High Blood Pressure: Down You Go!

“The Facts You Should Know About High Blood Pressure And Lowering It Naturally”

Alvin Hopkinson
Disclaimer:

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or heard.

The author and publisher of this report and the accompanying materials have used their best efforts in preparing this course. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this report. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

Important Information

You have full giveaway rights to this ebook. If you feel that your family or friends will benefit from this report, please feel free and pass on to them. However you may NOT change any part of the report whatsoever. Thank you.
Contents

About the Author ...................................................................................................................... 4
What Are The Symptoms of High Blood Pressure? .............................................................. 5
Understanding Blood Pressure Readings - Easy Reading ................................................. 7
Common Blood Pressure Medications - Know These 8 Types ......................................... 9
Diets To Control High Blood Pressure ................................................................................ 11
Natural Cures for High Blood Pressure
5 Simple and Effective Steps .................................................................................................. 14
Natural Remedies For High Blood Pressure - 7 Effective Ways ....................................... 16
Get Rid of Your High Blood Pressure Naturally Without Drugs
High Blood Pressure Remedy Report Review ........................................................................ 18
About the Author

Alvin Hopkinson is a leading and avid researcher of various high blood pressure treatments, especially in the area of natural remedies. His website at http://www.minusbloodpressure.com provides useful articles and resources to help you lower your blood pressure naturally without drugs.

It all started with his father. He had pre-hypertension and was taking medications then. Alvin buried his nose in books, reports, articles, “google-ing” online etc, trying to find ways to lower his dad’s high blood pressure. Although not a medical doctor, he has the passion for the facts, all for his dad’s health. And along the way, Alvin had discovered simple and effective methods that could control and lower his dad’s blood pressure naturally.

Alvin had published many articles online also and is a platinum expert author in EzineArticles.com. This report compiles some of his highly-read articles.

His other natural health remedies sites include:

- Gout: http://www.goutremoval.com
- Kidney Stones: http://www.nomorekidneystone.com
- Acid Reflux: http://www.refluxremoval.com
- Diabetes: http://www.minusdiabetes.com
- UTI: http://www.utiremoval.com
- Gallstones: http://www.gallstonesremoval.com
- Weight Loss Diet: http://www.hyperfatloss.com
What Are The Symptoms of High Blood Pressure?

Unlike many diseases, high blood pressure is often present with no obvious symptoms. Therefore, the term "the silent killer" is used often to describe this disease. Stuffy nose is an obvious symptom for conditions such as a common cold. However, patients can be totally unaware that they have this for many years. They are often able to lead their lives as per normal.

High Blood Pressure Is Often Discovered By Chance

For many patients, they often realize that they have it on a visit to their doctor for an unrelated condition or a regular checkup. Prenatal visits are another common time when doctors diagnose mother-to-be with this condition. Therefore, leading to abnormally high numbers of pregnant ladies to be stricken with this condition.

Manifestation As Other Problems

Symptoms can exist in many other organs that are actually caused by high blood pressure. For example, Blood vessels can be damaged which leads to complications such as Heart Attack and Stroke. These complications are often severe enough for patients to seek visits with their doctors.

Some of the symptoms that high blood pressure presents as

- Tightness, pressure, or pain in the chest or arms
- Dizziness
• Fatigue
• Loss of consciousness
• Low exercise tolerance
• Nausea
• Episodes of confusion

**Everyone Should Have their Blood Pressure Checked**

If you had never check the level of it or the last time you did was a long time ago, you should immediately pick up the phone and make an appointment with your doctor. Check up on high blood pressure need not be an expensive affair, you can have yours checked inexpensively at a clinic.

This can be a silent condition that is present for many years; therefore it is crucial that people have their blood pressure checked regularly. Anyone can get this condition, even children. This disease can be a severe condition if not treated appropriately.
Understanding blood pressure readings are not complex as one may think. Those two numbers one hears when visiting a doctor or getting a reading could be easily understood. Blood pressure readings are commonly done with every doctor's visit one encounters. There are also portable blood pressure monitors which are commonly found in drug stores.

