

## High Blood Pressure Treatment

In the United States there are an estimated 68 million people have high blood pressure; that's one in three adults! High blood pressure has been listed as a primary or contributing source in the deaths of over 348,000 Americans in the year of 2008 alone. Furthermore, 69 percent of peoples' first heart attack, 74 percent with chronic heart failure, and 77 percent of people who have had their first stroke, all have high blood pressure. High blood pressure is one of the leading diseases in America. The [ACLS Certification Course](#) can get you certified by the American Heart Association within a few hours. These statistics are crippling, and something needs to be done.



There are many organizations that are raising awareness of the effects of high blood pressure and its prominence in America. In fact, \$131 billion is spent annually in America towards high blood pressure medical expenses. Treating high blood pressure may seem difficult, but it all starts with sodium.

Studies have shown that a high level of sodium intake is the root cause of most cases of high blood pressure. Americans traditionally eat salty food. If you would like, take a look at some of the ingredients listed on the foods you have at home or around you. Chances are, unless they specifically say no sodium, they will have salt added. So with this in mind, the first natural step in reducing high blood pressure is to eat healthier and with less sodium. Furthermore, try to leave out other harmful substances like saturated fat and cholesterol that are also contributors to high blood pressure,

as well as many other harmful diseases like heart disease. Having a diet rich in fruits, vegetables, and unsalted meats is a great start to living a healthier lifestyle.

As it turns out, exercise is crucial [treatment of high blood pressure](#). Physical fitness allows the body to operate at its fullest potential with an accelerated metabolism. Being able to fully digest foods, and have the cardiovascular system running in peak condition will dramatically reduce high blood pressure as well as a number of other diseases. The best exercise plan that targets high blood pressure will be primarily based around aerobics. Aerobics is essentially exercises while using oxygen to sustain the muscles, rather than acids in anaerobic exercises. Aerobics generate healthy blood flow, essential in decreasing blood pressure.

Studies have concluded that mental factors like anxiety, stress, or excessively tense lifestyles can all be contributing factors to high blood pressure. While these factors can never actually cause long term effects in blood pressure, they can make the process for treatment much slower. Be sure to try and change any lifestyle habits that may contribute to a stressful life. If possible consult a psychiatrist as well as a medical doctor when treating high blood pressure.

**More info:**

[NHCPs](#)