

Lowering Your Blood Pressure

Do you have high blood pressure? Maybe you want to prevent getting high blood pressure, no matter what the case is, there are everyday things you can do. What you eat, how much you exercise, even your habits can effect your blood pressure.

If you see your doctor regularly you more than likely have your blood pressure checked every time. This is a necessary procedure to monitor your pressure and be sure you don't have high blood pressure. There are different reasons one has high blood pressure and different things you can do to help lower it.

If you have high blood pressure it damages your blood vessels increasing your risk for stroke or heart and kidney diseases. In other words, having high blood pressure is very harmful to your health and you want to treat it right away.

Making lifestyle changes is the first way to go when you want to lower your blood pressure. If doing these simple changes does not help and you have to use medication, continue doing the changes along with the medication. The lifestyle changes alone may just not be enough and added with medication could help significantly.

If you use any tobacco of any kind, stop your use or decrease it significantly. Nicotine makes your blood vessels constrict resulting in a faster heart beat. This faster heart beat raises your blood pressure. You can easily find products that help quit smoking or help quit the use of other tobacco products.

If you are overweight you are at a high risk of high blood pressure. Start a diet program and start eating healthier. Exercising regularly is very beneficial to lowering your blood pressure. Plan an exercise routine and track your progress. This will show you what is working and what is not.

Eat plenty of fruit and veggies and try a low fat diet. Try to stay clear of sodium, alcohol and caffeine or at least limit your intake. Sodium isn't harmful to everyone's blood pressure but until you know for sure, it is better to take precaution.

Alcohol can cause high blood pressure in some people as well. Try to only drink one or two alcoholic beverages a day. If you know this is increasing your blood pressure, try to quit altogether. Your health might be at risk.

Stress can sometimes affect your blood pressure. Stress is very common and there are millions of ways to help reduce stress. Try some relaxing techniques first and if none of these work talk to your doctor. They may have some better

suggestions.

If all else fails you may have to turn to medication. There are many types of medicine to help you lower your blood pressure. You may end up taking this medicine for the rest of your life but if it helps keep you healthy, it is worth it.

If you are still unsure of how to handle your blood pressure talking with your doctor is the best solution. Tell them of your concerns or ask them any questions you might have. No question is stupid when it comes to your health. You could even do some research online and find out many things about blood pressure. You are not the only one curious about taking care of your health. Take the necessary steps to live a long healthy life.