Getting a proper blood pressure reading to understand if one is at risk can only be done with multiple testing done at different times. Many factors can account for a slight elevation in one's blood pressure, such as a stressful day, or even the doctor's visit itself can cause one to have a higher than normal reading.

Doctor's typically record high readings and watch for a consistently steady "high reading" before taking action. People at risk for high blood pressure that are testing themselves should do so at different times during the day and over a span of a few days to ensure an accurate reading.

Understanding one's reading is not as difficult as it may sound. There are two numbers that account for blood pressure, the top number (the higher one, known as the systolic) and the bottom number (the lower one, known as the diastolic). When blood flows through the heart, the heart expands to release blood back into the body and contracts to take in blood from the blood vessels. A blood pressure reading is in layman's terms, the "opening and closing of the heart."
**Systolic:** The blood pressure when the heart is contracting.

**Diastolic:** The blood pressure when the heart is relaxed.

There are four stages of blood pressure readings:

**Normal** - Systolic below 120 and Diastolic below 80

People with normal blood pressure should maintain the healthy lifestyle they have already adapted.

**Pre-hypertension** - 120-139 / 80-89

People with pre-hypertension are at a risk for developing high blood pressure and should adopt a healthy lifestyle with changes in their diet, exercise, and salt intake.

**Stage 1 Hypertension** - 140-149 / 90-99

Need a complete lifestyle change; doctor’s monitor patients with Stage 1 hypertension for usually a period of 6 months, without changes in a Stage 1 patient, a medication will typically be prescribed.

**Stage 2 Hypertension** - 160+ / 100+ or more

Treated with a lifestyle change as well as one or more medications to lower blood pressure.

Understanding blood pressure readings is a simple process, as long as the readings are done over a period of time. People with risk factors should keep a journal of blood pressure readings to present to his or her doctor for further treatment and discussion. People with a healthy blood pressure reading should maintain the diet and exercise they have adapted, and people at risk should adopt one.
There are eight common medications used to treat high blood pressure. While many people dealing with hypertension will possibly be prescribed a combination of a variety of these medications, the amount of medication needed depends greatly on the type and the level of severity of the illness.

While antihypertensive medicines are used to lower blood pressure to normal levels, medications should always be used in combination with a healthy lifestyle change. The main objectives of high blood pressure medications are to not only lower blood pressure but to minimize the side effects caused by some of the medicines.

**Diuretics**

Water pills are used to remove excess salt from the body. The increase in salt in a person’s body causes the blood vessels to retain more fluid than needed. The release of excess fluid in blood vessels, takes a strain off the vessels and arteries.

Examples: Thalitone, Lasix, Esidrix, Lozol, Dyazide, and Maxzide.

**Beta-Blockers**

Beta-Blockers are used to reduce the amount of blood pressure flowing through the body, by slowing the heart rate down, it allows for an optimal flow of blood throughout the vessels.

Examples: Sectral, Tenormin, Coreg, Lopressor, Toprol, Corgard, Inderal and Blocadren.
**ACE Inhibitors (Angiotensin-converting enzyme inhibitors)**
The hormone Angiotensin II can cause the blood vessels to narrow; ACE inhibitors stop that hormone from production.

Examples: Lotensin, Vasotec, Prinivil, Zestril, Accupril, Altace, and Mavik.

**ARBs (Angiotensin II receptor blockers)**
This medication defends blood vessels from narrowing affects from angiotensin II.

Examples: Atacand, Avapro, Cozaar, Benicar, Micardis, and Diovan.

**CCBs (Calcium channel blockers)**
Calcium entering from the body's cells can cause blood vessels to constrict, CCB’s stop that from happening.

Examples: Norvasc, Cardizem, Cartia, Dilacor, Tiazac, Plendil, Cardene, Adalat, Procardia, Calan, Covera, Isoptin, and Verelan.

**Alpha-Blockers**
Alpha-Blockers are used to reduce nerve pressure to allow blood to pass in vessels more freely.

Examples: Cardura, Minipress, and Hytrin.

**Centrally acting drugs**
Centrally acting drugs work with a person’s brain chemistry to control nerve impulses that narrow the blood vessels.

