

HIGH BLOOD PRESSURE

What is high blood pressure?

An estimated 103 million adults in America is suffering from high blood pressure. High blood pressure is defined as when the strength of pushing blood against the walls of the blood vessel is high.

You can measure the blood pressure by using instruments such as electronic blood pressure monitor. If the machine shows blood pressure readings 140 over 90 or higher then it's a sign that you have high blood pressure.

High blood pressure can cause a heart attack, stroke and might even heart disease. There are two different ways to calculate blood pressure. You can either calculate the amount of blood your heart pumps or you can find out the resistance offered by the arteries to blood flow.

The symptoms of high blood pressure are easily noticeable.

Symptoms

Below are the symptoms of high blood pressure:

- **Headaches**
- **Breathing problem**
- **Chest pain**
- **Nose bleeding**
- **Sight problem**
- **Weakness in body**

Cause

High blood pressure is mostly experienced by adults. The reason is because of an unhealthy lifestyle and due to the high amount of workloads. There is a possibility that you can inherit this disease from your family. If we talk about worldwide, people from South Asia and African-Caribbean are in great danger (comparatively to other people of different countries) of having high blood pressure.

Solutions

It's not necessary to buy drugs. You can do it by following natural ways, following are the natural ways which will not only help you reduce high blood pressure but will also keep you healthy and fit.

1. Walk and Exercise daily

If you fix 30-45 mins of your life for exercise and walking it will prevent from high blood pressure as well as keeps you healthy. Even many doctors prescribe people to jog daily.

The best part is that the more you spend time on exercising will reduce the risk of high blood pressure even more and this is proved by National Walkers' Health Study.

2. Lose that excessive weight and check your waistline

Do you have a high amount of cholesterol? Then you are in pretty danger. You need to work on weight loss because excess weight can result in a heart attack.

You need to monitor your waistline as well. If you have too much excess weight around your waist then, unfortunately, you can have high blood pressure anytime and worst, stroke. Here is an estimated value of waistline from which you can check yourself either you are in danger or not:

- For men, if the waistline is above 102 centimeters (40 inches), then you are at risk.
- For women, if the waistline is above 89 centimeters (35 inches), then you are also at risk.

To lower these, exercise is mandatory and prevent all those junk foods and focus on eating only healthy foods such as cabbage, carrot etc.

3. Sodium intake

According to the research, if you intake too much salt then you are at risk of getting high blood pressure and heart beating problems as well.

This doesn't mean that you have to eliminate sodium intake but to reduce it.

4. Add potassium-rich foods in your diet

Another way to reduce the level of sodium in your body is by eating potassium-rich foods. It is not recommended to take pills or drugs containing artificial potassium instead eat healthy foods such as banana, tuna, dairy products, nuts, avocados, melons, vegetables (especially tomatoes, potatoes and sweet potatoes) and other potassium food products.

5. Eat cocoa or dark chocolates

There is a good news for you! It is suggested to eat a lot of dark chocolates. The reason is that dark chocolates and cocoa power contains plants compounds that will result in blood vessels to dilate.

6. Have rich-calcium foods

One of the best ways to control your blood pressure level is by eating calcium food products. Again, it is not recommended to take artificial calcium drugs or pills, why not having a simple glass of milk or get yourself an ice-cream? It's way worth than those artificial tablets.

Calcium intake is very necessary, especially for adults. For men, they should have at least 1000 mg of calcium intake every day and for women, it is necessary to have calcium intake at least 1200 mg per day.

7. Natural supplements

You don't require artificial supplements but having natural supplements is good for you. Following are some supplements that you can eat and it won't harm your body.

- **Fish Oil**
- **Aged garlic paste**
- **Hibiscus**

8. Say no to cigarette

Smoking causes a little amount of increase in blood pressure but that doesn't mean that it should be neglected. "Little drops of water make an ocean", you heard of this phrase, right? That means that if you don't quit smoking then a time will come when you will regret and by the way, smoking kills so conclusion STOP SMOKING!

9. Reduce caffeine intake

We all love tea or coffee or both but if you are having high blood pressure problems then sadly you need to drop it. Caffeine can give rise in blood pressure for the short term but better to be safe than sorry. For people who are addicted to caffeine might have a problem of avoiding it because caffeine has a strong effect on people who intake regularly. For them, it is suggested to decrease the intake of caffeine by having just a cup of coffee for the whole day.

10. Less alcohol consumption

If you don't consume alcohol then that's amazing! But those who drink a lot of alcohol on a daily routine, you need to slow down. It is recommended not to drink alcohol more than a glass per day but if you can avoid it then it will be perfect!

11. Take less stress

One of the biggest reasons behind high blood pressure is stress. People have loads of work and when things go out of the plan then people start to take the stress. There is no physical treatment for this but there are some psychological ways in which you can reduce stress to 0%. Below are some points:

- Don't overthink because it will hurt you only. Whenever you are in a panic, stop there! Take a deep breath and then think of the solution calmly.
- Listening to music also helps in reducing stress.
- Don't work too much. Having more work is stressful so try to do work as much as you can, don't push yourself.
- Having a good sleep will also reduce stress.

12. Eat high-rich magnesium foods

Magnesium is another important mineral that can level your blood pressure. Unfortunately, many people have deficiency of magnesium in their body. The reason is that they consume very less or no magnesium food products. Your body requires a level of magnesium and clinical studies claim that if you intake of little magnesium, then it can lower your high blood pressure. You can see how important is magnesium for your body. In order to fulfill the requirement of magnesium in your body, you need to eat vegetables, chicken, grains, dairy products, and meat.

Conclusion

Blood pressure is a very common disease but sadly many peoples don't pay attention to it. They react to it when they suffer, you can avoid it easily.

If you are following all the above things but it is still not working then it is recommended to visit a doctor and discuss it.