's just that you need to exercise due caution while using them.

You need to choose a suitable monitor. Make sure that the size of the cuff is right for you. If you're not sure about the cuff size, it's best to consult a doctor. When you're tied with the wrong cuff, the reading could be totally inaccurate. You can also have your physician show you the

proper use of the monitor. And do not forget to keep all the readings you get from the machine. This means that you will have to maintain a record book that your doctor can refer to for analysis.

#### 14. Hypertension Pills and Medical Treatment

There are a number of methods that are used to treat hypertension, most of which are practiced quite often. Since a huge number of people rely on scientific and medical approaches for the treatment of the condition, they are all informed of the available treatment options. There are a number of ways to treat the condition but most of them are based on taking pills or tablets and the administering of injections since one cannot surgically treat the condition. Depending on the stage of hypertension, there are different medical treatment options available.

One of the most common treatment choices is taking water pills (diuretics). The water pills can be sufficient to keep the condition under control when combined with a healthy lifestyle change. They help in treatment by relieving the body of the excess sodium and water present in it. There are three major diuretics that are available on the market but the thiazide type is most recommended by experts since it has fewer side effects when compared to the other types. As a patient, you should have the doctor prescribe the best pills for you. Keep in mind that a wrong choice of pills can cause to a person suffering from high blood pressure heart attack and kidney failure.

There are other options when treating hypertension other than diuretics. In most cases, they are inhibitors or enzymes that are used to help lower blood pressure or widen



the blood vessels. Since high blood pressure can reduce the size of the blood vessels and make them less elastic, the pills can be used to subdue these effects by hindering the production of the hormones that promote hypertension.

Choosing to use a single type of medication can be less effective in some cases. Depending on the personal condition of the patient, it may be possible to combine drugs to yield better results. There are a number of pills that can be used together with diuretics to increase their effectiveness and lower the risks associated with hypertension such as heart failure.

Using a number of pills can be effective, but it can also be cheaper. Some of the pills when combined can be taken in smaller doses. This makes the budget for the treatment much more affordable. Still, when it comes to pills it's always important to consult the doctor. Get a check up and have your physician prescribe the right medications for you.

### 15. Nitrates To Control High Blood Pressure

Nitrates are natural remedy alternatives for lowering high blood pressure. Nitrate is actually nitric acid salt. It is a natural ingredient of all the cereals, fruits and vegetables. However, one should not confuse nitrite with nitrate. Nitrite is a chemical compound present in the body produced through the digestion of foods that contain nitrate.

Nitrates play a beneficial role in controlling your

hypertension. Research shows that nitrate present in green leafy vegetables like spinach and lettuce actually prevents the occurrence of high blood pressure, as it keeps the blood vessels healthy. It may not be surprising to many people that studies have found that Dietary Approaches to Stop Hypertension (DASH Diet) are extremely effective. A diet that is rich in fruits and vegetables can lower blood pressure.

This DASH diet has positive effects on hypertension. Studies state that a nitrate supplement does not lower the systolic blood pressure, but it does lower the diastolic blood pressure by about 3.7 mm Hg. Hence, it was revealed that the advantages of nitrate supplement were the same as the advantages of a DASH diet.

There is no need to wait any more for research to be conducted to reveal the effectiveness of the nitrate supplements in decreasing blood pressure levels. It is natural for vegetables and fruits to form a significant portion of a good diet and they are needed to maintain a healthy and strong immune system. Hence it is never harmful to add foods rich in nitrate to your diet and to cut down your consumption off fatty and fried foods.

The foods rich in nitrate include beet, radish, lettuce, spinach, carrot, and cabbage. Nitrate is also present in water and air. It is also used as a preservative in foods like fish, processed meat and cheese.

Still, you should include more fruits and veggies in your diet and avoid red meats and dairy products. Just remember to consume vegetables raw and to prepare salads with very basic dressing. A spoon of olive oil is a better choice compared to a mayonnaise dressing. Fish is beneficial and

so are legumes. The raw nuts and seeds are great for snacks. They are rich in healthy proteins and omega-3, 6 and 9 fatty acids. Lean chicken meat is also recommended to people with hypertension especially as a substitute to pork and other red meats.

Now you know how to improve your diet and to get the nutrients you need to lower your blood pressure and to improve the health of your heart.

#### 16. Is Sweating a Symptom of High Blood Pressure

Are you worried that your excessive sweating is a sign of hypertension? In many cases, the signs of hypertension are difficult to observe. Actually, this condition is also known as a silent killer because it generally has no symptoms. One in three people in America suffers from this condition and most of them do not even know that they have it.

The only way in which you can find out that you have hypertension is to visit your doctor and get a check-up done. In many cases, the symptoms of hypertension are unnoticeable as they are regarded as a part of your daily life. Such symptoms include headache, continuous fatigue, and tinnitus i.e. ringing sensation in the ears. Sweating is not directly related to high blood pressure. In many cases, people do not experience any symptoms at all. The most fearful thing is that the signs do not show at an early stage. They are often seen when it is almost too late to do anything.

When the blood pressure reaches a higher level, it is defined as accelerated high blood pressure. In this stage, the signs are not visible till the condition starts to affect the internal body parts and the person starts entering the dangerous stage. If hypertension is left ignored or untreated, it can start affecting the brain and create pressure in the skull. This can be highly dangerous.

If there is a family history of cardiovascular problems or high blood pressure, it is recommended to see your doctor soon. This is essential since the earlier the condition is diagnosed, the better it can be treated. The doctors will conduct some tests and prescribe medicines along with a healthy diet plan and exercising schedule. You can also go for natural and herbal remedies to control your blood pressure. These herbal and natural remedies do not have any side effects, nor carry any risk of addiction.

It is very important to ensure that you also look into some alternative remedies, apart from the prescribed medicines. There are many natural remedies that can give you the most efficient results only within a period of a few weeks. So, all you have to remember is that even if you find any minor changes in your body, you need to bring this to the attention of your doctor. No one knows what a symptom signals. It may be one of the symptoms of high blood pressure.

## 17. The Link Between Stress and High Blood Pressure

As we all know, there is a straight connection or link between stress and high blood pressure. A stressful lifestyle happens to be the key reason of hypertension and it brings in a whole host of other types of illnesses. Actually, people are oftentimes not too surprised as they

come to learn that somebody in a high-profile, high-stress job / business is suffering from extremely high blood pressure. Stress-induced hypertension could lead to different kinds of cardiac problems that might compromise the patient's health and well being through the rest of her life.

When excessive stress is present, you'll have an ideal recipe for multiple health problems. High levels of blood pressure can affect all vital organs. The kidneys or the heart might end up with overloaded work pressure which they may not be able to withstand. As there are no exact indicators of hypertension, you should watch out for some general symptoms like fatigue and low energy levels. These could be coupled with urination problems, harsh headaches, dizziness or even nausea.

If you work in a stressful environment this might be the primary cause of the stress. If you are under constant stress that work won't get done and/or if you directly supervise or direct others at work, stress and hypertension are your faith. This kind of environment can generate lots of stress, making the blood pressure levels hazardously high. Acknowledge that nobody is indispensable and life/business keeps going no matter what.

Stressful situations could cause the blood pressure to hike temporarily. Still, you should know that the human body is programmed to produce a flow of hormones in the cases when you are stressed out. Such hormones increase the blood pressure as they cause the heart to beat very fast. That way, the blood vessels get narrowed down.

There is hardly any proof showing that stress alone can cause long term HBP (high blood pressure). Rather, there

are many other factors which are linked directly or indirectly to stress which may cause this condition. Good examples are overeating, consuming alcohol and sleep deprivation. All these things can cause alarmingly high blood pressure.

Short stress-laden situations or activities can spike the blood pressure and might actually increase the risk of long-term high blood pressure. It is absolutely possible that different kinds of health conditions tied to stress, like anxiety, depression or isolation from close friends / family, might also be linked to different types of heart disease. Then again, there isn't any clear evidence that these are tied to high levels of blood pressure. Rather, the inbound hormones that are produced in situations when you get emotionally stressed might damage the arteries. This leads to severe heart diseases. Getting depressed may get you into self-destructive behavior like neglecting the need of medications for controlling your high blood pressure and possibly other types of heart conditions.

Boosts in your blood pressure can be linked to stress. As the stressor goes away, the blood pressure comes back to normal. Nevertheless, even occasional spikes in your blood pressure, especially if they occur too often, could substantially damage the blood vessels, heart or kidneys. This is very similar to the long-term impacts of high blood pressure. In addition, when someone reacts to stress through smoking, drinking alcohol or consuming unhealthy foods, this could trigger high blood pressure or even a heart attack and stroke. Stress-reducing actions could substantially lower the blood pressure.

As stress is reduced, this might not lower your blood pressure in the long run. Still, using different kinds of strategies for stress management could improve your health and well being in many other ways.

Stress can be relieved in many different ways. It could help to just simplify your schedule. When you're consistently feeling rushed, just take some minutes to carefully review the calendar and your to-do lists. Then look up activities and tasks that reduce your recreation time. You need to shun the trivial things that keep you busy but which are not that important. Try and set smaller periods of time for such activities. You could also try to eliminate these entirely.

Stress may not cause high blood pressure directly, but it is one of the factors that contribute to this condition. Reduce stress to lower your blood pressure.

## 18. The Role of Exercise in Controlling High Blood Pressure

If you want to combat high blood pressure, there are more ways than one to do it. A good method for you would be to stick to a regular exercise routine. If you want this truly, you can always control your high blood pressure. You might think that it is more easily said than done. You should think again! When was the last time you played with your friends and family and had a really good time? Has it ever occurred to you that it feels great and you should be doing this much more often?

