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Generally people will have lower blood pressure during their deep sleeping hours and in the early mornings when they wake up from the bed. As soon as you start doing your daily routines the blood pressure will start rising and the level of rise will constantly change depending on our mood changes. That means if we are in a tensed situation the blood pressure level will gradually increase and then return to normal level when we become calm. This will happen only in a normal healthy body. Those who have an abnormal blood pressure pattern will come under any of the two categories namely high blood pressure people and low blood pressure people.

We don't have to worry about our blood pressure levels if the rise of pressure level is in a gradual manner. But we have to be cautious when there is a dramatic rise in the blood pressure that continues for several weeks. It's better to consult with a doctor than it gets too late to treat. The worst part of this disease is that we can't identify this condition until some of our vital organs get infected with some serious diseases. So we can call hypertension as a silent killer. Because it won't show its drastic image until some of our vital organs like the kidneys, eyes or brain gets damaged. Some of the commonly found symptoms of high blood pressure that go unnoticed are blurred vision, headache, nausea, restlessness, breathing troubles etc. As we can see symptoms like this even in a healthy man, people won't give that much importance to it and relate it the symptoms of high blood pressure.

Blood pressure often rises with age. It is estimated that 75% of women and 66% of men with age above 75 will have a sudden rise in their blood pressure levels. But the risks of blood pressure are high in those who are chain smokers, overweight, deskbound and over stressed. A survey conducted by a medical team stated that the risk of hypertension is comparatively higher in African Americans, when compared to Caucasians and Mexican Americans. However, the major reason or cause of the high blood pressure is still an unknown fact. Doctors relate high blood pressure with building up of high pressure in the arteries and with certain diseases like arteriosclerosis, Cushing's syndrome and kidney diseases. But I think a complete change in our biological cycle, overuse of caffeine, sleeplessness and highly stressed work environment can also contribute to an increase in a person's blood pressure level.

For a normal healthy person the blood pressure level will always be around 120/80. When it starts rising to 140/90 or higher than that for certain weeks, that means it's time for you to consult a doctor and start your treatment. For those who have blood pressure levels above 200/120 or higher should be given immediate treatment. Most people hesitate to check blood pressure levels unless they have some ill health. If you check your pressure levels at least once in 2 months it will help you to stay away from risks related to higher and lower blood pressure levels.

Don't you think we can control our blood pressure levels by adopting a healthy living condition? Some of the measures that help us to control our blood pressure levels are daily exercises, meditations, monthly rejuvenation therapies, quitting smoking habits, controlling salt in our food, avoiding alcohol consumption, taking nutritious food and a proper sleep. A person following these daily activities can overcome or control the rise or decline in the blood pressure levels. The ultimate aim of all these activities is to keep our mind calm and relaxed. If our mind is stress free then we will be active and that positive energy will keep our body away from diseases. Many programs airing on television channels connected with service from providers like Verizon FiOS TV can give lots of information about daily exercises, yoga, and meditation, other than rejuvenation therapies.

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As a freelancer Ann writes about general and abnormal conditions of a person's body. She is particular about maintaining a healthy boy, so she watches programs on her HD television powered by a [Verizon FiOS TV](#) to get tips about general exercise and yoga.

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