

High Blood

also known as: high blood pressure, hypertension, essential hypertension

- High blood pressure often runs in the family, and it can get worse as we get older.
- It is a major cause of strokes and heart attacks.
- If you need more than two prescription medicines for normal blood pressure, then you also need extra testing to make sure the problem is not being caused by hormone or kidney abnormalities.

4 natural remedies for high blood pressure:

These demand big lifestyle changes. You need to do all four, for them to work.

Please carefully think them through, and make a realistic, stepwise plan, before starting them.

*They are **not** quick or temporary "fixes."*

Step 1. Exercise:

The daily exercise you've already been getting has not been enough, by itself, to keep your heart and blood vessels healthy and strong.

You are going to need to establish a regular exercise program, if you don't already have one, and keep it up indefinitely.

Suggestions: YMCA membership (about \$50 per month; includes pool, weights, and all the classes you want), gym or Curves membership (\$30-40 per month), exercise bike or jogging, yoga or Pilates on DVD (requires self-discipline!).

Step 2. Diet:

Food can make a big difference in blood pressure, and can improve your health and lengthen your life.

Unfortunately, the food you've already been eating every day has not been able, by itself, to keep your heart and blood vessels healthy and strong.

-- Reduce the amount of salt you use - put away the salt shaker, and make it hard to find.

-- Only buy readymade/ microwave foods if the label says "6/ 60/ 600":

- 6 grams of fiber
- <60 grams of carbohydrate
- <600 mg of sodium

-- Stay away from fast food and restaurants. Cook at home. The Public Library has lots of free cookbooks.

-- Stop drinking soda pop, even sugar-free and/or 'natural.' The "soda" in soda pop means sodium!

-- Consider cutting out red meat, except on special occasions, a few times a year.

Step 3. Vices:

-- *Nicotine* raises your blood pressure. Cut down by half today, and set a date to QUIT in the next 3 months.

-- *Alcohol* and *stimulant drugs* raise your blood pressure. ONE glass of dark red wine daily can be good for your heart... but other forms of alcohol, and higher doses, are NOT good for your heart and blood vessels. Cocaine, meth, and many other drugs you might use to get high, are also bad for your heart and blood vessels.

- Reduce your alcohol intake by substituting a big glass of water for every other drink.
- If you, your friends, or your family are concerned about your partying, or you've gotten in trouble because of it, please go to an AA or NA meeting. You don't have to be an "alcoholic" or an "addict" to go - and they're free. Please call (541) 342-4113 today, to find a meeting near you.

Step 4. Stress:

Stress is a major cause of high blood pressure. #1, 2, and 3 above will help - but they're not enough by themselves!

- Please consider taking a class in meditation and/or relaxation. (Your current relaxation methods have not been enough, by themselves, to keep your heart and blood vessels healthy and strong.)
- If you are unable to take a class, go to the the Public Library. They have tapes and DVDs that can teach you new ways to use meditation and breathing.
- Experiment! The skills you learn now will last your whole life long.

***Please consider getting a blood pressure cuff (about \$20),
and checking your blood pressure at home weekly (NOT several times a day!).***

***Please come and see me ONE MONTH after you start a new blood pressure medicine,
and/or THREE MONTHS after you start a structured program using steps #1-4 above,
so we can see if they're working.***