Then you can really enjoy this more often all by yourself if you do some physical exercise on a regular basis. Modern day exercises are really interesting and you won't feel bored at all. There are numerous exercises that are usually recommended by doctors to hypertension patients. The right exercise depends on the degree of hypertension, health, physical stature and medication taken.

Take resistance training, for instance. People taking up walking, cycling, jogging or swimming for losing weight discover that such types of exercise happen to be highly enjoyable and effective. Even before you get started, you need to be well aware of the fact that you'll start to get solid benefits in a matter of 6 to 8 weeks of regular workouts. Working out is also related to high blood pressure monitoring. In the course of your exercise plan, you will see your diastolic and systolic pressure dropping by 5 to 10 mm Hg. But remember that the benefits depend a lot on how capable you are of developing a standard pattern of exercise.

If you suffer from pre-hypertension, you need to work out in a balanced way to keep your blood pressure within the normal range. Avoid losing the momentum! You'll notice that your exercises are getting exceedingly easier to do within 2 to 3 weeks and that you are getting more used to your new routine. At one point, the high levels of blood pressure would hopefully start to drop.

You have achieved results. Great! You can reward yourself with a new tracksuit or anything of that type to keep yourself motivated. No matter what, you would want to make sure that your exercise program will turn into a day to day habit that is pretty tough to break. Some clinical researches have shown that if someone works out with moderate intensity, this can turn out to be highly effective in reducing the systolic and diastolic pressure. But you might be wondering what the term moderate is all about. Well, when you can work out without getting too tired or getting out of breath quickly and when you know that you can strain yourself a bit more if you want to, then your exercise routine could be called moderate. Roughly speaking, the moderate level of exercise is about 60 % of your current maximum capacity.



Aerobic workouts are known to be best when it comes to increasing your breathing frequency. They give your muscles much more oxygen for burning the extra calories. People who are in the habit of attending aerobic classes on a regular basis can benefit a lot from them. Fortunately, you can choose between higher impact aerobics and lower impact ones. According to the majority of health care experts, it is best to go for lower impact aerobics to begin with. They could be much more suited for those who have high levels of blood pressure, as they are gentler and more effective when it comes to raising the body's overall oxygen intake.

You may have the opportunity to do some walking and cycling instead of driving or taking the bust to work. It's much better compared to driving. No matter what, you want to do something that raises your physical activity. You want activity that will translate into lower blood pressure. It's better to leave your car home when you can walk or cycle to the grocery store, to your kids' school or to the park. Avoid driving or taking a lift, when you have the time to walk. Head for the office half an hour earlier to be there in time or leave the car at a secured spot that is a good walking distance away from your office.

### 19. Why is High Blood Pressure so Dangerous

High blood pressure is a common problem that today's US population has to deal with. The dangers associated with having high blood pressures are really intimidating. Hardening of the arteries is the first hazard. It's among the key problems. Hypertension can cause the stiffening of your arteries. Just in case you did not know, the hardening of your arteries happens to be a unique condition which

tends to worsen over time. As this condition can really cause your blood vessels to constrict, it'll boost the risk of heart attack and stroke. There are other ways in which your arteries can harden up. Nevertheless, uncontrolled hypertension can surely increase the risk of heart disease.

Kidney failure can occur when hypertension goes untreated for a long time. Some key symptoms of kidney failure can worsen most of the heart conditions. A person suffering from different kinds of kidney problems might undergo tremendous shortness of breath. This means that they might not be capable of working out at all. And there are high chances that the person will also face difficulties while walking a few yards or so.

Another key hazard of high blood pressure is stroke. It's among the key consequences of blood pressure hikes and must be controlled well when it occurs. Stroke is unfortunately a highly dangerous matter. Fortunately, it's possible that you survive a hard stroke and still manage to return to your lifestyle and general daily routines. But on the other hand, there are some people who do not manage to recover from stroke entirely. Some people die due to strokes.

Aneurysm is another problem that may be caused by hypertension. Aneurysms happen to be the weak spots developed within the veins. Such weak spots have small bubbles on the vein walls. There are different ways in which these aneurysms could be discovered before you end up with any kind of disease. It is really fortunate that with modern day technologies when these sorts of problems are discovered, they can be safely fixed and you, the patient, may go back quickly to your normal activities.

Nevertheless, there are some instances when aneurysms go

unnoticed. They can break. When this occurs inside the brain, people die before they can even call an ambulance. Sounds pretty scary, huh? But, high levels of blood pressure are really very scary. You want to lower the risk of heart attack, stroke, aneurysms and other dangers pertaining to high blood pressure.

Everybody knows that high levels of blood pressure are regarded as a serious problem by the doctor. If high levels of blood pressure are left unchecked, you can end up with serious diseases.

The higher the blood pressure, the higher the risks of a massive heart disease or stroke is. Some guy with a blood pressure reading of 120/80 mmHg remains in a much greater risk compared to one who has a blood pressure levels of 110/70 mmHg. It's as simple as it sounds.

How does this condition impact the heart? As the heart gets forced to work too hard for too long, it'll enlarge gradually. And just a small enlargement of the heart could cause different types of malfunctions.

The fact is that high blood pressure happens to be the top risk factor when it comes to congestive heart failure, which is a serious condition. The heart cannot easily pump sufficient blood so that enough is supplied to the cells of the body. And the consequence of the inability of your heart to pump sufficient blood could be many. This could damage your kidneys or cause a stroke.

About the kidneys, when left unchecked, high blood pressure could narrow and thicken the blood vessels that feed your kidneys. The preliminary function of your kidneys is to work

as the body's filter. They have to effectively dispose of the waste that has piled up. If there is no sufficient flow of blood for the proper functioning of the body, your kidneys start to filter much lesser fluid than before. Then again, the excessive waste will start to build up into your body. Ultimately, if left untreated, the kidneys could fail altogether. This will call for regular dialysis. This dialysis will be doing the job that the kidneys normally do.

Lower your blood pressure to reduce the dangers you face.

## 20. Why Visit a Doctor when Dealing with Hypertension

There are a number of reasons why it is advisable to get examined by a medical professional when it comes to hypertension. The measurements of blood pressure can be quite tricky since it varies depending on a number of body activities and conditions.

If a person stays still the rate changes. This also happens when one is working out or has just taken their meal. Although the instrument that is used to take measurements of the blood pressure (called a blood pressure monitor) is easy to use, a huge number of people might interpret the readings incorrectly. Thus the use of such a device is not recommended, unless one is diagnosed with hypertension, or one has enough experience in interpreting the readings.

Hypertension requires the intake of some medical and home remedies. Their intake can be easily incorporated into day to day routine. This makes it easy to get treated. Although

there are methods for hypertension treatment that do not require any form of medication, it is best if one combines both medical and natural methods for the treatment of the condition to get the most effective results.

Sometimes one doesn't have to be diagnosed with hypertension to engage in some of the treatments recommended to hypertension patients. The treatments that are not medically based can be practiced for preventing the condition from developing. This option is quite advantageous.

When it comes to treatment, the method has to be effective. In most cases, the prescribed medication and dietary and fitness changes are supposed to help in the treatment of the condition. However, not every individual will experience the same effects from treatments. This is the reason why regular monitoring of the patient should be arranged to ensure success of the treatment. This is recommended since the condition has its stages that require different treatment methods.

When it comes to equipment that is to be used for the management of the condition such as the blood pressure monitor, the doctor can be quite helpful in giving you tips for buying the equipments. Since one may be affected by other illnesses during the treatment of the condition, it's advantageous for one to visit the doctor once they note changes in their body. A personal trainer can be useful for making sure that one doesn't go over the limit when exercising. In general, mild cardio exercise is the best complementary treatment option.

## #21. The Importance Of Checking Your Blood Pressure

There are a lot of factors that determine how healthy people are and will stay. That being said, one of the biggest factors hinges around the increased salt we are ingesting from the overly processed foods we eat. This is a leading contributor to high blood pressure. The misleading symptoms make many people view high blood pressure as no big deal, while their blood pressure is actually going through the roof, they insist that they are okay. However, the real seriousness of high blood pressure is life threatening and can also cause a stroke or heart attack before the victim has any idea that anything is wrong.

As individuals age their blood pressure usually tends to go up over time and especially in individuals who are predisposed genetically to these types of issues. When it comes to increasing blood pressure there is a normal range and then a high one.

Researchers know that there are a variety of well known causes for high blood pressure and a genetic link is an important one. This simply means that someone else in the immediate family has been dealing with this issue and is passed on to future generations. Other common factors include salt intake and being overweight that rate very high on the list of factors. Another very high risk factor is stress and it is a very large contributing factor with some very negative impact factors, a couple of these include heart attacks and strokes which both have resulted in death in many people.

You should by now be very aware of the adverse affects that high blood pressure can have on a person's health. Improving your eating habits will not only help manage high blood pressure but will assist in keeping your heart healthy. Diets high in fiber, rich in fruits and vegetables will have

a major positive impact in a persons overall health and well being.

There are several factors that everyone should take into consideration when combating high blood pressure problems. High blood pressure could easily be called the silent killer because of its tendencies to sneak up on people. It is very important to continue monitoring your blood pressure routinely and this is very important if there is a family history of HBP or heart disease. There are some excellent ways of doing this such as visiting your doctor or buying your own home kit to monitor your blood pressure, or you can always use the pharmacy machines to check blood pressure, most of which are free to use.

Elevated blood pressure over time can lead to significant health problem and as a result it is not something that you want to ignore. Checking your blood pressure and taking medication when you need to can help you avoid a more serious health crisis down the road.

## #22. Acupuncture for high blood pressure - A new treatment that works

Since times immemorial, Acupuncture is a unique treatment for reducing high blood pressure in human beings. High blood pressure refers to a situation where blood starts exerting pressure against the walls of arteries, veins and also the chambers of the heart...

