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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!

How To Reduce Blood Pressure Symptoms

By Paul J Johnson

Blood pressure is the pressure exerted on the arteries. Blood pressure can differ from person to person. When your blood pressure is measured it is expressed in two numbers such as 120/80. The figure on the top denotes the pressure when the heart is pumping blood and its muscle is contracted. If your blood pressure is measured as 140/90, then you are a patient of hypertension or high blood pressure and therefore you need to reduce your blood pressure level. However, you should be aware that blood pressure rises with age and so as you grow older you should keep a check on your blood pressure and reduce blood pressure if it is above the normal blood pressure level.

Reducing blood pressure to normal levels helps reduce the risk of serious health problems like heart or kidney disorders. You can reduce blood pressure in several ways. Firstly, if you are overweight, you should aim to reduce your weight to within the guidelines for your height, body structure, and age. BMI, or Body Mass Index, is the best way to decide what is the ideal weight for you. This measure takes into account your height and weight.

However, don't start a crash diet, as this can create further problems for your body. Reduce your weight slowly through eating a sensible diet and doing some form of exercise. Exercise will help you shift unwanted pounds and will also play a positive role in reducing high blood pressure. Try to incorporate exercise into your daily regime, start easily with walking and build up to include more aerobic exercises.

To further reduce blood pressure, reduce your intake of salty foods and avoid or cut down on alcohol. Including foods rich in calcium and potassium, as well as fish oils and magnesium can help reduce high blood pressure.

You have to maintain a healthy lifestyle in order to control your blood pressure. Some of the important and essential tips are following a healthy diet with low salt and sodium, maintaining healthy weight, and being active physically, limiting alcohol intake and putting a stop to smoking.

It is very important to keep your blood pressure level normal or reduce blood pressure if it rises because high blood pressure can cause severe health problems and damage the body. One of the

How To Reduce Blood Pressure Symptoms

important revelations in regards to reducing blood pressure is intake of sesame oil. Using sesame oil instead of other edible oil helps in reducing blood pressure or lowering blood pressure. Sesame oil contains approximately 43 percent polyunsaturated fatty acids, which has an impact on the blood pressure and contributes to reducing blood pressure

Although lifestyle changes helps in reducing blood pressure they are not usually enough. It is important to continue taking any medication prescribed by your doctor. Therefore, a healthy lifestyle along with medications can reduce blood pressure.

If you are suffering with High Blood Pressure, you should first consult your primary care physician before taking other steps.

Paul Johnson. Sign up for a Free High Blood Pressure Newsletter at

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Is Low Blood Pressure a Cause for Concern?

By Katie Simpson

Low blood pressure is considered an abnormal condition. However for some, it is much better than high blood pressure. Many people who have low blood pressure are healthy and have no signs or symptoms related to lower than normal readings. Yet for others it can cause dizziness and fainting or it can also indicate serious heart, endocrine or neurological disorders.

Low blood pressure is simply a condition where an individual's blood pressure is much lower than the norm. It is also called hypotension or syncope, which points to fainting. It can cause symptoms such as dizziness or lightheadedness.

Low blood pressure happens when the flow of blood is too low to deliver enough oxygen and nutrients to vital organs, such as the brain, heart, and kidney; the organs do not function normally and may be permanently damaged. It should be noted that unlike high blood pressure, which is defined on the basis of blood pressure alone, low blood pressure is defined primarily by signs and symptoms of low blood flow. In fact, some individuals may have a blood pressure of 90/50 and have no signs or symptoms of low blood pressure, and, therefore, not have low blood pressure symptoms. Others who normally have a blood pressure of 130/80 may develop symptoms and signs of low blood pressure if their blood pressure drops to 100/60.

How To Reduce Blood Pressure Symptoms

Common causes of low blood pressure:

- * Medicines or any medications used for surgery
- * High blood pressure treatments
- * Anti-anxiety agents
- * Diuretics
- * Heart medicines
- * Some antidepressants
- * Narcotic analgesics
- * Alcohol

There are also other causes of low blood pressure such as:

- * Diabetes
- * Fainting
- * Heart attack
- * Heart failure
- * Dehydration
- * Heart rhythm changes
- * Shock
- * Anaphylaxis

Orthostatic hypotension is another common type of low blood pressure. This results from a sudden change in body position. It happens usually from lying down and moving to an upright position.

Despite the possible side effects, people who have lower blood pressures have a lower risk of strokes,

kidney disease, and heart disease. Athletes, people who exercise regularly, people who maintain ideal body weight, and non-smokers tend to have lower blood pressure. Low blood pressure is actually desirable as long as it is not low enough to cause symptoms and damage to organs in the body.

In fact, low blood pressure in healthy people without symptoms or organ damage needs no treatment. All patients with symptoms possibly due to low blood pressure should be evaluated by a doctor. Patients who have had a major drop in blood pressure from their usual levels even without the development of symptoms also should be examined. The doctor needs to identify the cause of the low blood pressure since treatment will depend on the cause.

Low blood pressure is not as treacherous as high blood pressure. For people who have hypotension, sufficient sleep and rest is very important. Also, sleeping in daylight is different from sleeping at night. People who have night jobs make it a point to sleep during daylight. Even if you have sufficient sleep low blood pressure still arises.

If you have low blood pressure it is advised that you have regular intake of iron to avoid anemia or other disorders that are caused by low blood pressure. Consult your doctor at once if you ever feel dizzy, have chest pains, shortness of breath, and an irregular heartbeat, fever higher than 101

How To Reduce Blood Pressure Symptoms

degrees, headache, and stiff neck or severe upper back pain.

Managing your blood pressure is critical to your good health. For more tips and information on managing your blood pressure, be sure to visit Katie Simpson's Blood Pressure Stats site at:

<http://www.bloodpressurestats.com>



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