



Lowering blood pressure naturally

This one is for you, Phyllis - thanks for idea. There is much one can do through lifestyle alone that can improve blood pressure and therefore health and well-being.

First of all, **what IS blood pressure exactly?** Your doctor tells you two numbers, say 130 over 80 - what do they mean?

The first or top number is the pressure or force the blood is exerting on the walls of the artery while the heart is contracting to push blood through the circulatory system, and the bottom number is the pressure or force the blood is exerting on the walls of the artery when the heart is relaxing between beats, and filling up with blood.

So, **if the pressure is high, it means the arteries may be constricted or possibly partially blocked**, which is why blood pressure is an easy way to detect potential cardiovascular risk factors.

The bottom number is particularly telling, because if that number is higher than it should be when the heart is between beats, it is likely there is a problem. "Normal" blood pressure is considered to be 120/80, and most people get put on medication if their blood pressure rises to 140/90.

Here is **the Cole's Notes version for lowering blood pressure naturally**. For more info on each, click through the links.

- Cut out all refined sugar and refined starch (flour products like baked goods, pasta, crackers). See below for more info.
- **Figure out what your major stresses are**, and deal with them if possible, accept them if they are out of your control.
- **Dwell on the good in your life**, and what makes you happy, rather than dwelling on what upsets you.
- **Exercise enough to make you feel good**. Walking is enough for many, not enough for some.
- **Drink half your bodyweight in pounds, in ounces of pure water each day**
- Switch from using white and dry **table salt** to using gray and moist air-dried sea salt.
- Get adequate **dark time** each night, so melatonin, your rest and repair hormone can do its magic.
- Eat according to your **metabolic type**.
- See a NUCCA chiropractor to ensure that your **top vertebrae (the atlas)** is in its proper alignment.

There are **two mechanisms by which eating too much sugar and flour** (which the body treats as sugar) **increases blood pressure**. First, diets high in refined sugar and starch cause a greater **insulin response**, which I have discussed at great length in **other posts**.

High insulin increases heart rate, constricts blood vessels, and stimulates the sympathetic nervous system, all of which increases blood pressure. So, eat no added sugar and refined carbohydrate, lower the insulin response, lower the blood pressure. I think that doctors that study their patient data have probably noticed that frequently high blood-pressure patients also have higher insulin levels.

The other way in which eating easily digestible and refined carbohydrates increases blood pressure is by causing the kidneys to retain salt. The body then retains water in order to keep the blood sodium concentration constant.

So water is not necessarily retained by consuming too much sodium, but rather by the easily digestible carbohydrates stopping the excretion of the sodium which is already there.

So, stop eating the added sugar and flour products, the kidneys stop retaining

Do you want to feel
20 years younger?
The Anti-Aging EXERCISE SOLUTION

Stay young, functional and pain-free!

Are movement restrictions impacting your life?

What can't you do now that you would like to be able to do again?

Are you blaming your age for these limitations?

Yet many people your age are moving well, so is that belief really true?

If age were the reason, everyone would have the same movement problems at the same age.

Is pain the reason for the lack of ability or is lack of ability the reason for pain?

Often pain is due to being too tight or too weak.

Our muscles have tightened up so we can't bend our knees, reach our arms or twist as far as we used to.

We lose strength because we are not using full range of motion anymore.

The expression "If you don't use it you will lose it" is true.

But so is its opposite. "If you use it again you will regain it."

The miracle of our bodies is that function can be restored and maintained.

The Anti-Aging Exercise Solution DVD is designed to address common movement and postural problems.

Start at your current ability.

There are 3 work-out levels, for novice to advanced exercisers

Be consistent - practice daily being mindful of your limits.

Regain your function at home or at

salt, the body stops retaining water. A much healthier diuretic than a drug!

the gym!

Another idea that can work is seeking out **Bemer Therapy, which improves microcirculation**. Once capillary beds are open, less pressure is required to push the blood through the circulatory system.

Buy the DVD today!

A Bemer is a mat which one lies on, and it uses pulsed electromagnetic fields to improve microcirculation - arterial, venous, lymph circulation.

The EMFs are very low - between AM and FM radio signals, and definitely lower than what cell phones emit.

In addition to improving blood pressure, improved microcirculation also helps nutrition get to cells, and waste leave cells, and may reduce external pressure on arteries and veins caused by edema, by getting lymph to flow as well. **If you want to actually see the impact of Bemer Therapy on improving microcirculation please watch this short video. Unblocking a blood vessel with Bemer.**

If you want to try Bemer therapy, google your home town and Bemer, to find out where you can go to give it a try, and if you are considering getting a Bemer for home, please reply to this email.

Please do keep the comments coming on my [blog](#). If you want to share this article, scroll to the very bottom and click the "share" icon to post on Facebook, Twitter etc. If you want to subscribe or search for other posts by title or by topic, go to www.wellnesstips.ca.

Related Tips:

[Obesity - a behavioural or a metabolic issue?](#)

[Insulin, our storage hormone](#)

[Which salt is the healthiest?](#)

[Stress and cardiovascular disease](#)

[How we become over-fat](#)

[Obesity, heart disease and type 2 diabetes - what does history tell us?](#)

[Exercise intensity and over-training](#)

[Customized nutrition](#)

Taubes, Gary [Good Calories Bad Calories](#) Alfred A. Knopf, New York, 2007.

Batmanghelidj, F. MD [Your Body's Many Cries For Water](#), Global Health Solutions, Vienna, VA., USA, 1997.

Formby and Wiley; [Lights Out! Sugar, Sleep and Survival](#) Books, New York, NY, 2000

Online www.chekinstitute.com [Balancing the autonomic nervous system](#)

Kim CH et al. [The impact of pulsed electromagnetic field therapy on blood pressure and circulating nitric oxide levels: a double blind, randomized study in subjects with metabolic syndrome.](#) Blood Press. 2019 Aug 8:1-8. doi: 10.1080/08037051.2019.1649591.

Bohn W, Hess L, Burger R. [The effects of the "physical BEMER® vascular therapy", a method for the physical stimulation of the vasomotion of precapillary microvessels in case of impaired microcirculation, on sleep, pain and quality of life of patients with different clinical pictures on the basis of three scientifically validated scales.](#) J Complement Integr Med. 2013;10(Suppl):S5-12, S5-13. doi: 10.1515/jcim-2013-0037.

Copyright Vreni Gurd 2008/2019

www.wellnesstips.ca