Over a specified time period, this heavy rush of blood starts damaging the lining of the blood vessels. It can also

lead to arteriosclerosis, meaning hardening of the arteries.

Symptoms of high blood pressure:

High blood pressure symptoms are often acute in human beings. They include sudden dizziness, flushed faces, nervousness, severe headaches, restlessness, difficult breathing, nose bleeding, insomnia, intestinal complaints, depression, short temper and emotional instability. The diagnosis of high blood pressure is done when the normal pressure tends to repeatedly rise. The other physical symptoms of high blood pressure includes constant tendency to urinate, decrease in eye vision and muscle weakness.

Electro-acupuncture treatments:

Acupuncture combined with electric stimulation or electro-acupuncture can lower elevations of blood pressure in human beings. When the research was conducted for the first time, acupuncture needles were inserted on the inside of the forearm just above the wrist, but to no avail. Researchers then started adding electric stimulation to the needles, which means that electric would start flowing from the needles to the body. While high frequency of stimulation had no effect, low frequencies of electro stimulation reduced blood pressure effectively.

A thorough research on acupuncture shows that the inserted needles excites brain cells, causing them to release neurotransmitters that always heighten the heart's activities. To cure high blood pressure, acupuncture inserts needles on certain points on the wrist, forearm or leg, to excite the opioid chemicals in the brain and reduce



excitatory responses of the cardiovascular systems. This eventual decrease in heart activity and need for oxygen can lower blood pressure to a great extent. It also promotes in the healing of other heart-related conditions like myocardial ischemia and hypertensions.

Other acupuncture treatments to reduce high blood pressure:

While you are undergoing acupuncture treatments for curing high blood pressure, you can also use herbs like Tian Ma [Gastrodia Rhizome], Xia Ku Cao [Prunella] and Shan Zha to reduce high blood pressure. You should inject the juices of these herbs into your blood to achieve better results.

A unique and natural acupuncture treatment for high blood pressure also include pressing of the skin on the back of your hand in between the thumb and index finger.

### #23. What Are The Symptoms Of High Blood Pressure In Women

Symptoms Of High Blood Pressure In Women; Having high blood pressure can lead to many different things. If one has high blood pressure it puts them at a higher risk for developing kidney disease, and heart disease.

High Blood pressure is also known as hypertension. What it means is that there is pressure in the arteries that carry the blood to the heart. Having high blood pressure can lead to many different things. If one has high blood pressure it puts them at a higher risk for developing kidney disease, and heart disease. It can also lead to a stroke. Females

are at a great risk for developing high blood pressure. Being overweight can also lead to high blood pressure. If a woman waist is bigger than 35 inches she has a high chance of developing high blood pressure.

There are symptoms that women should watch out for; if you happen to get these symptoms you should go see a doctor. Acute Fatigue is a symptom. This is pretty much feeling tired and having very low energy. Sometimes this symptom will go unnoticed because usually women have a busy schedule to keep up with and they are tired to begin with. Abdominal Bloating is another symptom that women should be on the lookout for. Discomfort in chest or even pain in the chest is another symptom of high blood pressure. This is also another symptom that will be left unnoticed or even untreated. Many women think it's something else like acid reflux and they will think nothing of it.

A few other symptoms that women may experience of high blood pressure are shortness of breath. If a you're having trouble breathing and it's not normal, you should get it checked out immediately. Heart Palpitations is another sign that women should look out for. It is an irregular heartbeat. One symptom that will be noticeable is pelvic pain during intercourse. The reason this is noticeable is because it is not normal to have pelvic pain during intercourse and a woman will notice it right away.

There are several Symptoms Of High Blood Pressure In Women that will go unnoticed or they will think it is a symptom of some other cause. Usually the cause you think it is from is never usually dangerous so you never go to the doctor to get it checked out. High Blood pressure is serious and it can lead to many other health risks. It is treatable and there's medication for it. This is why it is important that women pay attention to the symptoms and go to a doctor to get checked out. If they do have high blood pressure, then

your doctor will be aware of it and help you treat it.

#### #24. The Problems Of High Blood Pressure And Sex

High blood pressure can and often does affect sexual function and, with one in three adults in the United States suffering from high blood pressure, this adds up to a lot of potential relationship problems. The good news is that there is a solution.

Most people who are suffering from high blood pressure experience little if any symptoms at all, but the effect which this condition can have on your sex life is often significant and signs of sexual difficulty can sound a warning bell.

The effect of high blood pressure is to damage the lining of your blood vessels and to cause hardening of your arteries so that your heart is forced to work harder to pump blood around your body. This in turn raises the pressure in your arteries. In addition, the damage to your arteries results in a general reduction in the flow of blood throughout your body.

As far as men are concerned this general reduction in blood flow also means a reduced flow of blood to the penis and difficulty in both achieving and maintaining an erection. It also means that, even when you can achieve and maintain an erection, high blood pressure can create problems with ejaculation.

For the majority of men the appearance of the first signs of sexual dysfunction is very worrying and concern that, having happened for the first time, the problem might well re-appear. This leads some men to avoid sex so that not only does the event cause them distress, but it also often generates problems in their relationship with their sexual partner.

In the case of women the effect of high blood pressure is not as clearly defined and, at this time, has not been well researched. We do know however that high blood pressure causes a lower flow of blood to the vagina, leading to lower sexual desire and arousal, vaginal dryness and problems in achieving orgasm.

As with men, most women find this event very worrying and will again shy away from sex, putting their relationship with their sexual partner under strain.

The news is not all bad though and today there are a number of things which can be done to solve the problem, including getting your doctor to prescribe suitable medication. The first step in the process therefore if high blood pressure is causing problems in your sex life is to consult your doctor.

## #25. Can Contraceptive Pills Increase the Risk of High Blood Pressure

It is seen that normally women who take birth control pills develop the risk of high blood pressure. It is still not clear whether high blood pressure is directly related to

birth control pills. Lets look at various factors related to high blood pressure.

Millions of sexually active women are dependent on contraceptive pills to avoid unexpected pregnancy. Although these oral pills are safe and almost 100% effective, it is important to know that sometimes the over usage of the birth control pills may affect your blood pressure. The most commonly prescribed medication is combination pills which are comprised of a synthetic mixture of female hormone known as oestrogen and progestogen. Women who cannot tolerate the adverse side effects of oestrogen can opt for the mini-pill which contains only progestogen. You should study all the adverse health risk associated with the contraceptive pills.

Yasmin is the most widely used combined pill which contains both oestrogen and progestogen. It prevents pregnancy in three ways. It stops ovulation by tricking the body to believe that ovulation has already occurred. It also thickens the cervical mucus so that no sperm is able to penetrate the womb and fertilise an egg. Finally, it alters the womb lining in such a way that an egg is not able to attach itself and grow there. You can buy Yasmin online from any of the registered online pharmacies. You should go through an online consultation with licensed doctors before buying this medication. You can experience some common side effects while using this pill such as breast tenderness, nausea, headache, weight changes, menstrual spotting, mood swings, decreased sex drive and fluid retention.

Femodette pill is another popular combined pill which not only helps in preventing pregnancy, but also regulates your menstrual cycle so that you do not have to experience heavy and painful periods. It should be taken for 21 days of your menstrual cycle followed by a break of seven days. Just like other oral medications, even Femodette can cause some

common side effects such as nausea, vomiting, breast tenderness, fluid retention, vaginal thrush, increase in blood pressure, breakthrough bleeding and changes in your sex drive. The least common side effects are changes in liver function, blood clots, pulmonary embolism, heart attack or stroke.

The link between high blood pressure while taking birth control pills is not established properly. However, it is said that progesterone is a hormone that can result in high blood pressure by having a direct effect on small blood vessels. The rise in blood pressure can vary from minor to potentially serious. There are several other factors also which can lead to high blood pressure in women using birth control pills. These factors include a family history of high blood pressure, heart problems or blood vessel problems.

If you are experiencing high blood pressure while using contraceptive pills, then it is not necessary that the medication is the reason behind it and you should discontinue the pill. It is better to consult your doctor who will keep a check on your blood pressure and give you recommendations according to your health situation. A medical professional may advise you to switch to a different pill which has lower dosage of progesterone or opt for a different method of birth control. You should never buy this medication without a proper prescription from doctor.

## #26. Kinds of Blood Pressure Monitors

When ever you experience high temperature or pain on your nape area, the first thing that comes into your mind is you have high blood pressure and your initial reaction is to

check that using blood pressure monitors.

Blood pressure monitors are important medical apparatus in the hospital, clinics and at home. I know some if you there wanting to buy blood pressure monitors but aren't sure what type of monitor to purchase. If you are maintaining your blood pressure, going back to the clinic is tiring and is a hassle, a waste of time and effort. It is necessary to learn how to use blood pressure monitors and know the types of before you decide to purchase. To understand them all here are common blood pressure monitors to ponder.

- The aneroid or manual blood pressure monitors. This is commonly seen on the Nurse table taking blood pressure of out patients, consultation and other hospitals also use this kind of apparatus. It include cuff used to wrap round your upper arm, a bulb use to squeeze the cuff, a stethoscope use to hear the sound to measure your blood pressure or diagnosing diastolic and systolic. It uses mercury to detect the number per sound inflation.

- The digital blood pressure monitors. They are also called electronics monitor. This one also uses cuff to wrap around your arm but this however is more reliable compared to aneroid blood pressure monitors. It has a screen display where the results can be seen. Here there is no need to listen to first and last sound of a sphygmomanometer since it is digital the reading of diastolic and systolic are already given.

- The finger blood pressure monitors. This is the most innovative blood pressure monitor. This monitor is tiny and all you have to do is to place your index finger on top of that little white box and in a matter of second your blood pressure is displayed on the little LCD screen above it.

