Article Side

Is There Any Natural and Safe High Blood Pressure Herbal Remedy?

by Peter Filinovich

Article published on January 25th 2012 | Alternative Medicine

High blood pressure is a health condition characterized by elevation in systemic arterial blood pressure. Causes contributing for high blood pressure vary from one person to another. Most common factors reported for this health issue include kidney failure, thyroid dysfunction, stress and heart disease. Symptoms also vary according to the cause of problem. Dizziness, blurred vision, head ache and chest pain are some main symptoms shown as a result of high blood pressure level. Today, you can get several herbal products from medical stores for treating high BP level.

Hawthorn herb extract is a natural and safe herbal remedy for high BP. It has been used for centuries for the treatment of health disorders. Active composition present in hawthorn herb dilates blood vessels and improves blood supply to heart. This heart healthy herb is an active ingredient in several herbal medicines. It supplies essential minerals to blood cells and improves the functioning of cardiovascular system. Hawthorn herb is also known in the name of May Day flower. Essential nutrients in hawthorn berry improve blood circulation and minimize the occurrence of chest pain due to blockage in blood vessels. Apart from controlling BP level, use of hawthorn berry extract also helps in healing wounds, curing diarrhea and preventing female problems.

Holly leaf extract is one among the safe herbal remedies for high blood pressure problems. As per research, this herb is found to be as an excellent tonic for dilating blood vessels. This in turn promotes blood circulation and enhances cardio vascular function. Today you can easily get holly leaf in the form of powders and extracts from medical stores. You can also get this supplement in the form of tea packets. In order to achieve best result, it is recommended to drink a cup of holly leaf tea daily in the morning. This reduces LDL cholesterol level and improves the heart health of person.

Garlic is a natural and safe herbal remedy for curing high BP problems. Patients suffering from hypertension are advised to include a good amount of garlic extract in their food items. It can be used for prolonged time period with zero adverse actions. Garlic controls cholesterol level and helps in maintaining normal blood pressure. Apart from curing high BP, intake of garlic capsule also helps in preventing other health disorders like cholesterol, allergies, coughing, warts and tooth aches.

Daikon seed extract, a common ingredient used for the preparation of herbal tonic is a safe naturalremedy for high BP levels. It improves blood supply to heart and improves the function of cardiovascular system. Other health benefits of including daikon seeds in diet include preventing constipation, improving digestion and preventing fatigue. Gingko biloba is another natural and safe herbal remedy for high blood pressure troubles. It dilates blood vessels, improves blood flow and reduces BP level of person. This in turn helps in enhancing energy level and improving memory focus of person. Ginger root, ashwagandha and coriander are other natural and safe herbal remedies for high blood pressure.

Article Source:
http://www.articleside.com/alternative-medicine-articles/is-there-any-natural-and-safe-high-blood-pressure-herbal-remedy.htm - Article Side

Peter Filinovich - About Author:
Read about a High Blood Pressure Herbal Treatment. Also know useful a Acne Herbal Treatment. Read effective a Hemorrhoids Herbal Treatment.

Article Keywords:
high blood pressure remedy, remedy for high blood pressure, herbal remedy for high blood pressure, natural remedy for high blood pressure

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!