



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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High Blood Pressure



High blood pressure, also known as hypertension, is a condition in which the force of blood against the artery walls is too high. This causes harm by increasing the workload of the heart and blood vessels — making them work harder to pump blood out to the body. When left untreated, high blood pressure puts you at risk for heart disease, stroke, kidney disease, and sudden death. The CDC

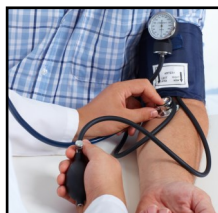
estimates that about 75 million Americans (1 in every 3 adults) have high blood pressure. It is often called the silent killer, as many people are not aware they have it and most of the time there are no obvious symptoms to indicate something is wrong. The best way to find out if you have high blood pressure is to get regular screenings by your healthcare provider.

You can help prevent high blood pressure by: maintaining a healthy weight, getting regular exercise, reducing salt intake, avoiding alcohol, not smoking and reducing stress. Making changes to your lifestyle can help keep your blood pressure in a healthy range. See the chart below from the American Heart Association:

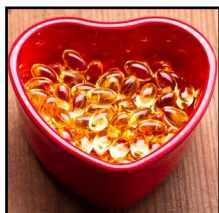
Blood Pressure Ranges

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) stage 2	130-139	or	80-89
High Blood Pressure (Hypertension) stage 1	140 or higher	or	90 or higher
Hypertensive Crisis Consult your Dr. immediately	Higher than 180	And/or	Higher than 120

Due to the side effects of high blood pressure medications, dietary and supplement options are often researched. Studies have shown N. sativa, taurine, L. arginine, B vitamins, and olive leaf extract are beneficial to blood pressure health. Fish oil, CoQ10, magnesium, vitamin D, garlic and hibiscus tea have also been shown to support healthy blood pressure.



[N. Sativa Oil Benefits Blood Pressure](#)



[L-Arginine and B Vitamins Could Help Lower Blood Pressure](#)



[Lowering Blood Pressure with Taurine in Prehypertension](#)



[Olive Leaf Extract Benefits Blood Pressure and Vascular Health](#)

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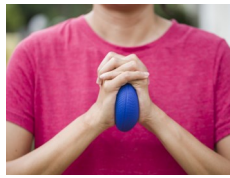
Wild Blueberry Supplementation Improves Cognitive Performance of Children

Written by Angeline A. De Leon, Staff Writer. Compared to placebo, supplementing with a beverage containing 30 grams of wild blueberry significantly improved performance on a series of cognitive tests examining memory and attention in the participating seven to ten year old school children. [Read more »](#)



Visual Fatigue From Viewing a Tablet Screen

Written by Jessica Patella, ND. Eye strain significantly increased and eye lubrication significantly decreased in the participating healthy subjects who watched a tablet computer screen for one hour. [Read more »](#)



The Effects of Chronic Stress can Damage Your Body

Written by Dr. Patrick Massey, MD, PhD. Chronic stress is a significant risk factor for all illnesses including heart disease, diabetes, depression, irritable bowel and Alzheimer's disease. [Read more »](#)



Ginger Powder Clinically Effective in Treatment of Common Migraine

Written by Angeline A. De Leon, Staff Writer. Ginger was as effective as sumatriptan in decreasing the severity of migraine attacks two hours after onset and had significantly less side effects than sumatriptan. [Read more »](#)



Effect of Ubiquinol on Antiphospholipid Syndrome

Written by Joyce Smith, Staff Writer. Short term supplementation with reduced coenzyme Q10 significantly improved markers related to inflammation and thrombosis in patients with Antiphospholipid Syndrome. [Read more »](#)

SUPPLEMENT FACT

A new study published for Nutrition Research demonstrates that a combination of vitamin D and calcium supplementation may support weight management and improve several health markers in obese women subjected to a weight loss diet.

From The Council for Responsible Nutrition



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