This is very convenient. You can place the apparatus on your bag or in the pocket. It is too small that you can place them even in your purse. No cuff needed and no need to pump to inflate your arms. It is simply digital

· The wrist blood pressure monitors. This is a specialize monitor used for patients who have fractured elbows. If you think you will be using the monitor for daily recording of your blood pressure. This one is not an ideal blood pressure apparatus since the heat of your body is easily captured g giving a false reading. It looks like a wrist watch. They look very fashionable but are not a thing for home use.

Choosing blood pressure monitors are not base on style and look, but rather on the usefulness of the apparatus. Before you purchase, think of this first, are you using it at home, clinic or hospital? Or who is the one using it always, is it adult or children?

## #27. Consequences of high blood pressure during pregnancy

Some women can develop high blood pressure during pregnancy, which is dangerous both for the mother and baby.

As a result, too much of stress is placed on heart and the possibility of developing fatal cardiovascular problems increases. Some women already have high blood pressure before pregnancy, while some women can develop high blood pressure during pregnancy. This condition is also known as pregnancy-induced hypertension. This can prove to be extremely harmful both for the baby and the mother. It is advisable to seek prescription medications for treating



high blood pressure.

Complications as a result of hypertension during pregnancy:

Women having high blood pressure during pregnancy are more likely to experience these complications below--

Premature birth:

Hypertension can cause an early birth of child before completing 37 weeks of pregnancy.

Low birth weight:

The condition of hypertension can cause a baby to weigh less than 5 pounds because it can narrow blood vessels in the womb. This might keep your baby away from getting enough oxygen and nutrients for required to grow.

\*Placental abruption:

This condition can cause the separation of placenta from the uterine wall before birth. This might prevent your baby from getting enough oxygen and nutrients. The most common symptom of this condition is vaginal bleeding. If you experience vaginal bleeding during pregnancy, notify your doctor immediately.

Most of the women do not experience any symptoms of high blood pressure during pregnancy. Hence, it is important to monitor your cholesterol and blood pressure at every visit. If you have high blood pressure during pregnancy, you can manage it with regular physical activity, healthy diet and prescription medications. You should also quit smoking as

smoking is considered harmful for people with hypertension. Amlodipine, an effective treatment for hypertension, helps in lowering blood pressure by acting as a calcium channel blocker.

It is also a suitable treatment for patients who suffer from angina or chest pain. Amlodipine can be purchased in dosage strength of 5mg or 10mg. However, you need to consult a doctor to determine the most suitable dosage strength for you and whether it's safe for you to use during pregnancy.

The smooth muscles of the artery walls contract with the help of calcium. This calcium is transferred to the muscles through particular calcium channels. People who suffer from hypertension have narrow blood vessels due to which extra pressure is put on heart. Amlodipine tablets helps in inhibiting these calcium channels due to which the calcium can move freely within these smooth muscles. This results in less contraction of arterial smooth muscles and the heart does not have to work harder.

This medication does not cause many serious side effects. The common side effects are very mild and include headaches, nausea, tiredness, abdominal pain, fluid retention heart palpitations and exhaustion. For a quick and convenient way to get your treatment you can go through any of the licensed online clinics so that you can have a quick online consultation with a doctor or medical professional.

## #28. Why Do We Never Hear About Low Blood Pressure

Having low blood pressure may not be as dangerous as high

blood pressure, but there are still several serious concerns for those with this condition. They often experience severe dizziness and lightheadedness, especially upon standing suddenly. They may also have chronic fainting spells. The lack of proper blood circulation can also cause nausea and cold or clammy skin, fatigue, and problems with concentration and problem solving.

Ask anyone about high blood pressure, and you're likely to get a lively conversation about cholesterol, stroke, beta blockers, and the like. Some will start comparing numbers and sigh that they wish their I.Q. was as high as their blood pressure. But why is it that you never seem to hear anyone talk about low blood pressure? Are there health concerns with this condition and are they anywhere near as important as the obvious problems with high blood pressure?

Having low blood pressure may not be as dangerous as high blood pressure, but there are still several serious concerns for those with this condition. They often experience severe dizziness and lightheadedness, especially upon standing suddenly. They may also have chronic fainting spells. The lack of proper blood circulation can also cause nausea and cold or clammy skin, fatigue, and problems with concentration and problem solving. While these may not be exactly life threatening, those with low blood pressure know the dangers of fainting at inopportune times, and may also suffer from depression because of their condition and the resulting fatigue that comes with it.

It's believed that most cases of low blood pressure are more genetic than anything else, however, doctors are agreeing these days that the common blood pressure reading of 120 over 80 is on the high side. Having low blood pressure is becoming the ideal, if readings are steady around 115 over

75. Athletes and those who exercise regularly seem to have readings around these numbers. Most physicians agree that unless the symptoms are interfering with one's life, there is no reason to make changes to try to correct this issue.

At the same time, low blood pressure affects each person differently. Someone with poor circulation and anemia or an eating disorder can be at extreme risk for starving their heart and vital organs, and of course if you have constant fainting spells, this can interfere with your career, your abilities to perform everyday household tasks, your family life, and of course your health overall. The body is not meant to be unnaturally sedate like that. And certainly if you faint and injure yourself or are alone, you may be in need of medical attention. Some with low blood pressure that experience such symptoms can develop panic attacks and agoraphobia, as they become so anxious about going out without assistance or are simply wondering when will be the next attack. Depression can result from the interference with one's life.

If your doctor has told you that you have low blood pressure and you experience these symptoms regularly and find that they are interfering with the quality of your life, it's time to speak up. He or she can recommend lifestyle changes such as an increased salt or water intake, or may be able to prescribe medications in extreme cases. While low blood pressure may not present the same life threatening symptoms as high blood pressure, you should still be able to enjoy your life without worrying about your next fainting spell or having your career interrupted.

Always consult your doctor before using this information.

## #29. Foods To Avoid If You Are High Blood Pressure Or Hypertension Patient

Limiting sodium intake is one of the natural remedies to lower the risk of high blood pressure. Increasing potassium intake is another useful natural remedy suggested to maintain normal blood pressure.

Hypertension is a common health issue reported in hospitals. Causes of hypertension generally vary from one person to another. Which foods should I avoid if I am suffering from hypertension or high blood pressure? This is a common question asked by many people. We are going to see here some of the best food items to lower your

hypertension troubles. Lifestyle plays a great role in improving your body health. Hypertension, if left unconsidered can give rise to several health issues in daily life. Improper diet, lack of physical activity and stress are some main factors giving rise to this health issue. If possible, try to lower the intake of animal fats in daily diet.

Limiting sodium intake is one of the natural remedies to lower the risk of hypertension troubles. If you need any guidance in knowing the best food sources with low

sodium content, never hesitate to contact the nearest nutritionist as soon as possible. Increasing potassium intake is another best remedy suggested to maintain normal blood pressure. As per studies, banana is found to be as a rich source of potassium compounds. Other than banana, you can also use food sources like celery, water melon and tomatoes in daily diet.

Apart from medication, following a healthy lifestyle is a vital factor needed to maintain normal blood pressure. If you are very weak in drinking water, try to change this habit. For best result, drink at least eight glasses of water per day. If possible, prepare a food diary with the help of a nutritionist. Drinking alcohol and smoking are two common causes reported for the formation of abnormal blood pressure. If you are addicted to the above specified bad habits, try to change it as soon as possible.

Including calcium rich foods in diet is found to be as a natural remedy to lower blood pressure troubles. Do you know the food items enriched with calcium compounds?

Food items enriched with calcium compounds include celery, dark green leafy vegetables and sesame seeds. Similar to calcium rich foods, you can also intake a good amount of magnesium rich foods to lower blood pressure troubles. Main food sources with high magnesium level include soy milk, oatmeal and broccoli. Apart from the above listed food items, you can also try food sources like nuts, okra and beans to lower high blood pressure troubles.

Today, you can find a stunning array of stress relieving products in online stores and market. Choosing the best one devoid of side effects may not be an easy task. Stressx capsule, enriched with herbal ingredients is a safe remedy to treat high blood pressure troubles. It treats the underlying cause of problem and makes you feel

healthy all the day long. At present, stress is a common health issue reported in hospitals. If you are planning to get a safe remedy from this emotional health trouble, never hesitate to get Stressx capsule from stores. In case of

doubt, feel free to get guidance from health expert.

### #30. Does Caffeine Raise Blood Pressure

If you suffer from Cardiovascular Disease (CVD or coronary heart disease) and/or fear you might some day due to high blood pressure, is your coffee consumption compounding the problem? Or, are there other things you can do to alleviate your high blood pressure and CVD concerns that do NOT include ending, or severely lessening, your coffee intake?

Can Coffee Contribute to Coronary Heart Disease?

CVD is the number one cause of death in America and high blood pressure is one of its biggest red flags. CVD has been the subject of extensive medical and scientific research for several decades. While researchers have differed in their conclusions over time, new evidence reported in The American Journal of Epidemiology in 1999 strongly indicates that consumption of coffee and caffeine does not contribute to CVD, finding neither caffeinated nor decaffeinated coffee associated with the risk of stroke—even for those drinking more than four cups of coffee a day.

Warren G. Thompson, M.D., noted in a 1994 literature review published in The American Journal of Medical Sciences, that: "The largest and better studies suggest that coffee is not a major risk factor for coronary disease."

Willet et. al, in a prospective study reported in the February 1996 issue of the Journal of the American Medical

Association (JAMA), examined data collected from more than 85,000 women over a 10-year period. After adjusting for known risk factors, the authors found no evidence for any positive association between coffee consumption and risk of CVD for women consuming six or more cups of coffee a day.

