How to Improve Blood Circulation: the Role of Chelation in High Blood Pressure Remedies by Erickpaul

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Chelation is the process of forming a ring by forming one or more hydrogen bonds. In medicine, it refers to the process of removing a heavy metal from the bloodstream by means of a chelate, as in treating lead or mercury poisoning. A chelate is heterocyclic compound having a metal ion attached by coordinate bonds to at least two non-metal ions.

Chelation is an integral part of high blood pressure remedies in alternative medicine and naturopathy. Ask a naturopath how to improve blood circulation and they may recommend chelation therapy as it is a safe and inexpensive method of removing toxins.

In the last century, thousands of harmful chemicals have been introduced in the name of advancement. A lot many of these enter our body through one route or the other. While the human body is well equipped to self-protect, the burden that it faces today is too much even for the strongest immune system.

Lead, arsenic, and mercury are the most common heavy metal found in the body. Lead was extensively used in paints as late as 1980s and most old homes still have lead in paint and lead plumbing. Arsenic is found in pressure treated timber. You have heard of the use of mercury in dental fillings and how it can also enter your body through the tuna and salmon you eat. Admittedly, the world has become more aware of the dangers lurking in the environment and the exposure has lessened, but the risk is still there.

Chelation as part of high blood pressure remedies has been in use in alternative therapies for years. Change your lifestyle in order to improve your blood circulation. These changes include adherence to a diet that restricts the intake of unhealthy fats and refined carbohydrates and regular exercise for reducing weight.

Garlic has been a mainstay of natural high blood pressure remedies and chelation therapy. Whenever possible, add fresh garlic to your food. Garlic works as a natural anticoagulant by reducing the stickiness and collection of platelets. Cayenne pepper, onion, and fenugreek are other natural substances containing phytosterols or vegetable lipids. Use of these foods daily enables a means of introducing high density lipoproteins or good cholesterols that help to flush out bad cholesterol.

Healthy Hearts Club is committed to the cause of using natural remedies. There is more information on how to improve blood circulation and chelation therapy at their Web site, www.heartandbody.com.

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