

Blood Pressure Health



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Introduction

Your heart pumps blood throughout your body using a network of tubing called arteries and capillaries which return the blood back to your heart via your veins. Blood pressure is the force of the blood pushing against the walls of your arteries as your heart beats.

There are two types of high blood pressure, primary hypertension and secondary hypertension. Primary hypertension accounts for 95% of hypertension and has several contributing factors. Secondary hypertension occurs when there is a malfunction in one of the body's organs or systems.

Primary (or essential) hypertension can be attributed to a variety of factors. Roughly 30% of cases can be attributed to genetic factors. For example, high blood pressure affects more African-Americans than Asians or Caucasians. In addition, there can be a hereditary factor. You're twice as likely to suffer from high blood pressure if either of your parents had it.

Symptoms of High Blood Pressure

Physical symptoms of high blood pressure can often confuse an attending physician since these symptoms can vary and they can also apply to numerous other medical conditions. This is why it's so important to go through a thorough examination whenever there's an illness, and why your physician will always check your blood pressure. High blood pressure problems are often discovered when a patient visits the doctor with completely different symptoms.

If high blood pressure is left undiagnosed for any period of time, depending on its severity it can cause untold problems for the major organs of the body. This can include cardiac problems, liver disease, and kidney disease. It can also include stroke and even vision.

Physical symptoms of high blood pressure include:

- Headache,
- Ataxia (Difficulty with walking)
- Convulsions.
- Blurred Vision
- Tremors
- Giddiness

It's easy to see how some of these symptoms can be mistaken for other medical issues. In fact, high blood pressure can often be a symptom of another, bigger health problem. This is why it's always important that a patient exhibiting any of the above symptoms undergo a thorough examination.

For example, some of the symptoms mentioned above can also relate to diabetes. Unfortunately, they can also mimic the signs of someone who is very drunk. In fact, there have been occasions when someone suffering from the side effects of high blood pressure has gone untreated because it has been assumed they were under the influence of alcohol.

If there has been cardiac damage as the result of high blood pressure, a sufferer may complain of lethargy and tiredness after minor exertion. He or she may become breathless and clammy with perspiration. At first glance, it may simply appear that the patient is out of shape. However, closer examination should uncover the underlying problem and the urgency of the situation.

Other physical symptoms of high blood pressure may relate to excretory organs such as the kidneys. Patients may complain of pain when passing urine, or

there may be an increase in frequency. Dehydration and dullness of the skin due to a loss of electrolytes in the body may also become symptoms.

As mentioned above, high blood pressure can also cause vision problems. Tiny, delicate blood vessels supply blood to your eyes. High blood pressure can damage these vessels. Damaged enough, the blood vessels can leak or become blocked, resulting in retinopathy, bleeding in the eye, swelling of the optic nerve, blurred vision and even complete loss of vision.

Finally, other physical symptoms of high blood pressure may also include a person becoming increasingly lethargic and reluctant to move or participate in any activity. Sufferers may also show signs of clinical depression.

Heart Disease & High Blood Pressure



From the day we are born, to the day we die our heart never stops its ceaseless pumping of oxygenated blood throughout the body. Amazingly it contracts between 70 - 80 times per minute, day and night, for a typical lifespan of 70 years. For many individuals it beats even longer. The muscular walls do get an occasional respite during the diastolic phase, but it is only a temporary respite.

Because the heart is never given time to recover from its arduous exercising, it requires a constant supply of oxygen. If you're in poor physical condition and decide to run for a bus, for example, your heart and lungs would be unable to meet the sudden demand for extra oxygen rich blood. As a result, your leg muscles can't receive the oxygen they need, and you'll likely experience pain or leg cramps.

However, on the positive side, you can rest the muscles in your legs and give them the opportunity to recover from their exertion.

Unfortunately, your heart doesn't have this luxury. If the muscles of your heart were to rest, your entire body would stop functioning and you'd die in a very short time.

