

Blood Pressure

High blood pressure is prevalent in today's society and there is no lack of pharmaceuticals to choose from. You do not have to sit back and wait for your doctor to help you, there is a lot you can do to help yourself lower your blood pressure. Take charge of your health.

- **Lifestyle.** Slow down. Been told that before? If you think you cannot change your activities, at least change your thoughts. It is no secret that your frame of mind affects your BP. Meditation is an age-old practice that is easy to do, cheap and works.
- **Exercise.** Don't like it? No time? You choose: healthy or un-healthy. JUST WALK! Even if you will not give yourself 15 minutes out of your busy day to take a walk, there are baby steps you can do during the day to sneak in extra walking. Park further from the entrance to your work, where you shop, at the theatre. Take the stairs instead of the elevator.
- **Diet.** Eat your vegetables! Eat herbs! Eat fruits! You can benefit your BP just by eating **4 celery stalks per day**. That's remarkable. Or, eat one clove of garlic per day for 12 weeks. Add saffron to your cooking. Use seaweed, it will work wonders. Yes, it's salty. Yes, it's ok to eat. THE SALT CULPRIT IS SODIUM CHLORIDE- table salt. Pure sea salt, no additives, is not the same as table salt; seaweed is not the same as eating table salt. Here's a quick and easy BP soup: tomato base (tomatoes have 7 compounds that help lower BP), onion, broccoli (6 compounds to lower BP), carrots (8 compounds) and green beans (magnesium). Just simmer up this little concoction and eat your way to better health.
- **Herbs.** Hawthorne tea- 2 cups per day and hawthorn tincture. Dandelion and garlic. Click on the dandelion article to see recipes and ideas for using dandelion. Dandelion tincture is also a choice. Valerian tincture helps calm the central nervous system and aids in BP.
- **Supplements.** Be sure you get enough beta-carotene, vitamin C, E and B complex.

Now see, is that so hard? Simple things you can do to help yourself. Take charge!