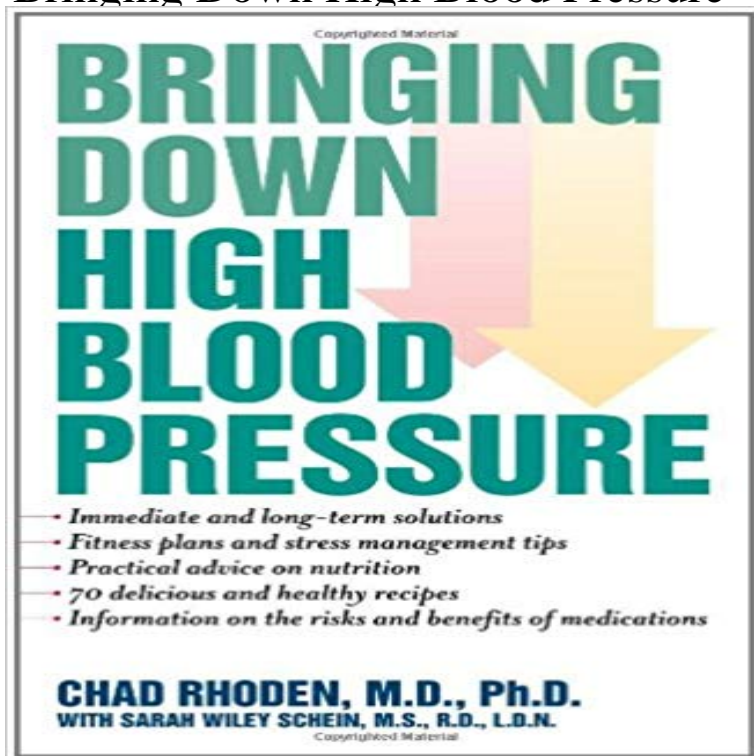


Bringing Down High Blood Pressure



Bringing Down High Blood Pressure offers readers straightforward solutions they can incorporate into their lives both immediately and long term. The authors focus on factors readers can change, including diet and nutrition, weight loss, exercise, binge eating, alcohol, tobacco and drug use, emotional wellness and stress management. Additionally, the book provides in-depth discussion of the risks and benefits of medications and when lifestyle changes may allow an individual to reduce or eliminate medication. Dr. Rhoden also weighs in on alternative therapies for reducing blood pressure. Sarah Schein brings her dietary expertise to the table with practical advice on nutrition, tips for healthy food selection and preparation, and 70 tantalizing recipes, each with its own nutritional breakdown.

It's important to know your numbers. If you have high blood pressure, there are things you can do to bring it down, including taking medication. To reduce high blood pressure, begin with a heart-friendly diet called the DASH eating plan. This plan encourages consumption of foods rich in potassium, calcium, and fiber. High blood pressure significantly increases the risk of coronary heart and circulatory disease, stroke and kidney disease. Get these tips to reduce your blood pressure. Some high blood pressure could have surprising causes - and for one such cause, there's a surgical cure. According to the U.S. Centers for Disease Control and Prevention, about 100 million Americans have high blood pressure. But they would often only treat patients if that top number crept above 140, the threshold for officially having high blood pressure. But if your high blood pressure is a result of unhealthy habits, making some simple changes may help reduce or even eliminate your need for medication. Cinnamon is another tasty seasoning that requires little effort to include in your daily diet, and it may bring your blood pressure numbers down. How does not drinking enough water raise your blood pressure? Water intake affects blood pressure levels. Lowering High Blood Pressure with Exercise Before starting drug therapy, try lifestyle changes and some home remedies for high blood pressure. Not surprisingly, things such as diet and exercise play a big role. High blood pressure affects 70 million U.S. adults. Check out this list of foods that can help lower blood pressure and reduce your risk of heart disease. Fatty fish like mackerel and salmon are high in omega-3 fatty acids, which can lower blood pressure, reduce inflammation, and lower cholesterol. High blood pressure can damage your heart, blood vessels, kidney, and brain. Sprint to answer the question, Will lower blood pressure reduce the risk of heart disease? Many people can reduce their high blood pressure, also known as hypertension. One diet-and-exercise program whose success with lowering blood pressure has been well-documented is the DASH diet. Here are 17 effective ways to lower your blood pressure levels: Increase activity and exercise more. Lose weight if you're overweight. Cut back on sugar and refined carbohydrates. Eat more potassium and less sodium. Eat less processed food. Stop smoking. Reduce excess stress. Try meditation or yoga. As reported, when rats with high blood pressure were fed a protein found in egg whites, they experienced a drop in blood pressure. The goal of the new guidelines is to encourage you to treat your high blood pressure seriously and to take action to bring it down, primarily by making lifestyle changes. Before helping you with lowering the numbers I want you to consider the reason why you ended up with a spike in the first place. High blood pressure is not just a number. Here are 15 natural ways to combat high blood pressure. Walk and exercise regularly. Exercise is one of the best things you can do to lower high blood pressure. Reduce your sodium intake. Drink less alcohol. Eat more

potassium-rich foods. Cut back on caffeine. Learn to manage stress. Eat dark chocolate or cocoa. Lose