

High Blood Pressure



What is High Blood Pressure?

High blood pressure (also commonly known as Hypertension) is often called the “silent killer”, as many people can live for years with this dangerous condition without ever experiencing a single symptom. High blood pressure is **estimated to affect 1 in 3 American adults**. Once the condition arises, it is usually a life-long problem that needs to be treated and managed carefully.

Blood pressure is defined as the **force that the blood exerts on the veins and arteries** as it circulates through the body. In a healthy individual, blood pressure should be around 120/80 mmHg, although this reading does fluctuate from day to day and person to person. Blood pressure that **consistently measures 140/90 mmHg or higher** is thus considered high blood pressure. If left uncontrolled, it may increase your risk of serious health problems, including heart attack, kidney failure or stroke.

Two types of high blood pressure have been identified:

- **Primary high blood pressure**, in which no underlying cause is known.
- **Secondary blood pressure**, which occurs as a result of another medical condition, or caused by certain medications.

Diagnosing High Blood Pressure

A doctor will be able to determine whether or not you have high blood pressure, so be sure to receive regular health screenings to promptly **detect and treat any problems**. As blood pressure does fluctuate, one high blood pressure reading does not necessarily mean you have hypertension. Repeated readings of high pressure may lead to a diagnosis.

While **extensive tests are not usually needed** to determine high blood pressure, your physician may recommend further tests to determine whether there is an **underlying cause** for the elevated blood pressure and to **determine if any damage to organs has occurred** as a result.

What are the Symptoms of High Blood Pressure?

What makes high blood pressure so dangerous is that **most people do not experience any symptoms**, even when blood pressure readings are dangerously high. However, some people may notice one or two of the following if their levels are consistently raised:

- Headaches
- Dizziness

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Blurred vision
- Nausea
- Increased nosebleeds

These symptoms are not always present and could be indicative of a number of different health concerns. It is thus important to have your blood pressure checked regularly.

What Causes High Blood Pressure?

For most people, the **cause remains unknown**, making primary blood pressure the more prevalent of the two.

While it is not entirely known why primary high blood pressure occurs, research is ongoing and a number of factors have been implicated. Since high blood pressure often runs in families, a **strong genetic component has been indicated**.

Other risk factors for high blood pressure include smoking, alcoholism, and high salt intake, being overweight, lack of exercise, and high levels of stress.

Some conditions known to cause **secondary hypertension** are:

- Diabetic nephropathy
- Kidney disease
- Cushing's syndrome
- Hypothyroidism or Hyperthyroidism
- Arteriosclerosis (a thickening, hardening and narrowing of the walls of the arteries)
- Underlying heart conditions
- Sleep apnea
- Obesity
- Pregnancy, especially in cases of Pre-eclampsia
- Side-effects of certain medications or supplements

Help for High Blood Pressure

While high blood pressure can be a potentially life-threatening condition, **it can be successfully managed** through the correct medical treatment and positive life-style changes. Treatment often includes prescription medication, natural remedies, or a combination of both.

Whatever you decide, it is important to adopt a holistic approach to your health and include life-style changes into your treatment program.

There are a number of herbal and homeopathic remedies that are well known for their ability to **control high blood pressure** with great success. Unlike conventional medicines, which do not always address the root cause, natural remedies can do this without the risk of side effects or addiction.

In keeping with a holistic approach to health, Naturopaths recognize that **high blood pressure may be a sign or symptom** of imbalance in the body and thus recommend a combination of lifestyle changes and natural remedies to remove the causes of the high blood pressure, rather than simply just treating the symptoms.

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Remember to always source your natural remedies from a reputable company in order to ensure safety, efficacy, and correct therapeutic dosage.

Note: Do not make changes to your prescription medication without first consulting your doctor.

Conventional Medication for High Blood Pressure

A vast number of different prescription medications are available to help reduce high blood pressure. These include vasodilators, alpha-blockers, beta-blockers, diuretics, and calcium channel blockers to name a few.

Each of these drugs has a different effect and they tend to work differently for different people. For this reason, you may find that you have to try out a few combinations until you find the one that works best for you.

Examples of medication that your doctor may prescribe are: enalapril (Vasotec), losartan (Cozaar), atenolol (Tenormin), and furosemide (Lasix). Like many synthetic drugs, anti-hypertensive medication has a risk of causing side effects which will differ between individuals and medications.

Side-effects can be distressing or uncomfortable and may include dizziness, nausea, stomach problems, fatigue, impotence, insomnia, loss of appetite, low blood pressure and others. Always speak to your doctor if you are having problems.

Lifestyle modifications

By simply **adjusting your life-style**, you can help to lower your blood pressure and reduce the risk of complications. Choose healthier habits such as a heart healthy diet, getting regular physical activity, and a reduced salt intake.

Try to stop smoking in a natural manner and **reduce alcohol and caffeine** intake to a minimum. Losing weight is many times advised.

For some individuals, life-style changes are enough to **reduce blood pressure levels back to normal**, and for others they are an essential step towards treatment along-side medication.

Can High Blood Pressure Cause Other Disorders?

High blood pressure is a serious condition that can cause extensive damage to the heart, blood vessels, and other organs in the body. If left untreated, high blood pressure could result in the following conditions:

- Stroke
- Dementia
- Aneurysm

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- Arteriosclerosis and atherosclerosis.
- Heart failure
- Heart attack
- Kidney failure
- Increased bone loss in the urine
- [Vision problems](#)
- Sleep apnea

Tips for Coping with High Blood Pressure

- Take responsibility for your health and make the necessary changes. Sadly, it often takes a scary diagnosis to force us to make positive life changes so use this as an opportunity! Adopt healthy life-style habits by exercising, learning to relax, and eating healthily and if you do smoke, now is a great time to quit smoking naturally! Not only will these changes help to lower blood pressure, they will increase your energy levels, boost immunity and help you to feel 10 years younger!
- If you are struggling to adopt a healthy eating plan, or have difficulty losing weight then consider seeking professional assistance from a nutritionist, fitness trainer, or support group.
- Learn to relax, slow down and manage your stress levels. Stress is a huge influencing factor in high blood pressure so try to reduce stress levels and learn to relax! Try listening to calming music, meditation, yoga, or connecting with nature on a quiet forest walk to escape from the stresses of daily life.
- Address other health complaints such as insomnia or constipation as soon as they arise as these can contribute to increased blood pressure.
- Keep track of your blood pressure by learning to take your own blood pressure at home or having it regularly checked by a health care professional. Try keeping a log of your measurements after each check-up and slowly work towards your goals by noticing what works and what doesn't.
- If on medication, it's always a good idea to keep a list of what you are taking on you incase of an emergency. Also be sure to refill your blood pressure medicines and take them as directed by your physician.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.



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Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market –giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

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to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

High-Rite: Helps maintain healthy blood pressure, artery clarity and functioning and heart health.

High-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. High-Rite has been used for many years to safely **maintain health and systemic balance of the cardiovascular and circulatory systems.**

High-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and wellbeing. High-Rite can make all the difference, **without risking serious side effects** or compromising health.

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althy functioning of the cardiovascular system, thereby helping to **maintain balanced pressure of the blood on veins and arteries**, routine oxygenation of the blood to the heart muscle and pulse regulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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Aqua-Rite: Promotes water balance to maintain blood pressure, cardiovascular, liver and gall bladder health.

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circulatory and fluid systems in the body.

Aqua-Rite supports routine water balance in the body, thereby helping to support balanced circulation as well as the pressure of the blood on veins and arteries. Aqua-Rite can make all the difference, without compromising health and **without serious side effects**.

Aqua-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. It is formulated as a companion remedy for High-Rite, especially in cases where **water balance and healthy blood pressure** need to be supported in conjunction with each other.

Acting as a **natural water balancer**, Aqua-Rite also helps to support liver and gall bladder functioning and promote good circulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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