

WELLNESS WEEKLY



Hypertension: What Exactly is it?

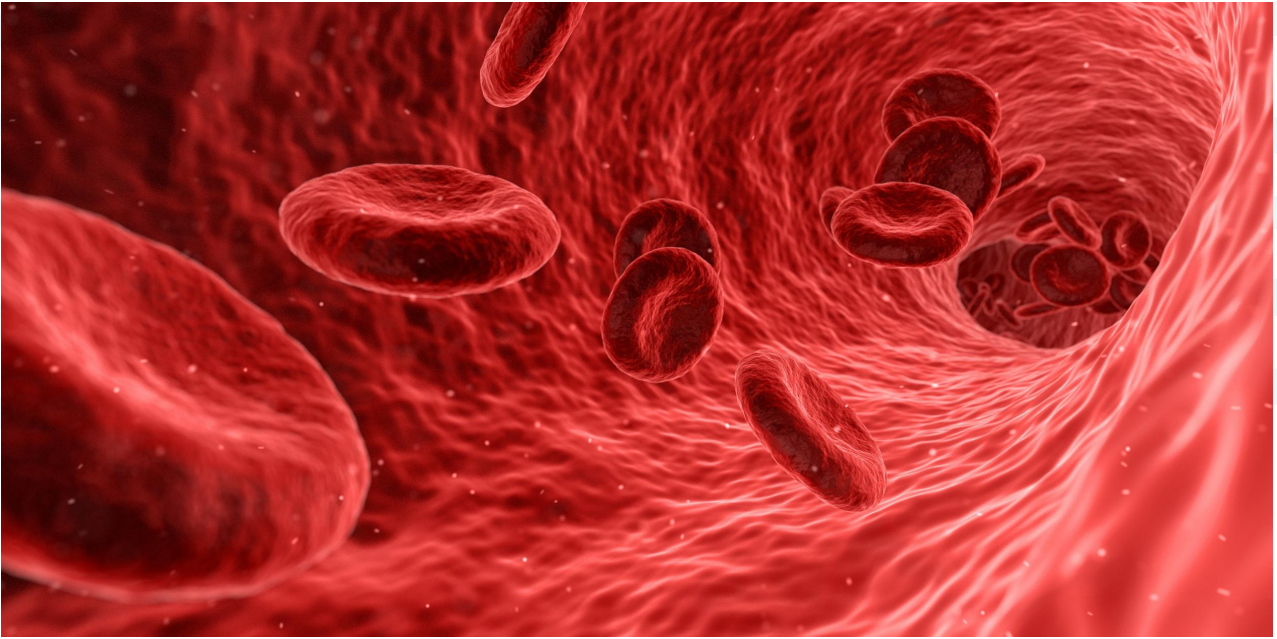
Hypertension is high blood pressure. This diagnosis is made by a medical professional when either the systolic (top number) or diastolic (bottom number) number remains higher more times than usual. With hypertension, the heart needs to pump harder due to the fact that it needs to pump more blood through the body. As a result over time, it causes major strain onto the heart and blood vessels, in turn causing damage. This damage can lead to disease of the heart and kidneys, as well as a stroke. There are generally no early signs of hypertension. The only way to truly know if you are developing this condition is to have your blood pressure checked and monitored. Although there is no cure for hypertension, with the proper treatment it can greatly be controlled.

ARTICLES INSIDE THIS ISSUE:

Blood Pressure 101

Hypertension: Who's at Risk?

Foods That May Help Lower Blood Pressure



Blood Pressure 101

At every doctor's visit, one of the first things that you have checked is your blood pressure.

But what is blood pressure?

Blood pressure is how hard your blood is being forced out into the arteries. It is your heart that takes blood in and forces it back out, in order to circulate it throughout the body. When the blood pressure is high, the heart is pumping harder in order to force more blood out to the body. There are many different factors that cause this to happen.

Overtime, major damage can occur to the heart and the arteries, causing other issues such as heart disease, stroke, and kidney failure. This is why it is very important to have your blood pressure checked and monitored.

Blood pressure is measured using an electric blood pressure machine. The cuff is simply placed over the bicep area of the arm, turned on, then it does the rest. Once it is finished it displays a reading of three numbers: Systolic, Diastolic, and the pulse.

The systolic number is the number listed on the top of the screen. This number represents the pressure of the blood against the artery walls, with each contraction of the heart. The diastolic number is the number that is directly below the systolic number. This number represents the pressure of the blood against the artery walls, between each contraction of the heart. The pulse is the number that you would find at the bottom of the screen. This number is the counted beats your heart has made within the time the machine tool to calculate your blood pressure.

The older method to taking blood pressure required a stethoscope, and a contraption called a sphygmomanometer. the person taking the pressure would count the body's pulse within the minute.



Hypertension: Who's At Risk?

There are many risk factors that contribute to the condition of hypertension. Many of which are lifestyle habits, which could be changed with a little work and dedication.

Here's a list of some risk factors:

Alcohol: The over consumption of alcohol can cause a rise in blood pressure as well as many other health issues.

Sodium: Sodium is found greatly in processed foods as well as in table salt and seasonings.

Lack of Exercise: When the body is subjected to a sedentary lifestyle, it encourages the build-up of fatty deposits on the artery walls causing many issues.

Being Overweight/Obese: With every extra pound, the body needs to work harder to increase the volume of blood, and number of capillaries in order to supply the increased fatty tissue. In order to move the blood to the entire body the heart must work even harder, which in turn will at first cause major damage to the heart and arteries.

Smoking: The nicotine in cigarettes causes the blood vessels to become constricted, and increases the rate of fatty deposits in the arteries.

Stress: Stress is a trigger towards high blood pressure spikes, however, it is temporary. Many people when they experience stress go to their relieving mechanisms such as food, alcohol, and cigarettes. This only adds to the issue of high blood pressure.

Not Enough Potassium: Having potassium in your diet helps to balance the amount of sodium in your body.



Foods That May Help to Lower Blood Pressure

Foods high in Potassium: Potassium helps the kidneys to pass more sodium through the urine. This helps to lower blood pressure because it is the excess sodium in the body raises blood pressure.

Food Examples: Bananas. Leafy greens

Foods with Nitric Oxide: Foods rich in nitric oxide can help to lower your blood pressure by opening up the blood vessels, allowing more blood to flow throughout the body.

Food Examples: Red Beets, Garlic

Foods with Polyphenols: Polyphenols help the body to fight inflammation, which helps in reducing blood pressure.

Food Examples: Olive Oils, Dark Chocolate, Cloves

Follow us on:



Natural Medical Solutions
Wellness Center



@natmedsol



Natural Medical Solutions
Wellness Center

Visit us at:

1130 Upper Hembree Road
Roswell, GA 30076

(770) 674-6311

natmedsol.com

“

Hypertension, like other conditions have underlying causes such as diet, stress, and lifestyle choices that many are not aware of. At Natural Medical Solutions, Dr. Ravello gets to the root cause of these ailments, and helps to restore the body as a whole.