

Blood Pressure

some help...

Owen Jones



Contents

Blood Pressure

Owen Jones

Table of Contents

Why Do We Develop High Blood Pressure?

Blood Pressure Medication

Five Tips On Health And Sickness

Blueberries - Are They A Super Fruit?

Diastolic And Systolic Blood Pressure

3 Soups To Reduce Blood Pressure

Essential Dietary Oils

Blood Pressure Control Is Health Control

Finding The Right Home Blood Pressure Monitor

High Blood Pressure In Adolescents

How To Give A Soothing Massage

How Does Exercise Help Your Blood Pressure?

How To Keep Your Resolution To Lose Weight

Monitoring Your Blood Pressure At Home

Home Remedies For Stress And Anxiety

How To Prepare To Meditate

How Meditation Can Help You Stop Smoking

Blood Pressure

Some help...

by

Owen Jones

Published by Megan Publishing Services

<http://meganthemisconception.com>

Copyright Owen Jones 2022 ©

Hello and thank you for buying this book called ‘Blood Pressure: some help...’.

I hope that you will find the information helpful and useful.

The contents of this book on blood pressure, diet, exercise and related subjects is organized into 17 chapters of about 500-600 words each.

Not many people these days over the age of forty have not had to start to deal with the problem of high blood pressure. From my own circle of friends, I know two ladies who were hospitalised through it. One had a stroke and the other developed a kind of ‘temporary dementia’.

Not only that, but the age at which people, especially in the West are becoming affected is dropping. Our sedentary lifestyles – computers and televisions – and junk food – high sodium intake – are often blamed.

This booklet will help you to self-treat your high blood pressure or prevent it occurring in the first place.

As an added bonus, I am granting you permission to use the articles on your own website or in your own blogs and newsletter, although it is better if you rewrite them in your own words first.

It seems that everybody over the age of around forty is having issues with their blood pressure. There is such a thing as having low blood pressure, but the difficulty sweeping Western society for the last twenty-five to thirty years is high blood pressure, which is also known as hypertension in medical jargon.

Hypertension is a dangerous medical condition which can kill if not treated, but it is frequently an indication of leading a poor lifestyle, so a sufferer can usually avoid hypertension by making a couple of lifestyle alterations. The time to instigate these changes is as soon as you can, because the changes are sensible ones, but young bodies can endure more abuse than older ones, so it is a good idea to keep an eye on your blood pressure from your mid thirties.

Age and ethnicity are factors in hypertension and there is obviously nothing you can do about that, but the other factors are beneficial for everyone, because they just involve living a healthier lifestyle.

Being plump is a major factor in creating high blood pressure. The answer is evident - if you are overweight, lose those surplus pounds. Losing just ten pounds can reduce your blood pressure significantly.

Being inactive is another major factor in developing hypertension and is, of course linked, with being overweight. Therefore, you can kill two birds with one stone by exercising more in order to lose weight. Eating excessive amounts of sodium (table salt) is another factor, so this offers another chance to 'double up'.

When you are attempting to lose weight in order to help reduce your hypertension, incorporate reduced-sodium recipes into your cooking routine. There are lots of low-sodium or low-salt recipes on the Internet and once you have been eating low-sodium for a week or ten days you will ask yourself why you ever used salt in the first place.

Salt is naturally present in some foods more than others, so you will have to get some guidance in the beginning, but merely not adding any salt or sugar to any of your food or drink is a decent beginning. Eating more fresh fruit and vegetables is another obvious thing to do. Try not to use canned foods

as salt is often used to ‘pump up the flavour’ and preserve cheap ingredients in tins.

Smoking is bad for you. We all know that, however it also increases blood pressure and so does drinking too much alcohol on a frequent basis. These are problematic lifestyle changes to master, yet you could at least cut down.

Stress, fear, anger, worry and sleeplessness are also factors that raise hypertension and it is easy to see that they could all be interrelated. It is often said that exercise reduces stress and so that might now have a triple benefit. If you suffer from stress, meditation or yoga might help you too.

In short, it is possible to do something about your hypertension. Some of the changes are not simple, yet merely doing something on all these fronts will have an impact and perhaps keep you off medication for the remainder of your life.

Blood Pressure Medication

If you are suffering from high blood pressure, otherwise called hypertension, and you failed to manage it by making lifestyle alterations, then you will almost certainly be taking blood pressure medication. This medicine is vital to keep the ‘Silent Killer’ at bay.

Therefore, it is equally important to take the tablets on a regular basis, because otherwise the blood pressure will begin to increase fairly rapidly even within twenty-four hours of missing taking the blood pressure medication.

So, how do you make sure that you keep in mind to take the tablets as prescribed by your GP? It can become difficult for those individuals who have a bad memory, a busy lifestyle or many tablets to take. Some individuals buy pill boxes with the numbers one to thirty-one on different compartments, so that they can see whether they have missed a day. This is a good concept which works well for most people.

Others store their medication on the rack in the bathroom next to their toothbrush, so that they cannot help seeing their blood pressure medication.

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <http://www.ebooks2go.com>