

## **LOWERING BLOOD PRESSURE**



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### **Your Guide to Lowering Blood Pressure**

Guide to Lowering Blood Pressure 2 What Are High Blood Pressure and Prehypertension? Blood pressure is the force of blood against the walls of arteries. Blood pressure rises and falls throughout the day. When blood pressure stays elevated over time, it is called high blood pressure. The medical term for high blood pressure is hypertension.

<http://ebookslibrary.club/download/Your-Guide-to-Lowering-Blood-Pressure.pdf>

### **17 Effective Ways to Lower Your Blood Pressure Healthline**

17 Effective Ways to Lower Your Blood Pressure. Your blood pressure depends on how much blood your heart is pumping, and how much resistance there is to blood flow in your arteries. The narrower your arteries, the higher your blood pressure. Blood pressure lower than 120/80 mm Hg is considered normal.

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### **10 ways to control high blood pressure without medication**

The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake 1,500 mg a day or less is ideal for most adults. To decrease sodium in your diet, consider these tips: Read food labels.

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### **20 Foods That Lower Blood Pressure Eat This Not That**

Slash your blood pressure and lower your risk of chronic disease by making apricots a staple in your diet today. Whether you're tossing some on a salad, eating dried apricots as a snack, or adding some to your favorite smoothie, these vitamin C-rich, beta-carotene-loaded fruits are the key to healthier blood pressure.

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### **13 Ways To Lower Blood Pressure Naturally Prevention**

Lowering high blood pressure is as easy as one, two, tea: Study participants who sipped three cups of a hibiscus tea daily lowered systolic blood pressure by 7 points in 6 weeks on average, say

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### **How To Lower Reduce Control High Blood Pressure Levels**

75% of your sodium intake comes from eating out and packaged foods. Use more spices for flavor instead of salt. Eating more potassium (found in foods like bananas, raisins, tuna, and milk) helps move sodium out of your body. A small effort can bring blood pressure down as much as 2 to 8 points.

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### **How to Lower Blood Pressure Exercise Tips OnHealth**

Exercise definitely can help medications work more effectively. Exercise itself can reduce blood pressure readings by as much as 5-15 mmHg. A gradual increase in the intensity of the workout is best for safety and effectiveness of lowering your blood pressure.

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### **How to Lower Blood Pressure Quickly 4 Fast Methods**

The easiest way to lower blood pressure quickly is by taking a walk. Yes, it is that easy. A brisk walk for about 15 or 20 minutes is perfect. All you need to do is incorporate this into your daily routine. You can take a 15-20 minute walk in the morning then do the same in the afternoon.

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