

Preventing High Blood Pressure

If you are battling high blood pressure there are many ways to lower it and prevent yourself from developing it again. The best way to start is without medication if you can help it by making some lifestyle changes.

Do you smoke? If so, this can raise your blood pressure. Try to cut back if not quit altogether. There are many aids that can help you quit smoking. Do you drink quite a bit of alcohol? This will also raise your blood pressure so try to cut back to a drink or two a day.

Do you consider yourself physically active on a daily basis? Getting at least thirty minutes of exercise a day has been proven to lower and maintain a healthy blood pressure level. Do ten minute intervals if you cannot set aside thirty minutes all at one time.

Start a healthier diet. Did you know salt increases your blood pressure dramatically? Limit your intake of salt or substitute it for other seasonings. There are so many different seasonings available you should have no trouble finding one you really like.

Add plenty of vegetables and fresh fruits into your diet. This will also help lower and control your blood pressure. Try to stay away from fatty foods as well.

If you are over weight this could have a major impact on your blood pressure. Losing as little as ten pounds can significantly reduce your blood pressure. Once you lose ten pounds you will see how easily you can lose more and you will notice how much better and healthier you feel. Not to mention your blood pressure levels will decrease.

Do you have a stressful job or life? Try to do away with as much stress as you possibly can. If you cannot avoid all the causes of stress in your life find something that helps you relax and de-stress. Meditation might work wonders for you.

There are certain things you cannot avoid that have an effect on high blood pressure. Your race: African Americans are at a higher risk. If you are older than fifty-five you are at risk as well and unfortunately you cannot make yourself younger.

If you have a family history with high blood pressure, you want to start early prevention. Knowing about your family history will help in cases like this. Even

if you do not have high blood pressure now you have the risk of eventually developing it, but that doesn't have to happen. Early prevention can keep your blood pressure down.

Stay away from drugs and painkillers if possible as they can cause high blood pressure. Some prescription medications can cause high blood pressure such as: nasal decongestants, anorexia drugs, steroids, antidepressants, oral contraceptives and cold medicines.

If you are taking any of these and are having problems with your blood pressure levels, be sure your doctor is aware you are taking them.

Having high blood pressure can put you at a higher risk of stroke and heart and kidney disease so preventing this can benefit your health immensely. Talk with your doctor of any questions you might have or concerns. No question is silly and it is never too early to start taking better care of your health starting with your blood pressure.