



Natural Health Research Institute

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

February 2023

www.naturalhealthresearch.org

Managing Hypertension

Hypertension, or high blood pressure, is a common disease that occurs when the pressure in your arteries is higher than it should be. High blood pressure can strain your arteries and heart and can restrict blood flow to and from other body organs. Usually, high blood pressure has no signs or symptoms and is often referred to as the silent killer because it can lead to an increased risk of stroke, heart attack, kidney disease or other serious problems.



The American College of Cardiology and the American Heart Association divide blood pressure into four general categories. Ideal blood pressure is categorized as normal.

- **Normal blood pressure.** Blood pressure is 120/80 mm Hg or lower.
- **Elevated blood pressure.** The top number ranges from 120 to 129 mm Hg and the bottom number is below, not above, 80 mm Hg.
- **Stage 1 hypertension.** The top number ranges from 130 to 139 mm Hg or the bottom number is between 80 and 89 mm Hg.
- **Stage 2 hypertension.** The top number is 140 mm Hg or higher or the bottom number is 90 mm Hg or higher.

Controlling blood pressure with a healthy lifestyle might prevent, delay, or reduce the need for medication. 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. Studies have shown N. sativa, taurine, L. arginine, B vitamins, and olive leaf extract are beneficial to blood pressure health. Fish oil, CoQ10, probiotics, magnesium, vitamin D, garlic and hibiscus tea have also been shown to support healthy blood pressure.



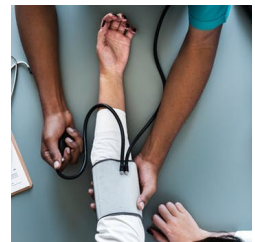
[Moderate Tomato Consumption is Associated with a Lower Risk of New-Onset Hypertension](#)



[Celery Seed Extract Improves Blood Pressure in Adults with Hypertension](#)



[Higher Yogurt Intake Associated with Lower Blood Pressure Levels in Individuals with Hypertension](#)



[The Therapeutic Effects of M. officinalis on Lowering Blood Pressure in Hypertensive Adults](#)

February is National Cancer Prevention Month



The American Association for Cancer Research states that more than 40 percent of all cancers diagnosed and nearly half of all deaths from cancer in the United States can be attributed to preventable causes. We can't do anything about hereditary risks, but there are many lifestyle choices we can make to lessen our odds of developing cancer.

- Exercise regularly
- Maintain a healthy weight
- Eat healthy foods
- Quit or never starting smoking
- Eliminate or limit alcohol use
- Avoid excessive sun exposure

Other actions that help to prevent cancer or catch it early include routine checkups, treating or preventing other health conditions, and knowing your risk factors. Studies have shown many dietary supplements may also play a role in cancer prevention.

[View the Research](#)

Recent Posts



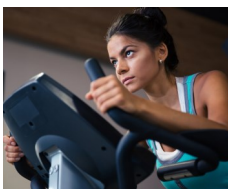
[L-Arginine and Vitamin C Supplementation Improves Physical Performance, Endothelial Function and Fatigue in Adults with Long COVID](#)

Written by Taylor Woosley, Staff Writer. Results of the study show the efficacy of a combination of L-arginine and liposomal vitamin C on effectively reducing fatigue, while improving physical performance and endothelial function in adults with long COVID. [Read more »](#)



[Oats Associated with Significant Improvement in Systemic Chronic Inflammation](#)

Written by Chrystal Moulton, Staff Writer. Individuals in the oat beta-glucan group with high iAge® showed a significant decrease in iAge® and CCL11 protein at week 2. [Read more »](#)



[Korean Red Ginseng Shown to Help Reduce Fatigue From Exercise](#)

Written by Jessica Patella, ND. Study concluded that Korean Red Ginseng was shown to help improve physical fatigue after exercise. [Read more »](#)

[Donate to help support our mission](#)

[Visit our website at www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)

Follow us:

