**Treating High Blood Pressure- Natural Options are Better Than Drugs**

High blood pressure is an issue that many people in this country struggle with every day. In fact, according to the CDC almost one third of the population suffers from this life threatening condition. Even though there are several medications available to treat high blood pressure, there is also research that supports chiropractic care for treating high blood pressure.

There are many medications, such as beta-blockers that are prescribed every day by physicians to help lower blood pressure. However, there are a few drawbacks to medications. One, they can have serious side effects, including asthma symptoms, impotence, insomnia and more. Secondly, there are a high percentage of people that take the medication on a regular basis, yet do not have their blood pressure in a safe range. The other drawback to these medications is that once a patient stops taking them, even if controlled, the blood pressure will shoot back up. This is because many medications do not actually treat the problem, only the symptoms. The good news though, is that studies have shown the efficacy of a certain chiropractic procedure for lowering blood pressure.

The first vertebrae of the human spine, called the Atlas or C-1, is easily misaligned, causing interference with the normal brainstem activity. Due to the location of this vertebra, several studies have shown a correlation its misalignment and a rise in blood pressure. People though do not usually know that their Atlas is not properly aligned because there is no pain when it is and the symptoms it presents can be linked to other causes.

A pilot study conducted in 2007 found that a series of treatments to get the atlas back into proper alignment drastically reduced the patients’ blood pressure. This study was double blind to ensure they received the most accurate results. In the end, they found that the drops in the subjects’ blood pressure were “similar to that seen by giving two anti-hypertensive agents simultaneously.” This means that it is comparable in results to taking two drugs for controlling blood pressure, yet there were no adverse reactions that occurred during treatment. Even better yet, the patients’ blood pressure was still at the lowered state 8 weeks after their last chiropractic session, which shows the lasting effects of this treatment.

The results of this study are of not a huge surprise to chiropractors because they have long known that getting the spine into proper alignment will result in the body operating as it should. Chiropractic care has helped to treat many other conditions and more importantly has been a preventative care method to keep people in optimum health. This study though has given them the verifiable data they need to show the results they have seen for so many years.

High blood pressure is not a condition to take lightly, as it can result in a heart attack or stroke. This is why if you or a loved one is suffering from this condition, it is important that you take the necessary steps to get this under control. There are certain changes to your diet and lifestyle that can be made to aid in lowering blood pressure. Even though there are drugs available for this, chiropractic care will give you lasting results without any harmful side effects. This is why you need to call a Florida chiropractor that specializes in cervical treatments to lowering blood pressure naturally.

Sources:

Journal of Human Hypertension (2007), Atlas vertebra realignment and achievement of arterial pressure goal in hypertensive patients: a pilot study

<http://www.cdc.gov/bloodpressure/facts.htm>

<http://www.highbloodpressuremed.com/blood-pressure-medication-side-effects.html>