Examples: Catapres and Methyldopa.

**Direct vasodilators**
Direct vasodilators perform by widening the blood vessels to allow more blood to circulate.

Examples: Apresoline and Loniten.
Diets To Control High Blood Pressure

There are changes we can adopt into our diets to control high blood pressure. Adopting a healthy eating plan is a two prong approach as it prevents the development of having a high blood pressure and lowers an existing elevated blood pressure.

Fiber Rich Diet

Having a diet that has a huge amount of fiber has been proven to be successful in preventing and treating many different cardiovascular diseases such as Hypertension. However, the effect of different dietary fibre varies. Water soluble gel-forming fibers have the best result in lowering high blood pressure.

Guar gum, apple pectin, psyllium seeds, oat fiber, fenugreek seed powder, fennel seed powder, dandelion root powder and ginger root powder are examples of water soluble gel-forming fibers. They are not only effective for Hypertension, they are also useful in getting rid of heavy metals present in our body, lowering our cholesterol levels and aids weight loss.

One way to ingest water soluble gel-forming fibers is to consume one to three tablespoons of herbal bulking formula that contains water soluble gel-forming fibers such as those listed above.

Sugar Low Diet

The common sugar that we use for cooking increases our blood pressure. This common sugar is called sucrose. The actual mechanism to how sucrose does this is still not fully
understood. However, some people have postulated that sugar increases the production of a hormone called adrenaline. Adrenaline increases the amount of sodium being retained in our body and narrows our blood vessels.

Instead, people should switch to a diet that is high in potassium (vegetables and fruits) and essential fatty acids. Seven grams of potassium should be ingested daily. The diet should be low in salt, sugar and saturated fat. On the whole, diets should have a big component of vegetables and members of the onion/garlic family.

"Dietary Approaches to Stop Hypertension (DASH)" is a research sponsored by NIH. In this study, what is the impact of different type of nutrients in food on blood pressure is being tested. Results showed that diets that have a huge emphasis on vegetables, fruits and low-fat dairy foods and low amount of cholesterol, saturated fat and total fat are useful in lowering high blood pressures.

The diet that DASH recommended was to have nuts, fish, poultry and whole grains and lessen the amount of sweets, sugared beverage, fats and red meat. DASH diet is another type of diet that can be employed to control high blood pressure.

**Vegetarian Diet**

People who follow a vegetarian diet tend to have both a lower level of blood pressure and lower occurrences of hypertension and other cardiovascular diseases. There vegetarian diet can be a diet that can control blood pressure. Therefore researchers have a hypothesis that it could be that a vegetarian diet contains a greater amount of complex carbohydrates, potassium, vitamin A, polyunsaturated fat, vitamin C, fiber, calcium and magnesium; all of them might have a positive impact on high blood pressure.

**Low Sodium Level Diet**

The key for Hypertension patients to note is that they must avoid foods that have high levels of salt and sodium. People who were not able to get high blood pressure medication in the past resorted to consume a very low salt-reduced, low-calorie "rice
diet.” Apparently, people were able to lower their blood pressure significantly just by avoiding salt.

Countries that use low level of sodium in their cooking tend to have lower level of blood pressure when compared to countries that use high amount of salt. Japan and America have one of saltiest diets in the world and thus also the highest blood pressures.

Be conscious and careful of what you are eating. Avoid any unnecessary amount of sodium intake. If you have Hypertension, you must avoid foods that contain huge amount of salt or are highly processed. Examples of such food include fast food, frozen pizza and preserved vegetables.
Natural Cures for High Blood Pressure

5 Simple and Effective Steps

The natural cures for high blood pressure are easy to do and it can be done with a few simple steps in lifestyle changes.

**Lose Weight:**

Hypertension diets are commonly used to lower high blood pressure. Foods enriched in nutrients, mainly calcium, potassium, magnesium, protein and fiber are recommended to lower it. Decreasing salt and sodium enhanced foods are typically included in all hypertension diets.