Here's how your heart works ... the coronary arteries which transport the blood to the walls of the heart emerge from the aorta which exits from the left side of the heart. The heart tissue becomes infused with the blood, and pumps the remaining blood out to other areas of the body. Problems arise when plaque seriously limits the cardiac output.

One of the more serious consequences of hypertension (or high blood pressure) is cardiac damage. This results when the pressure of the blood going through the heart is abnormally high, and eventually the heart can't cope with the prolonged and systematic pressure. It will eventually begin to fail, often with devastating results.

Once the heart is damaged as a result of high blood pressure, other problems can develop. These may include heart disease such as angina, or even a heart attack with all the accompanying symptoms and problems.

Can Anxiety Affect Your Blood Pressure?

As we briefly mentioned above, assessing your blood pressure readings can be trickier than it might at first appear. It's the numerous variables that come into play that make it so tricky. In order for your doctor to gain a complete picture of your specific situation, he needs to be aware of the impact these variables may be having on your system.

Here's a short list of factors that can affect your blood pressure reading:

- Your Emotional State
- Exercise
- Respiration
- A Recent Heavy Meal
- Smoking
- Your Alcohol Intake
- The Room Temperature
- Pain
- Bladder Problems
- Circadian Rhythms
- Your Age
- Your Gender
- Your Race

As surprising as it might sound, anxiety can raise your blood pressure by as much as 30mm Hg. Even anxiousness about visiting the doctor or about how well you'll do when he takes your blood pressure can cause an instinctual fight or flight response that raises your blood pressure. The more anxious you are, the greater the impact on your readings.

So always keep in mind that you should be relaxed and comfortable when your blood pressure is taken. If you have the opportunity to sit in a quiet room, at a comfortable room temperature, and maybe thumb through a favorite magazine beforehand, take advantage of this opportunity to settle down and put aside your fears. You want your doctor to have the best information possible before prescribing any medication, and the best way to make sure your blood pressure readings are accurate is to put aside your anxieties.

The more comfortable you are with your surroundings and with the person taking your blood pressure, the more accurate your readings. In fact, it's been found that your blood pressure measurements are generally higher when taken by your doctor, and to a lesser degree, even your nurse. This is known as the

"white coat syndrome" and it's something to be aware of next time you go to see the doctor.

You should also be aware of your respiration and pulse rate since both can affect your blood pressure reading. If you had to climb a set of stairs to get to your doctor's office and your heart is racing, make sure you have at least fifteen minutes to relax and settle back into a comfortable resting pulse rate before your blood pressure is checked.

Finally, learn as much about your blood pressure as you can ahead of time. This will generally put your fears to rest. And if you have any questions or concerns, ask your doctor. He should be able to give you a thorough explanation of how your blood pressure works and how it might or might not affect any existing medical conditions you may have.

Blood Pressure Ranges

Blood pressure ranges are not necessarily the same for everyone. There are varying factors that need to be taken into account. For instance, age, race, health and gender all influence a healthy blood pressure reading.

However, blood pressure ranges do provide an important perspective in the diagnosis of many diseases. So, in general terms, a healthy person should have a systolic pressure no higher than 120 mm of Hg and a diastolic pressure approximately 80 mm of Hg.

120/80 is considered to be a text book classic blood pressure of an average person.

An experienced medical practitioner will often interpret a patient's blood pressure range with the understanding that some patients become excited or agitated simply by having their blood pressure taken. Therefore, a slightly elevated range may not necessarily be a concern in all situations. This is why your physician not only takes your blood pressure every time you visit the office, but also encourages you to come in for periodic readings even when you're feeling fine. The more data he can assemble over time, the more he can determine if there is reason for concern or not.

A systolic blood pressure ranging from 140 mm to 159 mm, along with a diastolic blood pressure ranging from 90 mm to 99 mm is known as *stage one high blood pressure*. Similarly, a systolic blood pressure of 160 or higher, along with a diastolic blood pressure of 100 higher, is known as *stage two high blood pressure*.

