


Unleash the Power of Nature: Your Guide to High Blood Pressure Control Natural Ways

Life's Simple **7**

HOW TO MANAGE BLOOD PRESSURE

1. UNLOCK AND READINGS AND LEVELS

Tip: Tip to measuring blood pressure is to understand what the blood means. The numbers (systolic blood pressure, diastolic, high blood pressure (hypertension), and hypertension grade).



Blood pressure is typically recorded as two numbers, written as a ratio like this:

117

76

Systolic: The top number, the higher of the two numbers, indicates the pressure in the arteries when the heart contracts the heart muscle contracts.

Diastolic: The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is relaxing between heart beats.

Read at 117 over 76 indicates a diagnosis of primary hypertension.

THE AHA DEFINES THESE CATEGORIES AS:

Blood Pressure Category	Systolic (mm Hg)	Diastolic (mm Hg)	AHA Category
Normal	Less than 120	Less than 80	Low Blood Pressure
Elevated Blood Pressure	120-129	Less than 80	Low Blood Pressure
High Blood Pressure (Stage 1)	130-139	80-89	Low Blood Pressure
High Blood Pressure (Stage 2)	140 or higher	90 or higher	Low Blood Pressure
Very High Blood Pressure	160 or higher	100 or higher	Low Blood Pressure

3. TIPS FOR SUCCESS

EAT SMART

Follow a healthy eating pattern that emphasizes fruits and vegetables, and leaner whole grains, low-fat dairy, and healthy proteins and fats. Limit sodium, body and drinks, fully or processed meats, salty foods, and highly processed foods.

GET ACTIVE

Physical activity helps control blood pressure, weight and stress levels.

MANAGE WEIGHT

If you're overweight, even a slight weight loss can prevent high blood pressure.

QUIT SMOKING


Every time you smoke, it can cause a temporary increase in blood pressure.

LEARN THE SALTY SIX


Limit the amount of sodium you're eating each day. Learn the Salty Six — common foods loaded with excess sodium:

- Cold Cuts & Cured Meats
- Pizza
- Soup
- Breads & Rolls
- Sandwiches
- Burritos & Tacos


2. LEARN AND TRACK LEVELS



Check



Change




Control

Monitor your blood pressure regularly and make adjustments. Check, Change, Control helps track and manage progress in achieving blood pressure goals. Call 1-800-277-3389 for more information.

HEALTH SCREENING SERVICES

Available at a Local Laboratory Service Provider



High blood pressure, also known as hypertension, affects millions of people worldwide and poses a significant health concern. It can lead to serious complications such as heart attacks, strokes, and kidney failure if left

untreated. While conventional treatments like medications can effectively lower blood pressure, they often come with side effects and may not be suitable for everyone.



High Blood Pressure Control: Natural Ways

by Om Krishna Uprety

★★★★☆ 4 out of 5

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This comprehensive guide, "High Blood Pressure Control Natural Ways," offers a holistic approach to managing high blood pressure through natural therapies and lifestyle modifications. It empowers you with the knowledge and tools you need to take control of your health and significantly reduce your risk of cardiovascular complications.

Part 1: Understanding High Blood Pressure

1.1 What is High Blood Pressure?

High blood pressure occurs when the force exerted by blood against the walls of your arteries is consistently elevated. Normal blood pressure is considered to be less than 120/80 mm Hg, where 120 represents the systolic pressure (when the heart beats) and 80 represents the diastolic pressure (when the heart rests between beats).

1.2 Causes and Risk Factors

The causes of high blood pressure are often unknown, but certain risk factors can increase your chances of developing it, including:

* Age (over 65) * Family history * Obesity * Physical inactivity * Smoking * Excessive alcohol consumption * Stress * Certain medical conditions (e.g., kidney disease, diabetes)

Part 2: Natural Therapies for High Blood Pressure

2.1 Dietary Modifications

Diet plays a crucial role in managing blood pressure. Focus on consuming a healthy, balanced diet rich in fruits, vegetables, and whole grains. Limit processed foods, sugary drinks, and excessive salt intake.

2.2 Exercise and Physical Activity

Regular exercise helps lower blood pressure by improving circulation and reducing stress. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

2.3 Stress Management

Stress can trigger blood pressure spikes. Engage in stress-reducing techniques such as yoga, meditation, or deep breathing exercises.

2.4 Herbal Remedies

Certain herbs have been found to have anti-hypertensive properties. Hawthorn, garlic, and hibiscus tea are commonly used to lower blood pressure. However, consult with a healthcare professional before using herbal supplements.

2.5 Acupuncture

Acupuncture, an ancient Chinese practice, involves inserting thin needles into specific points on the body. It has been shown to help regulate blood pressure and reduce stress.

Part 3: Lifestyle Modifications

3.1 Weight Management

Excess weight puts stress on the heart and blood vessels, contributing to high blood pressure. Losing even a small amount of weight can significantly improve blood pressure control.

3.2 Quitting Smoking

Smoking damages blood vessels and raises blood pressure. Quitting smoking is essential for overall cardiovascular health.

3.3 Limiting Alcohol Intake

Excessive alcohol consumption can increase blood pressure and interfere with medications. Limit alcohol intake to moderate levels.

3.4 Regular Checkups

Regular blood pressure monitoring is crucial to track progress and adjust treatment as needed. Get your blood pressure checked regularly by a healthcare professional.

"High Blood Pressure Control Natural Ways" provides a comprehensive roadmap for effectively managing high blood pressure without relying solely on medications. By embracing natural therapies and adopting healthy

lifestyle habits, you can significantly reduce your risk of cardiovascular complications and improve your overall well-being.

Remember, it's essential to consult with a healthcare professional before making any significant changes to your diet or supplement regimen. Together, you can develop a personalized treatment plan that addresses your specific needs and helps you achieve optimal blood pressure control naturally.



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