The key to hypertension diets are foods low fat foods and lean meats, to stop additional weight gain and/or lose extra pounds, and eating grains, vegetables, fruits, and proteins to obtain the proper minerals and nutrients needed in one’s daily diet. The DASH nutrition diet for high blood pressure is the most effective way to lower blood pressure or stop one from developing hypertension.

**Cut Back Alcohol:**

Save some money at the bar! Decrease the amount of alcoholic beverages consumed daily, if a typical night out consists of 3 drinks, cut it in half, save some money, and naturally lower blood pressure.

A healthy amount of alcohol varies based on medical conditions, but a healthy male should consume no more than two drinks per day (24 oz of beer, 10 oz of wine, 3 oz of heavier liquor) a healthy female should cut the male’s intake in half.

**Limit Caffeine:**

Make a half of pot of coffee in the morning. Caffeine can raise blood pressure by tightening blood vessels and restricting blood flow to the body. If a typical coffee drinker drinks 2-4 cups per day, cut that amount in half or switch to a decaffeinated brand.
Sodas and teas with high levels of caffeine have the same affect on the body. Caffeine also effects people’s way of dealing with stress.

**Reduce Stress:**

Take a deep breath, relax, and shrug off what happened during the rush hour traffic drive home. Learning to deal with stress and maintaining a way to deal with it is important to lower blood pressure naturally. People are put in stressful situations daily, learning how to respond and react to them is important in keeping a clear mind as well as a healthy blood pressure.

**Start An Exercise Plan:**

Exercise is important in everyone’s life, more so in a person’s life with hypertension. Lowering body fat and increasing blood circulation is critical in lowering blood pressure. This does not mean one needs to get a gym membership, but it does mean there should be some sort of daily physical activity in one’s life that they follow and continue until it is back to normal ranges (as told by a doctor, not your own monitor).
Natural Remedies For High Blood Pressure - 7 Effective Ways

What is the most common health problem that is growing at the alarming rate? Hypertension or High Blood Pressure will be the answer given by one out of four people. Presently, most doctors will urge patients to take pharmaceutical medication to keep their conditions in control. However, increasingly natural remedies for high blood pressure are making its presence felt.

More and more researchers and scientists are recognizing the advantages of using natural remedies. A holistic approach complemented by such treatments can help you to reduce your blood pressure in an effective, natural and safe way.

A balanced diet, good life style management and cautious intake of specific supplements are crucial.

1. **Magnesium, folic acid and potassium** can work to lower your high blood pressure. Thus, it is important to have huge amounts of them in your daily diet. Magnesium can be found in nuts, kale, leafy greens, legumes and whole cereal grains.

2. **Serrapeptase** is a natural proteolytic enzyme that is isolated from micro-organisms. This enzyme is obtained by fermenting plants. Therefore, vegetarians can also benefit from this enzyme. It has anti-inflammatory effect and is also immunologically active to clear the blood vessels.

3. **Garlic** can be said to be one of the most effective way to control high blood pressure naturally. You can consume up to 1-2 fresh garlic cloves in various forms such as soup, salad, pickles. They are even available in capsules form. Taking an average dose of two
to three capsules daily continuously for a period of 12 weeks will definitely make a sizable dent in high levels of blood pressure.

4. **Decreasing the amount of salt and sodium** in your daily diet will be beneficial in controlling your blood pressure. Food such as soy sauce, canned soups, fried, fatty, refined and spicy foods, sodas, tobacco, tea and coffee should be avoided.

5. **Obesity and stress** are two factors that result in an increased level of blood pressure. Therefore, by lowering them; you can also lower your blood pressure too. This is both a safe and natural route. Yoga and medication can aid you in losing weight, lowering your stress levels. Thus, your blood pressure will also be lowered.

6. **Herbs** such as cayenne, terminalia arjuna (an Indian coronary vaso-dilative herb), commiphora mukul, withania somnifera, ginger, saffron (having a chemical called crocetin, which help to reduce blood pressure), mistletoe, kudzu (Pueraria lobata), valerian (Valeriana officinalis), hawthorn berries and tops, rauwolfia, horse chestnut and ginkgo biloba also serves to be very useful and effective natural health remedies for high blood pressure.

