

10 Tips to Lower Blood Pressure(Part One)

Although they say that preventing is by far better than curing, one still has to cope with the problems of high blood pressure when faced with them. The following are a set of well fundamented suggestions applicable to both the suffering and the healthy one in order to lower the blood pressure in his body. This not a drug based treatment, but merely natural principles that go with any medicine your doctor prescribes. Tip no1. Anyone who is seeking to lower his blood pressure should first consider stopping smoking. The crave for nicotine can be reduced by eating sunflower seeds, and nettle and oat infusion is also widely recognized as a great help. You should also try to quit smoking not all of a sudden, but do it gradually, in the course of 4 to 6 weeks. Tip no2. Another good way to lower blood pressure is to consume a lot of seaweeds. They are great because of their special property to lower the blood pressure by leveling the concentration of triglycerides, phospholipids and colesteroles. In addition to this, seaweeds contain substances that dissolve the 'fatty build-ups' on the blood vessels, helping to create a steady heart beat. Tip no3. Beta-carotens do miracles when it comes to cutting the risk of a stroke attack, so foods with a high concentration of such compounds should definitely be part of your regular diet. Some of the most common examples are carrots, cabbage, dark leafy greens, apricots, winter squash and sweet potatoes. Natural food does play an important role in lowering blood pressure. Tip no4. Garlic is yet another remedy Mother Nature offers, very benefic for lowering the blood pressure. In addition to its other good effects on health, studies state that garlic has the abilities to reduce phospholipids and cholesterol, increasing immunity of the organism and reducing chances of strokes. So, the advice is to eat several garlic cloves a day, raw or lightly cooked for lowering blood pressure. Tip no5. Choosing food low in salts and sodium is crucial for lowering blood pressure. Most Americans today are accustomed with high salted food when in fact the dosage recommended is an average of 2.5 grams of sodium per day. This roughly equals 6 grams of table salt, almost a teaspoon. In order for the lowering blood pressure system to give good results it is indicate to consume less high salted foods. The next 5 tips will be in the second part of this article.

About the Author

The Royal Society of Medicine is an independent, apolitical organisation of doctors, dentists, scientists and others involved in medicine.

Source: <http://www.productsherbal.com>