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There are many safe and effective herbal remedies for lowering blood pressure which bring change naturally to keep pressure within healthy limits and also safeguard vital organs from ill-effects of hypertension. High BP is reckoned as silent killer due to its serious side effects on overall health and can strike at even young age. If left untreated it can weaken heart muscles and increase chances of stroke, heart attack and failure substantially. Taking support of herbs and improving diet and lifestyle works as holistic treatment to the problem. Blood pressure is measured as diastolic and systolic pressure, systolic pressure is the amount of pressure exerted on the walls of arteries when heart muscles are squeezed and blood is being rushed into arteries whereas diastolic pressure is the pressure exerted on the walls when heart muscles are relaxed. 120/80 is reckoned as healthy BP, person regularly having pressure more than this is suffering with high BP.

Arjuna herb is prepared from bark of Arjuna tree and is one of the very effective herbal remedies for lowering BP. This herb contains Coenzyme Q10 and triterpine glycosides, these substances are very potent in keeping heart muscles and arteries in sound health. Better health and endurance of heart muscles and clear and blockage free arteries are very good for keeping blood pressure under control and within healthy limits. Guggul has been used as effective herbal medicine in lowering blood pressure due to its properties to prevent fat accumulation in arteries. This herb is excellent in reducing harmful LDL cholesterol levels and is very useful for diabetics, people suffering with diabetes suffer with high blood pressure due to blocked arteries. Lower LDL prevents deposition of cholesterol and promotes smooth blood flow through arteries for healthy blood pressure and works as effective herbal medicine in lowering BP.

Stress is considered as one of the major causes of high blood pressure or hypertension. Mental and physical stress both are major causes of this problem. Hawthorn berry works as most effective herbal medicine in lowering BP as this herb very safely dilates blood vessels which relieves heart and takes pressure off its muscles. Dilated blood vessels remain blockage free and without cholesterol deposition, smooth passage to blood casts lesser pressure on the walls of arteries for healthy BP. Garlic is commonly used as spice but few know that this is one of the very easily available and effective herbal remedies for lowering blood pressure. Garlic possesses wonderful properties to prevent blood clots, blood plaques and lower cholesterol. All of these properties make it effective herbal medicine in lowering BP. Eating 4-5 cloves of garlic in raw form everyday is very useful for people suffering with hypertension.

Countering stress, promoting calorie burn and taking proper relaxation along with herbal medicine provide complete treatment to the problem. Eating healthy and nourishing diet low on fat, carbohydrates, salt, spices and sugar and also regular exercises for burning excess calories and staying energetic is very necessary to treat this problem effectively.

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