

HOW DO I GET HIGH BLOOD PRESSURE



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High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood out to the body and contributes to hardening of the arteries, or atherosclerosis

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But there's good news. There are a number of things you can do to lower your blood pressure naturally, even without medication. Here are 15 natural ways to combat high blood pressure. 1.

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Blood Pressure Q Can I get rid of my high blood pressure

If you have high blood pressure that is being caused by another health problem (secondary hypertension), it might be possible to get rid of your high blood pressure. By successfully treating the underlying cause of your problems, your blood pressure may then return to normal.

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How to Reduce High Blood Pressure. Blood pressure refers to the force exerted on artery walls by the blood flowing through them. The narrower and stiffer your arteries become, the higher your blood pressure goes.

Normal blood pressure is

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How to get blood pressure down to 120 CNN

Recent findings suggest that it's worth treating patients in that prehypertension gray area of 120 to 140 to bring them down into the normal range. But how?

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How to Lower Systolic Blood Pressure Naturally

The bottom number, or diastolic blood pressure, measures the pressure when the heart is at rest between beats. A systolic pressure over 140 mmHg is considered high. A person can have a high systolic reading and a normal diastolic reading.

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High Blood Pressure Hypertension

High blood pressure is often called a "silent killer" because many people have it but don't know it. Over time, people who do not get treated for high blood pressure can get very sick or even die.

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