A 1990 New England Journal of Medicine study of more than 45,000 men found no link between coffee, caffeine and CVD for those drinking four or more cups of coffee a day.

These results confirm findings from the earlier Framingham Heart Study of more than 6,000 adults conducted over 20 years (as published in the Archives of Internal Medicine) and two 1987 studies using data from the Honolulu Heart Program (published in The New England Journal of Medicine and The American Journal of Epidemiology respectively).

Does Coffee/Caffeine Consumption Contribute to High Blood Pressure?

Despite previous controversy on the subject, most researchers now conclude that regular coffee and caffeine use has little or no effect on blood pressure.

Studies reviewed in the Progress in Cardiovascular Diseases indicate that while first-time caffeine use may produce immediate, minimal changes in blood pressure, these changes are transient. No changes in blood pressure appear to occur in regular users of caffeine. A 1991 study published in the British Medical Journal reached the same conclusion and indicated that restricting caffeine did not reduce blood pressure in people with mild hypertension. A number of studies that have looked at people with normal blood pressure (published in the Archives of Internal Medicine



and the American Journal of Nutrition) have concluded that caffeine does not contribute to hypertension.

In 1997, the Sixth Report of the National Institutes of Health's Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure concluded that, "no direct relationship between caffeine intake and elevated blood pressure has been found in most epidemiologic surveys."

I think it's safe to conclude that enough reliable evidence exists that can put to rest the claim that coffee/caffeine contributes to high blood pressure and even CVD.

**What's the Better Alternative than Retiring Your Coffee Mug?**

As a healthy conscious person, I've learned that one of the most effective ways to counteract high blood pressure and the onset of CVD is to be physically active, NOT - as the studies above prove - eliminate caffeine consumption. In fact, caffeine can even help you become more fit.

An American Heart Association study, as referenced by several peer-reviewed scientific and medical publications, has recently claimed that people who are physically active have a lower risk of getting high blood pressure -- 20%-50% lower -- than people who are not active.

Besides losing weight, there are other reasons to exercise: Being physically active can reduce your risk for heart disease, help lower your total cholesterol level and raise HDL-cholesterol (the "good" cholesterol that does not build

up in the arteries), and help lower high blood pressure. And, again, people who are physically active have a lower risk of getting high blood pressure -- 20 to 50 percent lower -- than people who are not active.

More vigorous exercise has added benefits. It helps improve the fitness of the heart and lungs. And that in turn protects you more against heart disease and high blood pressure. Activities like swimming, brisk walking, running, and jumping rope are called "aerobic." This means that the body uses oxygen to make the energy it needs for the activity. Aerobic activities can condition your heart and lungs if done at the right intensity for 30 minutes, three to four times a week. But if you don't have 30 minutes for a break, try to find two 15-minute periods or even three 10-minute periods. Try to do some type of aerobic activity in the course of a week. And, since stress is also a major CAUSE of high blood pressure, exercise can even help lower stress levels as well.

Most people don't need to see a doctor before they start exercising, since a gradual, sensible exercise program has few health risks. But if you have a health problem like high blood pressure; if you have pains or pressure in the chest or shoulder area; if you tend to feel dizzy or faint; if you get very breathless after a mild workout; or are middle-age or older and have not been active, and you are planning a vigorous exercise program, you should check with your doctor first. Otherwise, drink your coffee, get out, get active, and get fit -- and help prevent high blood pressure and CVD.

## Conclusion

Coffee consumption does not contribute to high blood pressure and CVD. Retiring your coffee mug is not going to help you reduce your risks. Exercising, however, will. So,

go ahead and drink your coffee – especially before your next workout!

### #31. High Blood Pressure and Tai Chi Therapy

Has your physician written you a prescription for Tai Chi, yet? Perhaps you should have a talk with your physician about emerging medical research regarding Tai Chi and hypertension.

Way back in 2003, the Journal of Alternative and Complimentary Medicine's Oct. 9th issue reported a study finding that Tai Chi "could decrease blood pressure and results in favorable lipid profile changes and improve subjects' anxiety status. Therefore, Tai Chi could be used as an alternative modality in treating patients with mild hypertension, with a promising economic effect." This study laid out a way to save our society, perhaps billions of dollars annually, and possibly save some patients with mild chronic hypertension the potential negative side effects of chronic lifelong medication. However, this largely hasn't occurred.

I caught a glimpse why when I was staying in the beautiful mountain town of Otavala, Ecuador, with a woman known for her knowledge of traditional Indian medicines. A tour of young American medical students stopped here to listen and learn from the Indian woman's tour of her herbal gardens. As I followed them, I asked a group of young bright medical students if they were aware that Tai Chi was found to reduce high blood pressure. One lovely young woman replied, "Oh, yes, I've heard that, but I would never prescribe it."

I asked why, and she responded that she couldn't because she didn't know if it would work. Although Tai Chi studies do show that Tai Chi indeed helps lower high blood pressure, it is true that it does not reduce it in every person. However, it is also true that every drug prescription does not work on every person either. I suggested to the young medical student that she consider that many times I've been to the doctor, and he's pulled out a prescription pad and explained, "Let's give this a try, and see how it works for you, and if it doesn't do the job, we'll try something else." Most of us are familiar with this, and by the confused look on the student's face, I'm assuming her memory banks were bringing up similar images.

So, why are our medical universities giving students the impression that they should not be prescribing Tai Chi, since we know it can help lower high blood pressure for many, who if it is successful with them, can enjoy a lifetime free of chronic and costly medications? And not only do that, but offer a plethora of GOOD SIDE EFFECTS including a stronger immune system and healthier respiratory system. This is a deep and important question we need to be asking as patients and consumers, and health professionals must begin asking this question regularly in order to fulfill the duties of their Hippocratic oath. For, today we have even a much better understanding of Tai Chi's potential than we did a few years ago, so ignorance or inconclusive data is not an acceptable explanation from our medical universities that train our future doctors, without teaching them about Tai Chi research, and what it portends for their future patients.

Today, we are clearer on exactly why Tai Chi is such a powerful therapy for high blood pressure sufferers. In a March 17, 2005, article by the Mayo Clinic staff posted at [mayoclinic.com](http://mayoclinic.com) they lay out what a "stress response" is, and the effects it has on the body. This is at the core of high blood pressure problems and the physical changes

chronic stress responses illicite that creates or aggravates hypertensive conditions.

In their article, they explain that a stress response, or "fight or flight" reaction involves our pituitary gland releasing adrenocorticotropic hormone (ACTH), which sets a domino effect signaling other glands to produce additional hormones, such as adrenal glands which flood the blood stream with stress hormones, such as "cortisol" and "adrenaline.

"When ordinary life's daily frustrations trigger this effect over and over again, the results can be damaging to the mind and body. Many of us experience this domino effect of triggers and hormones daily, which is why about 1/3 of Americans, or over 90 million Americans, suffer from high blood pressure.

Cutting edge scientists like Dr. Herbert Benson, President of the Mind/Body Institute at Beth Israel Deaconess Medical Center in Boston, are discovering a stunning reality through their research. In a wonderful article by Jeanie Lerche Davis at WebMD Medical News entitled 'The Mysterious 'Medication' of Meditation ([http://my.webmd.com/content/article/25/1728\\_57992.htm](http://my.webmd.com/content/article/25/1728_57992.htm)) , she writes of how such researchers are discovering that "meditation can indeed be medication - creating long lasting physiologiical effects that reduce high blood pressure and even help unclog arteries to reverse heart disease."

Dr. Benson, who is also associate professor of medicine at Harvard Medical School, sought to prove how this effect could be shown objectively, and had five long-time meditation practitioners take MRI brain scans while

meditating. Dr. Benson informed WebMD in the aforementioned article by Davis, "There was a striking quietude across the entire brain which was documented through MRI . . . The areas of the brain that became active from that quietude were those that control metabolism, heart rate, etc., . . . We knew meditation caused a relaxation response, but we couldn't prove it. We knew that if you thought in a certain way, with repetition, that physiologic changes would occur in the body. Here now is proof that mind, in the form of repetition, is affecting the brain, which affects the body . . . "Stroke Magazine reported on a study funded by the National Institutes of Health, conducted by Dr. Amparo Castillo-Richmond, from the Maharishi University, more specifically on high blood pressure afflicting black people. The meditating group saw a reduction in the thickness of one of the arteries that supplied blood to the brain. Which indicates that blood flow is increasing. The group only using diet and exercise saw their artery walls getting thicker, which indicated that less blood was flowing through to the brain. This finding led Dr. Castillo-Richmond to make the profoundly exciting assertion, "It's possible to reverse heart disease through meditation.

"In fact, not only hypertension, but up to 90% of other illnesses sending us to the doctor are being caused by stress, according to Dr. Herbert Benson. Which makes Dr. Benson's and Dr. Castillo-Richmond's findings that meditative techniques can so dramatically alter our stress producing "fight or flight" response in healthy ways even more wonderful.

Dr. Benson explains, that the relaxation response triggered by repetitive forms [like tai chi, yoga, etc.] can result in decreased metabolism, heart rate, breathing rate, blood pressure, and also slower brain waves." Benson asserts that it is the repetitive nature of acts like praying the rosary, yoga, or tai chi's physical repetitive muscular actions

that provides the profound hope for reducing anxiety, mild and moderate depression, anger and hostility, hypertension, cardiac irregularities, and all forms of pain, which are made worse by stress.

This concept of Tai Chi being an effective tool for reducing or even avoiding incidence of high blood pressure or other illnesses all together, is echoed elsewhere.

Mayoclinic.com also recommends Tai Chi for relaxation training in an article entitled, "Relax: Techniques to help you achieve tranquility" which also explains why relaxation is important and what you might experience by practicing tools that will help you relax.

