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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!**

**Treating High Blood Pressure: Tips For Diet Discipline**

**By Ashish Jain**

Food is your enjoyment. Food is your suffering. Food is your bondage. Food is your liberation.

Well, the above statements may look a bit confusing to you at first. But if you carefully analyze and understand them, you will realize the truth beneath.

Your dietary discipline plays an important role in controlling high blood pressure. Apart from the food, the timings of the food are also important for you. Food discipline is part of your life now. You need to formulate a mean plan, in consultation with your dietitian.

Here are some tips that will help you form a healthy diet chart as per your blood pressure condition.

1. The best for you is to depend upon salads, green vegetables and seasonal fruits. Tomatoes are reported to be very effective in controlling high blood pressure.
2. Eat food that is low in cholesterol and fat. Instead of depending upon spices heavily, use herbs as well. You need to depend upon vegetarian food, even though there is no bar on light non-vegetarian food like fish which has high nutritional value.
3. Cereals are no bar for blood pressure patients, but switch over to sprouted ones. They are easy to digest and rich in the fiber content. This is important as it helps you stay away from constipation.

The blood pressure patients should never suffer from constipation. Proper digestion of your eats is the important criterion. Impurities within the system means impurities within the blood. Anything that hinders the free flow of blood in the arteries and veins is going to cause you problems of blood pressure.

4. Make potassium a must part of your diet. To manage blood pressure you need to have appropriate level of potassium in your food. Include lots of fruits in your diet for this.
5. There are many vegetables which are known blood-purifiers. Carrot is one such food which helps you monitor your blood pressure level.

6. Regular consumption of honey early in the morning on empty stomach, with a little bit of lime juice added to it is good for the blood pressure patients.

7. And last but not the least, pick the food items that are low in salt and sodium. Most of the Americans eat too much of the salt than required. So, talk to your doctor and learn the ways of cutting salt in your food.

<http://www.blood-pressure-updates.com/bp/>

& High Blood Pressure provides detailed information

on blood pressure, blood pressure monitor, blood pressure measurement, high blood pressure and more.

## **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  
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How To Reduce Blood Pressure Symptoms  
How Does A Diuretic Work For High Blood Pressure  
Causes Of High Blood Pressure

Your Diet Plays A Major Role In Causing Obesity, Blood Pressure And Other Diseases

Use and Abuse of Steroids

Coping With Alzheimer's Disease

Beat that Fat

Recipes from the Heartland

How To Improve Blood Circulation



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