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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Dealing With Low Blood Pressure

By Sharon Hopkins

Low blood pressure happens when the blood flow to the brain and other vital organs falls short, due to low pressure in the blood. Some common causes of low blood pressure are dehydration, heavy meal, severe infection, heart attack, heart failure or pregnancy. You will notice some common sign and symptoms like dizziness, lack of concentration, nausea, blurred vision and many more.

– Home Remedies for Low Blood Pressure

- Drink as much water as you can. Dehydration minimizes the blood volume which causes the drop in pressure. Drink one glass of water per hour; this would help to keep your body hydrated.
- Keep your knees flexed as this helps in bringing the pressure back to normal.
- As you warm-up before exercising it is very important to cool down after exercising. Stopping in the middle of an exercise routine can drop your pressure, so avoid it.
- Drinking alcoholic beverages does not help the low blood pressure condition. Drink healthy juices or any non-alcoholic drinks which can make your life healthy and lot less complicated.
- Salt is good for low blood pressure. You can increase your salt intake, but this increase in salt may vary from person to person.
- While sleeping keep your head elevated as this may help to adapt to an upright position.
- Be health conscious and do stretching exercises which helps to keep a tab on the pressure level. You can squeeze your fists and pump your stomach a few times to help this problem.
- A larger meal causes the blood to rush towards the digestive area leading to insufficient supply of blood to other organs. Emphasis on smaller meals, as this would help to provide proper flow of blood in the entire body.

Dealing With Low Blood Pressure

- Take a walk after your meals. This helps in bringing the blood pressure level to normal.
- Ginseng is a Chinese root, even though its benefits are still unclear, it has been said that it helps in improving low blood pressure.
- Soak 10 small raisins in bowl of water overnight. Chew each raisin at least 30 times before swallowing it. Continue doing this for a month.
- Soak 5 pieces of almond in water and keep it overnight. Grind them to make a smooth paste and mix it in glass of milk. Boil the almond and milk paste. Drink it warm.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins, the webmaster of various sites such as

<http://www.home-remedies-for-you.com>

helps

you in your daily life with its simple and easy home care remedies. Low Blood Pressure is a common problem which can be easily managed with the help of home remedies.

Using Blood Pressure Monitors To Maintain Your Health

By Mike Yeager

Many people today realize the importance of keeping their blood pressure under control. Blood pressure monitors are now available for home use. It's a piece of medical equipment that can provide both you and your health care provider with an accurate measure of how your blood pressure is responding to diet, exercise and medication. Many medical supplies outlets offer blood pressure monitors that are simple and easy to use.

For some people the thought of going to their Dr.'s office for a blood pressure reading is enough to send their pressure through the roof. That's one of the advantages of having your own blood pressure cuff right in their own home. They can use the blood pressure cuff at their own convenience and get a more accurate reading.

High blood pressure can be caused by many different factors such as weight, diet and heredity. If you have an elevated pressure then having your own blood pressure monitors available can be very important.

Mike Yeager

Dealing With Low Blood Pressure

Publisher

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Using Blood Pressure Monitors To Maintain Your Health

Is Low Blood Pressure a Cause for Concern?

How Does A Diuretic Work For High Blood Pressure

How To Reduce Blood Pressure Symptoms

Tips For Selling Bp Monitors Online

How To Improve Blood Circulation

How To Overcome Snoring and Sleep Apnea

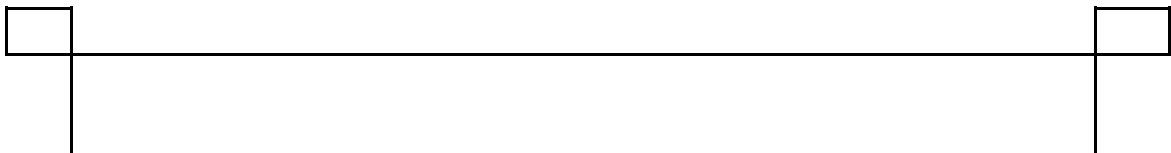
Use and Abuse of Steroids

Tattoo Secrets

Natural Pain Management



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