They detail how you can improve body responses to stress, such as: Slowing your heart rate; Reducing blood pressure; Slowing your breathing rate; Reducing the need for oxygen; Increasing blood flow to the major muscles; Lessening muscle tension.

They go on to explain that practicing relaxation techniques may help you experience: Fewer symptoms of illness, such as headaches, nausea, diarrhea and pain; Few emotional responses such as anger, crying, anxiety, apprehension and frustration; More energy; Improved concentration; Greater ability to handle problems; More efficiency in daily activities.

So, time and time again as we begin to examine one particular benefit of Tai Chi, such as lowering high blood pressure, we see a whole universe of potential opening up before us.

An article from Archives of Internal Medicine, as reported on NBC's local WCAU Health -- explained a Tai Chi research

program at Tufts-New England Medical Center in Boston revealed a great deal. The article authors wrote, "Overall, these studies reported that long-term Tai Chi practice had favorable effects on the promotion of balance control, flexibility and cardiovascular fitness and reduced the risk of falls in elders . . .

Cardiovascular and respiratory function improvements were noted in healthy people and those who had undergone coronary artery bypass surgery as well as people with heart failure, hypertension, acute myocardial infarction, arthritis and multiple sclerosis . . .

Benefit was also found for balance, strength, and flexibility in older subjects; falls in frail elderly subjects; and pain, stress and anxiety in healthy subjects." They add the actual ways that Tai Chi provides these benefits are not well known.

The fact is that less than .5% of the National Institute of Health's budget goes to research alternative therapies, leaving yoga, meditation, tai chi, massage, herbal therapy, aroma therapy, and the entire massive field of alternative health systems to struggle over .5%, or a little over \$100 million of the \$28 billion (approx.) annual budget. Given the above studies, it boggles the mind that such a small portion of the health research dollars are going to Tai Chi.

To recap, about 1/3 of the American population suffers high blood pressure. Tai Chi is proven to be a beneficial therapy that not only has no bad side effects, but dramatically improves immune function, respiratory function, lowers the incidence of anxiety and depression, and profoundly improves the balance of practitioners. Tai Chi does more, but for our purposes here these profound realities are



enough to show exactly why it is truly unbelievable that Tai Chi is getting so little scrutiny in medical research dollars, when it can save so many from chronic suffering and perhaps some from a lifetime of chronic costly medications.

It is time we all began to ask the question that all good consumers should ask, "What is the best way/product for my health?" If Tai Chi is that product, the next question is, "Why isn't every physician offering it as an option to their patients with hypertension, as a prescription?" "Why aren't all insurance policies covering such prescriptions for Tai Chi?" Ask and ye shall receive. We must become informed and demanding health consumers, in order to get the best health options available.

This ebook does not advocate self-treatment, and encourages all to make health choices in conjunction with their physician. However, if your physician is close-minded to anything but a certain group of health options, even when research indicates your choices may be wider, than it is time to have a good talk with your physician about possibly widening your options.

### #32. Could Hypertension Simply Be "Thick" Blood

High blood; People think it's being (OV)-- Sounds ridiculous, doesn't it? Well, that's what many renowned natural health practitioners refer high blood pressure to.

What causes hypertension or high blood pressure?

Some people think it's being overweight, stress, salt and a host of other factors. But, Here's another idea -- Your blood becomes dirty.

Normally, the dirt is filtered out by the liver. But eventually your liver gets dirty too. So your blood can't flow easily through the liver, and it gets blocked. Often medical doctors put patients on blood thinners to thin it out to work it through the liver. But the problem is, that filter still has to filter... And if it's dirty, it can't do the job. So the course of wisdom would be to detox and strengthen the liver.

Conventional allopathic medicine assures us that there is no cure for hypertension--only control which must be continued for life. Often this control consists of daily medication which is in the form of strong chemical diuretics. These chemicals leach potassium out of the body at an astounding rate.

The leached potassium is then replaced by the administration of inorganic caustic chemical potassium which does more harm than good. The kidneys can become overworked by the processing of these drugs.

Why not go to the cause of hypertension instead of merely treating symptoms?

Naturally, we have been provided with herbs and foods that will totally provide for the proper chemical balance of potassium and sodium in the body, as well as stimulate sluggish livers.

In nature, the ratio of sodium to potassium is about 1 to 5. Man has altered this state by the ingestion of massive amounts of salt in the diet. We are able to assimilate about 20 grains (the small salt particles) a day into our human system. The average American man ingests about one teaspoon of salt a day. This comes in processed foods, such as cheese, processed meats, breads, snacks, etc., as well as additional salt from the old salt shaker.

Excess sodium can force its way into the spaces between the tissues constricting capillaries that are so small only one red blood cell may pass through them at a time. This phenomena shuts down blood and nutrient (including oxygen) supplies to various areas of the body. Unchelated sodium also has the ability to hold water in the tissues causing edema.

Salt is also very hard on the small tubules in the kidneys and has an affinity for cholesterol--another substance which plugs up arterial plumbing.

Dr. John Christopher, N.D. would often recommend foods high in potassium to help in blood pressure regulation. Grape juice, potatoes, tomatoes, citrus fruits and green vegetables are only a few of such foods. In other words, by combining lifestyle modifications with whole-food supplements designed to bring the body into homeostasis, you'll have a winning combination to balance the body's electrical construction.

Many monitor their hypertension with a phygmanometer and a stethoscope. Today, that market produces easier monitoring devices. In any case, once you are in harmony with nature's cures and the electrical construct of both the universe and your body, you will not need external

instruments to measure your health, which I'm sure you'll agree is a gift.

### #33. Best Diet Plan For Hypertension Or High Blood Pressure Patients

As per research, Stresx capsule is a popular herbal remedy recommended by health experts to control high blood pressure. Main health benefits of including this herbal supplement in daily diet include relaxing heart muscles and smoothening blood flow.

Diet plays an important role in controlling the blood pressure level. What is the best diet plan for patients suffering from hypertension or high blood pressure? This is a common question asked by people across the world. High blood pressure, if left unconsidered can give rise to several health disorders in future life.

Heart diseases, stroke and high LDL cholesterol level are some of the common adverse actions reported due to untreated high blood pressure level. Intake of high sodium rich food is a main cause of hypertension. You can control this health disorder by decreasing the intake of sodium rich foods.

Including potassium rich food items in daily diet is a natural remedy recommended to treat hypertension troubles. Apart from potassium, it is also recommended to include a good amount of fiber and magnesium rich food items in diet. For best result, try including a good amount of fruits and vegetables in diet. Apart from reducing hypertension troubles, it can also reduce the influence of health risks

like fatigue.

Do you know the food items enriched with magnesium concentration?

Some of the best recommended food sources with high magnesium concentration include legumes, seeds, lean meats and poultry. You can intake up to 1500 milligrams of sodium per day. For best health advantage, try following low fat diet with whole grain products. As per studies, following diet according to the preplanned meal is found to be very good for your health. Today, there are many health experts available online to assist the needy people. If you need any help, feel free to get guidance under a certified health expert. Sedentary lifestyle is a main cause of hypertension troubles. To reduce the risk of hypertension, it is recommended to avoid alcohol consumption and smoking.

Are you addicted to alcohol? If yes, you should certainly limit or avoid this habit. If left unconsidered, excessive consumption of alcohol can adversely affect the normal functioning of body organs. At present, there are many herbal products available in online stores boasting hypertension remedy feature.

Which one is the best remedy to treat hypertension? Do you know the answer? At times, you may not be able to find a definite solution for this question. Let's see the details of Stresx capsule.

As per research, Stresx capsule is a common remedy recommended by health experts to control hypertension troubles.

What are the advantages of including Stresx in daily diet?

This is a relevant question coming in the mind of people. Main health benefits of including Stresx capsule in daily diet include relaxing heart muscles and smoothening blood flow. At times, this herbal remedy can also provide other health advantages like stress relief and prevention of plaque deposition. As per studies, it is also found to be very useful to reduce the accumulation of toxins in body. If possible, try using this health care product consistently for three months. Almost all ingredients of this capsule are tested and verified by certified experts.

#### #34. What is the DASH Diet

Blood pressure is known to be no good. But even mild elevations of blood pressure above the optimal level of less than 120/80 mm Hg are unhealthy and the higher the blood pressure above normal, the greater the health risk. The clinical study, called "DASH" (for Dietary Approaches to Stop Hypertension), found that elevated blood pressures can be reduced with an eating plan low in saturated fat, total fat, and cholesterol, and rich in fruits, vegetables, and low-fat dairy foods. The plan is rich in magnesium, potassium, and calcium, as well as protein and fiber.

The DASH study compared 3 eating plans and all three used about 3,000 mg of sodium daily—about 20 % below the U.S. average for adults. None of the plans was vegetarian or used specialty foods. Results showed that both the fruit/vegetable and combination plans reduced blood pressure, but the combination plan had the greatest effect.

The DASH plan reduced blood pressure by an average of about 6 mm Hg for systolic and 3 mm Hg for diastolic and worked even better for those with high blood pressure—the systolic dropped on average about 11 mm Hg and the diastolic about 6 mm Hg. Plus, the reductions came within just 2 weeks of starting the eating plan.

The diet gives the servings and food groups for the DASH eating plan but the number of servings you need may vary, depending on your needs. You should be aware that the DASH plan has more daily servings of fruits, vegetables, and grains than you may be used to eating which are high in fiber, which can cause bloating and diarrhea. So you should gradually increase your servings of fruits, vegetables, and grains. These nutrients believed to benefit blood pressure and in other factors involved in good health. The amounts of the nutrients vary by how much you eat. If you eat about 2,000 calories a day on the plan, the nutrients you get will include: 4,700 mg potassium, 500 mg magnesium, 240 mg calcium or two to three times the amounts most Americans receive.

