

Reduce and Avoid Dangerous High Blood Pressure Naturally

NaturalNews) According to the American Heart Association, one out of every three adults suffers with elevated blood pressure. That means that at least one third of our population is at risk of heart trouble. Fortunately high blood pressure can be corrected with common sense, simple dietary and lifestyle changes and natural remedies.

Two of the first areas to look at for correcting high blood pressure are diet and exercise. Artery clogging trans-fats, processed meats and other items in the SADS diet of most Americans often lead to high blood pressure and other cardiovascular problems. Switching to a healthy diet can lower high blood pressure and prevent it from occurring in the future. Likewise, physical exercise helps lower and prevent high blood pressure and cardiovascular problems. The combination of good diet and physical activity works even better.

Researchers at the University of Auckland came to a simple conclusion after reviewing 22 blood pressure studies: Physical activity lowers blood pressure. Being more active is likely the best thing you can do to lower blood pressure.

Several studies have found that a diet rich in fruits and vegetables helps lower elevated blood pressure. Fiber can help. A good diet, along with physical activity, also helps drop excess weight. In one three-year study, people who lost just ten pounds reduced their risk of high blood pressure by two-thirds.

Thus, if you eat sensibly, lose ten pounds and get regular exercise or physical activity (such as brisk walks or swimming), you have a good chance of avoiding blood pressure problems for life.

Here are some other items which can help:

Magnesium has over 300 functions in your body. A study of 41,541 nurses found that magnesium plays an important role in reducing blood pressure.

Vitamin C is key to reducing blood pressure. According to a study published in *Hypertension* low levels of vitamin C accounted for 25% of the incidences of elevated blood pressure.

Cayenne Pepper is probably the fastest way to lower high blood pressure. Either mix one teaspoon of cayenne pepper with half a cup of lukewarm water or mix two tablespoons of raw organic honey with two teaspoons of cayenne pepper; boil them with eight ounces of water and drink when it is warm.

Hawthorne berries have rightly been called "food for the heart". They lower blood pressure, as well as protect arterial walls and prevent and treat hypertension and angina.

Omega-3 fatty acids, such as those found in fish oil, have a significant impact on blood pressure. As a bonus, they lower triglyceride (blood fats) levels as well.

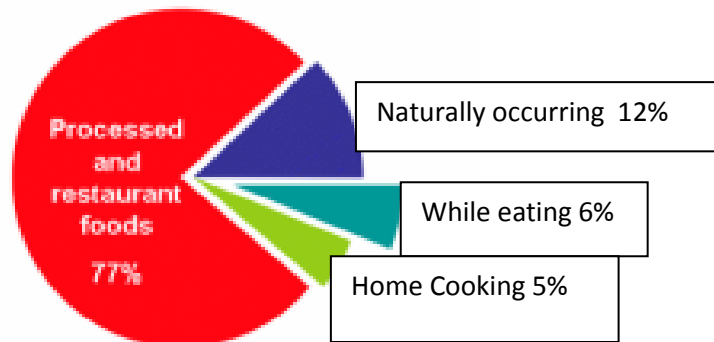
Cutting out all caffeine can lower blood pressure by 10-15 points off the top and 8-10 points off the bottom.

http://www.naturalnews.com/030039_high_blood_pressure_prevention.html

Questions:

1. High blood pressure could be reduced if:
 - a. People reduced calorie intake and drank caffeinated beverages
 - b. Increased activity levels and lost 10 pounds of body weight
 - c. Decrease levels of activity and increase caloric intake
 - d. Take vitamin D supplements.
2. Vitamin C has been identified as a key to:
 - a. Losing Weight
 - b. Lowering the heart rate
 - c. Lowering blood pressure
 - d. Increasing blood sugar levels
3. Which statement is true?
 1. 25% of all adults have elevated blood pressure
 2. 40% of all adults have elevated blood pressure
 3. 50% of all adults have elevated blood pressure
 4. 33% of all adults have elevated blood pressure

Graph #5: Salt Intake on a daily basis:



Processed and restaurant foods	77%
Naturally occurring	12%
While eating	6%
Home	5%

5. Using the #5 graph above, what percentage of salt intake, in a normal adults life, does not come from processed and restaurant foods?
 - a. 77%
 - b. 23%
 - c. 11%
 - d. 82%