7. **Vitamin therapy** - Vitamins such as B, C, D, and E (which helps vitamin C to lower blood pressure level) are important for high blood pressure. By eating citrus (lemons, oranges and grapefruit), Indian gooseberry, European blueberry and watermelon, you will be able to get these crucial vitamins. They are also available as supplements.

Having a proper diet, a healthy lifestyle and enlisting the help of these powerful natural health remedies; you are controlling your high blood pressure in a safe and effective manner. Moreover, they can be easily found in any grocery market, herbal medical store and health food store.
Get Rid of Your High Blood Pressure Naturally Without Drugs

High Blood Pressure Remedy Report Review

The high blood pressure remedy report is a comprehensive 53-page report from Barton Publishing, which specialized and are leaders in natural health and alternative remedy reports.

In the report you will discover how you can stop high blood pressure and eliminate your risk of a heart attack or stroke, in just a few short days, using a step-by-step natural home remedy. All these done WITHOUT the side effects of harmful drugs.

Let’s face it. High blood pressure isn’t all that scary. What is scary or annoying is the side effect of those medications or drugs that your doctors prescribed to you. Just do a “google” search and you will find tons of information, which people are commenting on those nasty side effects they are suffering after taking the medications.

This is where the report will come in useful. For example, you will learn:

- The truth about beta blockers, alpha blockers and other common and dangerous pharmaceutical blood pressure “cures”
- Exactly how much weight you need to lose to have a noticeable and permanent effect on your blood pressure
- The pros and cons of the DASH Diet
- Why you should “go nuts for nuts”
• How you can get all the hypertension-fighting nutrients you need fast and cheap at your local supermarket.
• The secret herb used by European women for centuries
• Why you should eat more chocolate!
• The blunt facts on acupuncture and ayurvedic medicine
• The common and powerful seasoning that can keep your arteries from hardening and dramatically improve your circulation.
• and much more!

The report is basically divided into 4 chapters:

Chapter 1: Basics About Blood Pressure
Chapter 2: Traditional Treatment Options
Chapter 3: Natural Remedies and Alternative Medicines
Chapter 4: Prevention of High Blood Pressure

The “golden nuggets” of the report are found mostly in chapter 3 and 4. This is where the report will reveal all the effective natural remedies that you can implement at home easily. These are real solid information that your doctor probably didn’t tell you. You will also learn how to deal and prevent high blood pressure, such as the foods and beverages you should avoid.

The report is also endorsed and reviewed by Dr Scott Saunders, M.D. This should give a vote-of-confidence for you.

Surprisingly, for such a quality report, it costs only a mere $39.97. Come to think of it, it’s cheaper than a trip to your doctor or cheaper than your prescription drugs (think of terrible side effects). They also bundled in two FREE reports for you:

1. “Lessons From The Miracle Doctors”
2. “10 Deadly Health Myths Of The 21st Century”

On top of that, the report comes with a 365-Day Money Back Guarantee. Yes, within 12 FULL months, if you are not satisfied with the report, they will promptly refund
you. I know the people personally from Barton Publishing. It’s NOT a gimmick and they are honest people. So, with such a guarantee, it’s RISK-FREE for you.

So, is the high blood pressure remedy report 100% perfect then? Well, it’s not. I would be lying if I said yes. No product/report is perfect in my opinion. There are always pros and cons.

The “cons” lies in Chapter 1, where it tells you: What is high blood pressure, Who’s at Risk, How is high blood pressure diagnosed etc.

I assume you are interested in the report because you ALREADY have high blood pressure. That’s logical. In my opinion, if you already have high blood pressure, you should know what it is and other relevant basic information. So, chapter 1 is redundant if you already know your condition.

Other than the above mentioned minor shortcoming, The High Blood Pressure Remedy Report is no doubt a quality and effective (tried and tested natural remedies) report that you ought to have. Good to go!

I strongly recommend that you get the report if you are suffering from high blood pressure now. You have totally NOTHING to lose, especially if it comes with a 365-Day money back guarantee. Just try and it lose your high blood pressure instead.

Click here to download your High Blood Pressure Remedy Report now.