### #35. Are You Confused By The Vast Number Of Blood Pressure Lowering Drugs

We take a look at the large number of medicines that are currently used to treat high blood pressure.

Blood pressure lowering medications are commonly used when a program of exercise and diet has not lowered your blood pressure to a satisfactory level or to regulate your pressure while you are making the required lifestyle changes to get the desired results.

The number of blood pressure lowering drugs available is almost unbelievable and, as many of the presently available medications are often used in combination for treatment, picking the right drug or combination of drugs presents your physician with something of a headache. Here however is a general overview of the various different groups of blood pressure lowering medications presently in common use.

#### Diuretics:

- The first line of attack are diuretics which are designed to remove excess fluid from the body and, most importantly as far as blood pressure is concerned, to lower levels of salt.
- Commonly used diuretics include Midamor, Lozol, Hydrodiuril, Hygroton, Lasix, Bumex, Esidrix, Diuril and Aldactone.
- Several diuretic lower the levels of potassium in the body and can produce weakness, tiredness and leg cramps. This can usually be countered effectively by adding foods that contain potassium to your diet or by taking potassium supplements in either tablet or liquid form. Diuretics may also result in increased blood sugar levels and a change of diet or drug, oral diabetic medication or insulin might be needed for diabetics.

#### ACE Inhibitors:

- Angiotensin-converting enzyme (ACE) inhibitors act to widen the blood vessels and thus reduce resistance and pressure within these vessels. Consequently the heart



does not need to work as much to pump blood throughout the body.

- Commonly used ACE inhibitors include Lotensin, Monopril, Accupril, Univas, Capoten, Prinivil, Mavik, Aceon, Altace, Vasotec and Zestril.
- ACE inhibitors can cause a chronic hacking cough, a loss of taste and in rare cases kidney damage.

#### AT-2 Receptor Antagonists:

- Angiotensin-2 (AT-2) receptor antagonists work in much the same ways as ACE inhibitors but they have the benefit for many individuals of not resulting in the hacking cough often seen with taking ACE inhibitors.
- Common AT-2 receptor antagonists include Atacand, Cozaar, Avapro, Micardis and Teveten.
- There are usually few side effects with AT-2 receptor antagonists although in a few individuals they can produce sporadic dizziness.

#### Beta Blockers:

- Beta blockers act to lower blood pressure by decreasing both the heart rate and output.
- Common beta blockers include Sectral, Zebeta, Kerlone, Lopressor, Betapace, Tenormin, Cartrol, Corgard, Inderal, Blocadren, Toprol XL and Ziac.
- Some beta blockers can cause insomnia, the symptoms of asthma, depression, cold hands and feet, tiredness and in rare cases can result in impotence.

## Calcium Channel Blockers:

- Calcium channel blockers assist in lowering blood pressure by interrupting the flow of calcium into the heart and blood vessels. Calcium channel blockers include what is generally agreed to be the world's most popular blood pressure medication - Norvasc.
- Other frequently used calcium blockers include Lotrel, Calan, Sular, Nimotop, Procardia, Vascor, Adalat, Tiazac, Cardizem, Isoptin, Plendil and Verelan.
- Side effects differ widely from one calcium blocker to the next but a few commonly seen side effects include headache, dizziness, constipation, palpitations and swollen ankles.

As you can see there is an enormous number of medications available to reduce blood pressure and when you remember that these are often used together by combining for example ACE inhibitors and diuretics, ACE inhibitors and calcium blockers or AT-2 receptor antagonists and diuretics then the number of treatments available is almost too high to count.

On the one hand of course this is very good news as it means that it is possible to tailor treatment to the specific needs of each patient. However, on the other hand it also makes choosing the best treatment somewhat hard.

#36. Parenting Tips To Cure Blood Pressure In Teens

With changing lifestyles, more and more teens are falling into the trap of high blood pressure. Hypertension is accompanied with the onset of many other diseases that certainly grows with the age of your teen.

Until now you must have believed that high blood pressure or hypertension is a problem that occurs only with people of higher age. But that's not the complete truth. Even teens can suffer from hypertension and related disorders.

With changing lifestyles and ever-increasing pressurized living, more and more teens are falling into the trap of high blood pressure. The fact, which is all the more disturbing is that hypertension or high blood pressure does not affect alone, but is accompanied with the onset of many other diseases, that certainly grows with the age of your teen.

Therefore, it becomes important for you to keep a proper tab on the health of your child, especially a regular check on his/her blood pressure. Any deviation from the normal measuring- you should immediately consult a good medical practitioner and get your teen treated as soon as possible.

There is a plethora of factors that can influence the level of blood pressure in your teen. These factors are the type of dietary plan followed, amount and degree of physical activities the teen indulges in, capability to cope with stress and tension with the frequency of emotional breakdowns. Sometimes, medicines that are taken for some other disease or disorder can also interfere with the normal blood pressure levels.

The worst part about teens with high blood pressure is that,

as they grow older, they have more chances to develop other blood pressure-related diseases. If not taken care of, high blood pressure can take form of some serious cardiovascular diseases with arterial blockages.

So the best way to help your child fight from falling into the ambit of high blood pressure and related diseases is with a good parental guidance. It is only you who can help him fight back. Offer your help by making them understand the importance of a healthy lifestyle. Always start with the basics. Make them learn to draw a line between the right and the wrong. Help them understand their body well. Only a good understanding of the body will result in a healthy livelihood.

Besides this, there are certain other things that you should keep in mind. Always try to maintain the recommended height to weight ratio of your teen. This can be done with the follow up of a regular exercising pattern. Exercising does not allow the deposition of extra fat in the body. Besides this, a good exercising regime also keeps the heart and the related organs in a healthy state of working.

Try to include as many fresh fruits and fresh vegetables in the diet plan of your teen. Keep salt intake to low levels, as high dosage of salt is not good for high blood pressure.

Do not let your teen fall into the trap of smoking and drinking.

It calls for just a little care and attention from your side and you can gift your teen a healthy life forever.

### #37. Hot Tub Therapy: Can Water Therapy Help You Lower Blood Pressure

Generally, the therapy involving hot tub is used as an assistant treatment to the regular medications that a person suffering from high blood pressure is indulging in. But the patient is always advised to consult their doctor first.

Of all the natural therapies, the one that has caught the attention of the many is the hot tub therapy. It is popularly known as the hydrotherapy and is believed to be one of the most impeccable ways to improve general health of people.

Apart from treating some common ailments like back pains and joint pains, hypertension or high blood pressure is also known to get cured with the use of hot tubs. Generally, the therapy involving hot tub is used as an assistant treatment to the regular medications that a person suffering from high blood pressure is indulging in.

But the patient is always advised to consult their doctor before trying this therapy to lower their blood pressure. This is because, the therapy initially increases the body blood pressure due to increased temperature of the body. Therefore people with high blood pressure should first consult their doctors before using this kind of water therapy.

However, hot water has a very positive effect on your body as it dilates the blood vessels. As the blood vessels

dilate, the heart does not have to work hard in pumping blood in the vessels. The lowered activity in the heart provides an over-all relief to the high blood pressure patient. But for some patients such kind of relaxation is not optimal.

The reason because of which the blood vessels dilate when brought in contact with hot water is very simple. When your body comes in touch with hot water, there is reflex that goes to your brain with information that your body temperature has risen from the normal levels. Thus the vessels near the skin, which are in direct touch with the water relaxes and dissipates all heat outside the body. Thus all these developments in the body dilate the vessels. This process in medical terms is known as Vasodilation. In vasodilation more oxygen is transported to all body parts. Oxygen is a very important element for your body as it hastens the process of healing.

Apart from this, the process of vasodilation has another important advantage for the body. It helps the blood in clearing itself from all the waste accumulated in it. With the day in progress, the food you eat and the physical activities that you perform, a lot of waste and harmful chemical substances get deposited in the body. With hot tub treatment and the process of vasodilation, the blood reaches fast to the body parts and thus removes the waste products. This could again help lower your blood pressure.

So talk to your doctor now and find out if hot tubs can help you decrease your blood pressure.

#38. Adopt yoga way for Appropriate Blood Pressure

Today's chaotic life schedule and demanding work schedule has made people level to various health ailments and high blood pressure is common.

In their daily lives, people most often pay no heed to this disease which may results in hard costs. During high blood pressure, it is advised to relax properly in order to reduce the chances of getting affected by other ailments.

Although there are numerous medications available for people, but yoga has its own value. This is the reason why a large number of people rely on yoga for blood pressure issues. Yoga has the inherent capacity to put your blood pressure in control. A reliable treatment with yoga put together your body, mind and spirit; strengthen them as one creature rather than three split ones. This healing technique is very useful and helping lots of people all around the world in treating blood pressure issues with yoga.

Yoga exercises mainly forward bends are known to be the extremely effective for treating blood pressure. These unique blood pressure yoga exercises help improving the blood circulation to brain, calming the brain and body, and thus lowering the blood pressure in a natural way. With the help of these yoga blood pressure exercises, the complete nervous system and sensory system of the body gets unperturbed along with reduced pulse rate and results in stabilization of blood pressure.

Yoga prescribes a variety of yoga positions, asanas, and breathing exercises that help to control the blood pressure. Uttanasana and Adhomukha Svanasna are the most advantageous blood pressure yoga asanas that help you lower the blood pressure. These asanas make possible easy

circulation of blood into the aortic arch, thus helping to keep a normal blood pressure.

### #39. Eating chili appropriately can slim and reduce blood pressure

Recently, the scientists published a new research, pepper, this seasoning which can stimulate the human appetite also can reduce the blood pressure. This is good news for friends who like to eat chili.