The higher end of a blood pressure range in a healthy person is normally expected to remain below a systolic pressure of 125 mm. Systolic pressure measures the compression capacity of cardiac tissues in a person's body coupled with the free flow of blood in their arterioles and arteries.

Similarly, the lower end of a healthy blood pressure range is expected to remain at or below 80 mm. A persistent low diastolic blood pressure range between 85 and 90 may warrant your physician to prescribe an anti-hypertensive drug. This is even more important if the condition is linked to symptoms pertaining to cardio-vascular disorders such as feelings of intense pain in the body, increased sweating or with symptoms related to the end organ damage in body.

How to Take Your Blood Pressure

With almost 80 million Americans affected, hypertension has become a major health issue. As we've already mentioned, unlike many other diseases, hypertension or what is commonly referred to as high blood pressure arrives in silence, attacking at times when it's least expected.

Hypertension does not have any symptoms specific to the disease. Its crop of usual symptoms such as headaches, dizziness, nausea, muscle cramps, weakness and nosebleeds can just as easily be the symptoms of numerous other medical problems. Some sufferers exhibit no symptoms at all. In fact, for most people, symptoms don't show themselves until the situation is already life-threatening.

The significance of this is further highlighted by the fact that high blood pressure is essentially a lifestyle disease. Unlike other medical problems brought on by viral or bacterial infection, high blood pressure often grows worse as the result of the lifestyle of the sufferer.

Because of the lack of symptoms, experts advise those who are 35 years and older to have their blood pressure checked regularly.

Blood pressure is determined through the use of a sphygmomanometer.

Here is a step-by-step guide to help you take your own blood pressure.

1. Sit down and relax. Make sure there's a table beside you where you can rest your arms.
2. Bend your elbow and make sure it's parallel to your heart. Some experts recommend the use of the left arm for testing while some recommend both arms.
3. Gently place the stethoscope in your ears.

4. Wrap the cuff around your arm. To do this, slip the top part of the cuff through the metal bar attached to the cuff. Secure it by using the Velcro.
5. Make sure the cuff is snug without being so tight that it cuts off your circulation. Otherwise, you risk a false high blood pressure.
6. Place the round black dial of the stethoscope just above the bend of the arm.
7. Look for a little clip at the back of the sphygmomanometer where the pressure gauge is and attach that clip to something sturdy, oftentimes a hardcover book on the table. It's important that you secure the gauge and to keep it anchored and stable.
8. Tighten the valve at the base of the rubber bulb by turning it clockwise to shut it off.
9. Pump the bulb using slow but steady pressure until the needle on the gauge is 20 to 30 points above your usual systolic.
10. Gently begin turning the bulb's valve counterclockwise to release the air.
11. As you do this, keep an eye on the gauge and listen for a thumping sound. When you hear the first thump, the gauge value is the systolic number. The gauge value indicated when the thumping fades to silence is the diastolic number.

Combating the Silent Killer

High blood pressure is one of the ten (10) leading causes of death in the world. Based on studies, it will have a 60% increase by year 2025 when it will hit the third world countries worst.

These are some of the most common medications used to help control high blood pressure and its negative impact on health:

Diuretics – also commonly referred to as water pills, these are solvents that flush the toxins from the kidneys

Beta Blockers – also referred to as beta-adrenergic blocking agents, these medicines block the effects of a person's adrenaline, causing the heart to beat slower and with less force, thereby reducing blood pressure.

Ace Inhibitors – angiotensin is an enzyme which produces a hormone that can cause the muscles around the blood vessels to contract. Ace Inhibitors inhibit the production of this hormone, which allows the blood vessels to expand and the heart to pump blood easier.

Angiotensin Antagonist – similar to Ace inhibitors, these prevent the veins from narrowing. They are primarily used for the treatment of hypertension in those situations when the patient is intolerant of ACE inhibitor therapy.

