High Blood Pressure Causes and Do Exercises and Diet for Hypertension Treatment

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High blood pressure or hypertension means high pressure (tension). Pump of the heart arteries of all organs and tissues. Hypertension does not mean too much emotional tension, emotional tension and stress, although blood pressure may be temporary.

Hypertension is usually clear as a level greater than 140/90 mm Hg has been again and again confirmed. Systolic blood pressure, which is the largest representative of the pressure in the arteries when the heart contracts and pumps blood into the circulation.

Cause of High Blood Pressure

1. Smoke

2. Pressure

3. Diabetes

4. High cholesterol

5. Obesity

6. Potassium

7. Vitamin D deficiency

8. Sensitivity of sodium (salt)

9. Kidney problems

10. Low birth weight

Symptoms of High Blood Pressure

1. Blurred vision, vision is certainly our most important functions of the body. If so, or even an ounce of change in general has greatly affected the work. This high blood pressure, have been able to see the direct impact. This allows our blurred vision.

2. If you start to feel tired, tired, without any kind of work what it means not only fatigue, but high blood pressure.

Source:babaramdevmedicines.com

3. Chest pain, high blood pressure is another important symptom, or can not be ignored. If you often experience chest pain, and then make their own checks, it may be more than "high blood pressure.

Treatment for High Blood Pressure

1. Lose weight. This is one of those things easier said than done easily. However, they continue

trying to lose weight.

2. Increase the amount of water about 10-12 glasses of water a day. Glass of water before each meal, I think all faster.

3. Eat a lot of usually very small. Only eat until they no longer eat abdominal flu, rather than hunger.

4. Walking, jogging, running, cycling, playing golf. Make any moves. Start slowly and gradually increase activity.

5. As noted above, the exercise of their general health is essential. You must have a goal of daily exercise time. Try to start at least 30 minutes of moderate to light.

Home Remedies for High Blood Pressure

1. Monounsaturated fat and polyunsaturated fat hydrogenated fat substitute. You can make butter and cheese, beef, but buffalo milk.

2. Including plenty of fruits and green leafy vegetables in your diet, give you more fiber. Selections of apples, guava, bananas and oranges, bitter gourd, pumpkin, like a stick, have lower blood pressure.

3. Carrots, spinach juice, in particular, help to lower blood pressure. One day.

4. In this case, honey is useful. You can use a teaspoon of black currant juice, onion juice, lemon juice, mix well. Drink every morning fasting, for best results.

5. Avoid red meat, sweets, chocolate, alcohol and tobacco.

6. Do not eat spicy food, less salt.

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Article Keywords:
what is high blood pressure, signs of high blood pressure, reducing high blood pressure, lowering high blood pressure, symptoms high blood pressure

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