The study by clinical investigation, found that the hypertension in southern of china is higher than the incidence in the northern, because the southern people are like to eat chili, although people in this two areas were eating the different amount of salt, it also influence. However, the research of animal experiments provide evidence for pepper reduce blood pressure. Those mice with high blood pressure because of a genetic defect, after intake capsaicin, the disorders alleviated. This is because the main ingredient in pepper, capsaicin can make the blood vessels of the protein kinase A and nitric oxide synthase phosphorylation levels were significantly increased, accompanied by increased plasma nitric oxide metabolite concentrations (this role with many antihypertensive drugs, the principle is the same, but more modest) promote vasodilation, so the blood pressure can be reduced.

In fact, for the development of the chili function has begun to study long time ago. Just like some time ago pepper to lose weight, the so-called with capsaicin ointment on the skin can promote fat burning, and take the sweat as evidence. However, previous studies clearly stated capsaicin inhibits the synthesis of fat, rather than to



promote the so-called "burning" consumption. In addition to the feeling of burning, chili does not do any good for losing weight. Pepper slimming creams has been able to make people sweat, because they can affect the distribution on the nervous system, known as TRPV1 ion channels, this nerve receptors is an important component of the regulation of body temperature, its exists can urge the brain to maintain the human body temperature at any time, when we were bacterial infecting and cause fever (increased body temperature to inhibit bacterial activity) it also have contribution. Capsaicin can directly stimulate the receptors in the brain to issue the command hypothermia, so the body will sweat.

Capsaicin has been misunderstood, eat chili will hurt stomach is a rumor. In fact, according to the studies by capsaicin manufacturer, the amount of capsaicin can promote stomach peristalsis and blood flow, and mucus secretion, repair gastric mucosa, stomach due to alcohol caused damage can be reduced to some extent. However, the truth too far is equally applicable here, If you eat too many peppers, the stomach's hot feeling is strong. What needs to be emphasized is that although the capsaicin is good, but we can not eat chili instead of drug, just like we could not eating yew bark (containing paclitaxel can kill cancer cells) to anticancer. We can not control the dose and purity of the active ingredient in the drug raw materials, this is the difference between drugs and pharmaceutical raw materials.

There are still a lot of controversy for the effect of capsaicin, the team of scientists client that some of the evidence submitted by the industry, such as capsaicin can increase the body's immunity, reduce intestinal diseases and so on, such declarations are lack of actual scientific basis.

#### #40. Canadian Pharmacy Links Systolic Blood Pressure with Heart Risks

Individuals with systolic blood pressure have varied readings in their left and right arms may be experiencing a vascular illness that could increase death threats. Canadian drugs though are available to alleviate this condition.

"This is an important [finding] for the general public and for primary care doctors," said Dr. William O'Neill, a professor of cardiology and executive dean of clinical affairs at the University of Miami Miller School of Medicine.

"Traditionally, most people just check blood pressure in one arm, but if there is a difference, then one of the arteries has disease in it," he said.

The arteries that run under the collarbone can get blocked, especially in smokers and diabetics, he noted. "If one artery is more blocked than the other, then there is a difference in blood pressure in the arms," O'Neill explained.

"Doctors should, for adults -- especially adult smokers and diabetics -- at some point check the blood pressure in both arms," he said. "If there is a difference it should be looked into further."

"Our findings suggest that a difference in [systolic blood

pressure] of 10 mm Hg or more, or 15 mm Hg or more, between arms could identify patients at high risk of asymptomatic peripheral vascular disease and mortality who might benefit from further assessment," the researchers concluded.

"Findings from our study should be incorporated into future guidelines for hypertension [high blood pressure] and blood pressure measurement," they added.

Another expert agreed that when it comes to blood pressure monitoring, both arms matter. And, as mentioned earlier if these readings are significantly different they can always opt to buy meds from the nearest Canadian pharmacy .

"These findings further reinforce blood pressure measurement guidelines of the American Heart Association, World Health Organization, International Society of Hypertension and European Society of Hypertension, which recommend that blood pressure should be measured in both arms at initial assessment," said Dr. Gregg Fonarow, a professor of cardiology at the University of California, Los Angeles, and spokesman for the American Heart Association.

He believes that, "individuals found to have differences in systolic blood pressure in between arms of greater than 10 or 15 mm Hg should undergo further vascular assessment." To buy Diovan is one of the best options in treating high blood pressure.

#41. The health value of chia seed

Chia seed is an emerging slimming health food, rich in nutrition, especially content-rich dietary fiber, 100 Ke chia seed containing 37.7 grams of dietary fiber, in addition to help you lose weight, but also help control blood sugar, blood lipids, auxiliary lowering blood pressure, it with very high nutritional value.

According to chia seed supplier, chia seed is Europe sage seeds, native to the Americas, from the whole of Mexico to the southwest of the Americas, an altitude of 4000 feet below the desert and desert regions can harvest a large number of wild chia seed. Historical records, in 3500 BC, chia seed as the main food of the Aztecs, chia seed may be used alone as a food, may also be blended together with other cereal edible. Indians also soaked chia seed in water for drinking, or research into powder, squeeze the oil as a staple food and even medicinal. To the Indians, they commonly use chia seed to treat gunshot wounds, infections, sore throat, skin allergies, stomach upset, body odor, prostate problems, constipation and obesity; feed chia seed to the woman who is about to give birth, maternal can be smooth to give birth to her child.

Chia seed used as a food has a long history, development and utilization of them as a health food is in recent years. The health effects of chia seed is from dietary fiber, and unsaturated fatty acids, antioxidants. Dietary fiber in the chia seed divided into a soluble dietary fiber and insoluble dietary fiber, insoluble dietary fiber from the skin, containing cellulose and lignin, helps prevent or relieve constipation; soluble dietary fiber from intrinsic ingredient, has been found help lower cholesterol and control diabetes. Adequate dietary fiber may be delayed gastric emptying, intestinal transit time change, the role of the soluble fiber in the intestines form a gel and the like leaving a slower absorption of glucose, can also

enhance the sensitivity of peripheral insulin receptor to the glucose metabolism, play the effect of regulating blood sugar level. Chia seed with strong water absorbing capacity so that become swell, heavier, stimulate intestinal peristalsis, prevent constipation. Dietary fiber can shorten the digestion time, reduce the intestinal absorption of these lipids, and can be combined with the bile, reducing the reabsorption of cholesterol, thereby reducing blood lipids, protect our cardiovascular and cerebrovascular. The dietary fiber in the chia seed also has a water absorption function, volume swells, becomes larger after absorbing water. In this way, the secretion of fluid and the large volume of dietary fiber in the gastrointestinal tract occupies a larger space, enhance satiety, to convey to the brain "I've had enough, do not eat" information to achieve the purpose of the control of food intake, play the effect of losing weight.

Chia seed is rich in unsaturated fatty acids, especially n-3 and n-6 series fatty acids, and a reasonable proportion of regular consumption can prevent essential fatty acid deficiency, very helpful to control of blood glucose, blood lipids, blood pressure, and cholesterol-lowering. Chia seed rich in vitamin E, vitamin C, and many antioxidant phytochemicals, can effectively remove free radicals, reduce free radical damage to cells, which play a role on protecting cardiovascular system health, the prevention of coronary heart disease, atherosclerosis and other cardiovascular diseases.

Chia seed as an emerging health food and pharmaceutical raw materials is welcomed by more and more people. Chia seed is particularly suitable for obese people, regularly eat it can significantly reduce the weight. Chia seed is convenient for eating, take 5 grams (one teaspoon) into the cup, add 300ml water, after soak for half an hour, drinking 1-4 times a day, pre-dinner edible can play a good role in weight loss, especially suitable for busy working people.

## #42. Diabetes, Blood Pressure And Bad Cholesterol Cause Heart Ailment

Just a little care and a little awareness is all it takes to keep heart diseases at bay. If you are suffering from blood pressure problem and diabetes, which is a chronic disease of insulin deficiency or resistance, you are more prone to heart disease.

Diseases are best fought when those in the high-risk bracket understand as to what are the risk factors involved. It is true that you cannot avoid the genetic factor but you can still keep the situation in your control by making a few changes in your current approach to life and living.

Bad Cholesterol is supposed to be a major culprit in case of heart diseases. It is a type of a lipid, a soft, fat-like substance. Atherosclerotic plaque, which can cause blockage of blood flow in the arteries and can also cause heart attack, can develop due to excess of cholesterol. Popular by the name of Bad cholesterol, LDL cholesterol gets deposited on the walls of arteries and is transported to different sites throughout the body where new hormones are developed and cell membranes are repaired. On the other hand the Good cholesterol called HDL cholesterol, carries cholesterol to the liver where the alteration process is done, after which it is removed from the body.

According to the physicians, the blood pressure level of a normal person is less than 130 mm Hg for systolic blood pressure and less than 85 mm Hg for diastolic blood pressure. Every individual should get his blood pressure

checked at least once in every two years so as to know the status, and if any increase is found, the treatment should be started forthwith. If your blood pressure level is little higher than normal then get it checked once a year, and take good care if it is very high and then get multiple measurements to check out whether it remains that high all the time or fluctuates. Immediate medical attention is a must in such cases.

If you are suffering from diabetes, which is a chronic disease of insulin deficiency or resistance, then you are more prone to heart disease. On the other hand if you are suffering from type 2 diabetes then you can easily avoid it by losing your weight either through exercise or by taking balanced nutrition.

If you smoke, stop smoking immediately because it affects your lungs very badly, and not just heart diseases, it may also lead to many other problems.

### More Resources to Controlling Your 'High Blood Pressure'

Note: Click or Copy & Paste the link into your browser.

The Blood Pressure Solution - Lower High Blood Pressure Naturally!

<http://tinyurl.com/k5uxc54>

Take control of your life and be healthy.

Thank Your,

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