Calcium Channel Blockers (CCBS) –prevent calcium from entering the blood vessel walls, thus relaxing and widening the blood vessels and lowering blood pressure.

Alpha Blockers – help to relax the muscles and keep small blood vessels open by blocking the hormone norepinephrine. This improves blood flow and lowers blood pressure.

Alpha Beta Blockers – almost the same as Alpha blockers except that these work to slow the heartbeat, resulting in a reduction of the blood pumped through the heart and a reduction of the blood pressure.

Nervous System Inhibitors – relax blood vessels by controlling nerve impulses. This causes the blood vessels to become wider and the blood pressure to go down.

Vasodilators – medications that open the blood vessels. They prevent the muscles in the walls of your arteries from tightening and narrowing. The result is a more fluid blood flow, less effort on your heart to pump the blood, and a reduction in your blood pressure.

While excellent medications continue to come onto the market, the very best medication is taking care of your body before it requires additional help. A good diet, a properly maintained body weight, and regular exercise can all help normalize your blood pressure.

Natural High Blood Pressure Remedies

Most natural high blood pressure remedies come with very negligible or even no side effects. This is one of the reasons they appear so attractive to someone suffering from the condition.

So let's take a look at some of the more common natural remedies ...

Garlic not only helps to lower blood pressure but it also helps to reduce your cholesterol level. Extensive research has been conducted on garlic and it's been found to be very useful as a natural alternative to helping control blood pressure.

Coriander Leaves in a cup of water may help reduce blood pressure. They should be taken on an empty stomach and preferably in the early morning. They are even more effective when coupled with fresh curry leaves.

Cumin Seeds are considered one of the major natural remedies for high blood pressure.

Ginger is also considered an excellent natural remedy.

Onions have been found helpful in reducing high blood pressure. Onion juice, along with honey, should be taken daily. All these remedies should also be taken on an empty stomach. This helps in the absorption and assimilation. Finally, consuming plenty of greens and vegetables has also been shown to help reduce blood pressure.

Natural remedies are relatively effective, with dramatically reduced side effects as compared to many of the medicines normally administered (such as angiotensin converting enzyme inhibitors or diuretics like Frusemide) for high blood pressure.

Many pharmaceutical companies are exploring ways to identify natural remedies for high blood pressure and determine the active principles in those particular remedies to see if they can be duplicated. This would be an excellent step forward in reducing unwelcome side effects inherent in many medications available today.

Of course, natural remedies should be used in conjunction with a healthy lifestyle of proper eating, weight maintenance, and regular exercise. And

always work closely with your health care provider in developing the proper course of action in dealing with your high blood pressure, whether you're using natural remedies or prescription medicines.

Before you embark on a natural treatment, you must first check with your doctor to make sure it won't interfere with your current medications or it won't interact negatively with your current medications. In addition, herbs and natural remedies can have their own set of side effects and if not used properly can be harmless. So always check with your doctor first.

If you're interested in a safe, natural alternative to using medications for controlling your high blood pressure, you might wish to consider [The High Blood Pressure Remedy Report](#). It will teach you exactly how to stop high blood pressure and eliminate your risk of a heart attack or stroke, in just a few short days, using a step by step natural home remedy - with no worry, no wasted money, and no harmful drugs.



Keeping Your Heart Healthy

Learning about hypertension

Hypertension, or high blood pressure, is a condition **caused when constricted arteries decrease blood flow** and makes it more difficult for the heart to pump blood and nutrients throughout the body.

In most cases, hypertension has no known cause, though it may be triggered by factors such as obesity, excess alcohol consumption, high sodium intake or stress. In about **5% of cases**, high blood pressure is caused by **kidney or liver diseases or as a side effect of certain medications**.

Blood Pressure

Blood pressure is measured by taking the pressure in the arteries when the heart contracts (**systolic blood pressure**) and the pressure in the arteries when the heart relaxes (**diastolic blood pressure**).

