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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 Use Grapefruit to Lower High Blood Pressure

By Rudy Silva

Heart disease is the number one killer of women. If you are a women, and even if your not, here is what you need to start doing.

The food you eat is critical in determining if you will have high blood pressure and if you can lower it. Eating less meat and eating more fruits and vegetables can lower your blood pressure.

High blood pressure occurs when fats, cholesterol, and nutrients in the food you eat start to accumulate along your artery walls. This narrowing of your arteries restricts the flow of your blood, increases your blood pressure and making you more susceptible to heart attacks and strokes.

If you have high blood pressure, high cholesterol, or high triglycerides, grapefruit has been found to reduce the effects of these conditions.

So which is better yellow or red grapefruit? Well, in a study made where people who had a history of high cholesterol, those that ate the red grapefruit had the most effect in lower their blood pressure. The yellow also lowered blood pressure but not as much as the red grapefruit.

It was found in this study that grapefruit had a better effect in lowering blood pressure than statin drugs.

Red grapefruit are extra high in anti-oxidants and these nutrients are able to reduce your triglycerides: the yellow are not.

Eat the red grapefruit when available and when it is not eat the yellow. Eat at least one – two per day. If you eat ½ just before your meal or drink a glass of fresh grapefruit, you can expect to lose 1 or 2 lbs during the month. By eating 2 grapefruits a day expect to lose more weight.

Eating grapefruit has many health benefits, but one other is in controlling your insulin level. Studies have shown that those that eat grapefruits have lower insulin and glucose levels in their blood.

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It is believed by researchers that grapefruit enzymes help to control insulin increases that happen after you eat. These enzymes help digest your food better and this results in less nutrients being stored as fat.

Grapefruit has also been found to be cancer preventative. It's the phytonutrients – antioxidants – and especially lycopene that has been found helpful in preventing cancer.

Grapefruits are high in fiber, vitamin C, Vitamin A, and antioxidants – carotenoids, limonoid glucosides, flavonones.

You can buy red and yellow grapefruits from November to May here in the US. If you don't have any in your area go online and order some.

CAUTION: If you are on any drugs, do not eat grapefruits in combination with taking drugs. Grapefruit enhances the effect of drugs and can cause symptoms of overdose.

Rudy Silva is a Natural Nutritionist. To get more tips and information on what foods you need to eat if you have high blood pressure or cholesterol go to:

<http://www.lowerbloodpressure.for--you.com>

For more extensive information on dealing with high blood pressure go to:

<http://www.high-blood-pressure-remedies.com>

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.

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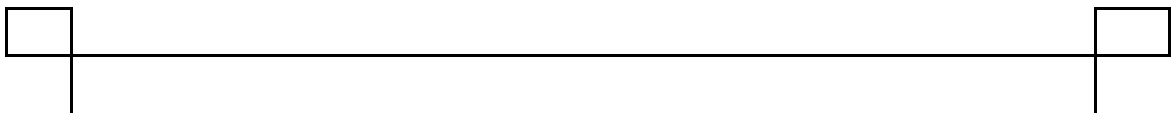
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