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Effective Herbal Remedy for Hypertension to Control High Blood Pressure Naturally
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Healthy lifestyle, diet and taking herb capable of lowering blood pressure together work as most effective herbal remedy for hypertension. High blood pressure is one of the most common problems which if not treated can prove to be a silent killer. Blood pressure is measured as diastolic and systolic pressure, normal pressure reads as 120/80 for men and women both. This means 120 systolic pressure and 80 diastolic pressure of blood is considered as normal and healthy.

Heart rushes blood in arteries by squeezing its muscles which pump the stored blood in the heart into arteries, the pressure exerted on arteries when heart's muscles are squeezed is called systolic pressure. When heart has pushed all the blood into arteries it relaxes to take in more blood, the pressure on arteries when heart muscles are relaxed is diastolic pressure. High blood pressure strains heart and weakens heart muscles to increase chances of heart failure and stroke, also with regular high pressure of blood fat accumulation in the arteries becomes faster which can block these blood passages to further raise the pressure and can cause heart attack at some point of time. Apart from these many other health issues like kidney problems, weak liver and chances of diabetes also creep up due to hypertension.

Arjuna herb is prepared from bark of Arjuna tree and works as most effective herbal remedy for hypertension. This herb is good supplement of Coenzyme Q10 and triterpine glycosides, these ingredients keep heart and its muscles and arteries in very good condition. Better health and endurance of heart muscles and clear and blockage free arteries are very good for keeping hypertension at bay. For people suffering with very high blood pressure due to genetic reasons or other problems like high stress Hawthorn berry works as most effective herbal remedy for hypertension. This herb very safely dilates blood vessels which relieves heart and takes pressure off its muscles. Dilated blood vessels also remain blockage free and deposition of cholesterol is prevented effectively.

Guggal has been used as single treatment and also along with other herbs to treat high blood pressure. This herb is excellent in reducing harmful LDL cholesterol levels and is boon for diabetics as such people develop high blood pressure due to high LDL. Lower LDL prevents deposition of cholesterol and promotes smooth blood flow through arteries for healthy blood pressure and works as most effective herbal remedy for hypertension. One of the most effective herbal remedy for hypertension which is also very easily available is Garlic. Garlic possesses immense properties to lower cholesterol, prevent blood clots and prevent plaques. Regular use of this spice in diet in raw form or in cooking is very useful for keeping blood pressure within healthy limits.

Many powerful herbs are mixed in right proportion to form Stresx capsule, which is highly effective herbal remedy for hypertension or high blood pressure. Controlling stress through diet and lifestyle is equally important as taking herbal remedy, Mild exercises which burn out excess calories and easily digestible fat-free diet helps in controlling blood pressure excellently. For avoiding negative thoughts and undue tensions Yoga and meditation are very effective. Peaceful calm mind and healthy body can itself control blood pressure easily.

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