Normal blood pressure is below 120 (systolic)/80 (diastolic). Blood pressure between 120/80 and 139/89 is considered borderline high (known as pre-hypertension), and **high blood pressure** is any measure greater than 140/90.

Hypertension Symptoms

Initially, there are almost no hypertension symptoms. In some cases, **symptoms such as dizziness, headaches or blurred vision may signal hypertension**, but usually it is only discovered when blood pressure is measured. Over time, hypertension can cause the heart and kidneys to become damaged.

People with high blood pressure are also at higher risk for developing **hardening of the arteries, eye damage and stroke**. Hypertension remedies include **medications, diet**

modifications and lifestyle changes.

ACE inhibitors are medications used to regulate blood pressure by blocking enzymes that take part in chemical reactions that constrict blood vessels. **Beta-blockers** are used to slow heart rate and lessen the impact on constricted arteries.

Diuretics are medications used to **remove salt and fluid from the body** in order to reduce swelling which can put pressure on blood vessels. Calcium channel blockers and alpha-blockers are other hypertension medications that prevent the contraction of blood vessels by preventing parts of the chemical reactions that control this process.

Changes in diet and lifestyle are also effective hypertension remedies. **Lowering salt intake** can lower blood pressure in sodium sensitive people. **Decreasing caffeine** intake is effective as well, since caffeine constricts blood vessels.

Lowering fat intake can help people with hypertension lose weight, which is linked to a decrease in blood pressure.

Relaxation Techniques

Relaxation techniques, such as **yoga and meditation** can reduce stress-related hypertension. People with stress-related hypertension can also learn **stress management techniques** that may help lower blood pressure.

A variety of **nutritional and herbal supplements** have been found useful for treating hypertension as well. In particular, **garlic, hawthorn, and coenzyme Q-10 supplements** are widely used by herbalists to treat hypertension.

Antioxidant vitamins, the minerals **calcium, magnesium and potassium, and omega-3 fatty acids** are also linked to lower blood pressure. These nutrients should be abundant in a healthy diet, especially for people with hypertension.

Help for Hypertension

We have discovered a natural remedy to help with Hypertension.

[High-Rite](#) contains herbs which have been carefully selected to balance and regulate blood pressure.

Some of the ingredients in **High-Rite** specifically target blood vessels which have become constricted and others improve the heart's ability to **pump blood effectively**, while also treating and **preventing plaque build up** in the arteries.

Try [High-Rite](#) today and increase your energy, calm and soothe stress and nervous tension and improve overall feelings of well being.

High cholesterol can present a dangerous situation, as cholesterol buildup could lead to **heart disease**, which affects nearly 61 million Americans.

As we mentioned on our Lower Cholesterol Naturally page, it is important to note that over 75% of the body's cholesterol is produced internally by the liver.

High Cholesterol - What is LDL & HDL cholesterol?

Despite all the negative press, **cholesterol is an important part of proper bodily function**. Cholesterol is a non-soluble waxy substance which your body needs to make hormones, cell walls and nerve sheaths.

There are two types of cholesterol, one is bad, one is good. Following is a brief description of each.

1) Bad Cholesterol (LDL) - LDL cholesterol attaches itself to artery walls, creating plaque that can build up and **eventually block your arteries**, which could result in a **heart attack** or stroke. If you have high cholesterol you should try to lower LDL cholesterol.

2) Good Cholesterol (HDL) - HDL cholesterol travels around in your bloodstream, picks up excess LDL cholesterol and brings it back to your liver to be reprocessed. Therefore, **HDL cholesterol is cleaning out your body**...high HDL cholesterol is good.

In summary, when you are considering a diet for lowering high cholesterol, you should only be **avoiding food with high LDL cholesterol, not HDL cholesterol**.

High Cholesterol - What should you eat to lower cholesterol?

A healthy diet for high cholesterol should follow the following tips:

1. Limit your intake of **trans fats**, found commonly in margarine, even the so-called "healthy" varieties.
2. Reduce your intake of **hydrogenated oils** and unsaturated fat, found commonly in refined and processed foods. The saturated fat in eggs and butter is actually essential for the body, so no need to avoid them.
3. A low fat, low cholesterol diet can be dangerous because it can lower HDL (good) cholesterol, and have minimal impact on LDL levels. So a **low fat diet can actually make matters worse**.
4. Take **Omega 3 essential fatty acids**, found commonly in organic flax oil and cod liver oil. Omega 3's are necessary for proper function of your heart.

4. Use **Extra Virgin Olive Oil** when you cook if possible, as it has been shown to help lower LDL cholesterol and raise HDL cholesterol.

5. Add **garlic** to your cooking and dishes. It has been shown to lower LDL cholesterol as well.

High Cholesterol - How can you lower your body's cholesterol levels?

As we mention above, **only 25% of your body's cholesterol comes from your diet**. So along with following a healthy diet to lower high cholesterol, it is also necessary to maintain cholesterol levels within the body itself.

There are **prescription medications** called statins that can lower LDL cholesterol levels, but there are often **dangerous side effects** that can occur. You can read about the side effects of statin medications on our site.

Fortunately, there are natural herbs, vitamins and minerals that can help lower LDL cholesterol and raise HDL cholesterol in the body. They have been shown to be safer than prescription medications. These nutrients can be helpful along with a diet to lower high cholesterol.

For a special nutritional product that can help significantly decrease high cholesterol safely and naturally, just click the link and find out more.

Best Herbs to Lower High Cholesterol

Guggulipid - an ancient Indian herb that has been shown to lower high cholesterol and triglyceride levels. Guggulipid reduces LDL (bad cholesterol) levels and has performed better than modern drugs in several trials.

Turmeric - a powerful herb used in curry dishes, turmeric contains curcumin which lowers LDL levels and improves blood circulation.

Green Tea - among its many therapeutic benefits green tea has been shown to lower the amount of LDL's in the blood stream, and aids in the prevention of blood vessel constriction.

Olive Leaf - native to the Mediterranean region, studies have shown that olive leaf extract may lower high cholesterol levels, as well as facilitate blood flow and lower blood pressure.

Ginger - according to a study in the New England Journal of medicine, ginger helps reduce high cholesterol in the body. This powerful herb used often in Chinese cooking also helps lower blood pressure and thins the blood.

Other Important Nutrients to Lower High Cholesterol Naturally

Policosanol - a powerful extract from sugar cane wax that has been widely studied. Policosanol has been shown to lower bad cholesterol (LDL) and increase good cholesterol (HDL).

Chromium Polyniconate - this organic version of chromium can help lower LDL cholesterol and triglycerides, as well as raise HDL (good) cholesterol.

Niacin (Vitamin B3) - in high dosages niacin has been shown to help reduce total cholesterol levels.

An Ideal Supplement for Lowering High Cholesterol

We have found a comprehensive cholesterol lowering product that we believe is ideal. It contains all of the natural cholesterol lowering herbs and nutrients we mention above in a perfectly balanced formula.

We thoroughly researched the company that makes this natural formula and have found that they adhere to strict GMP compliance, which is the highest manufacturing standards in the world. This ensures the quality and effectiveness of the ingredients.

Also, they only use standardized herbal extracts, the purest herbal extracts with the highest potency and therapeutic benefits.

It contains a synergistic blend of cholesterol lowering herbs and minerals along with essential vitamins, minerals and nutrients to help lower cholesterol naturally as well as promote general well-being and health.

The product is a special cholesterol lowering formula with ingredients that can lower LDL cholesterol levels and raise good HDL cholesterol levels.

We also found a product that works in conjunction with the cholesterol lowering formula called Total Balance which acts to improve heart health as well as promote general well-being.

Some of our editors as well as our visitors have experienced success with the Cholesterol Lowering Formula as well as Total Balance to lower cholesterol naturally and other therapeutic benefits. They have taken these products in addition to following an exercise program and a low cholesterol diet.