

Rosewood Chiropractic Clinic

WHAT IS HIGH BLOOD PRESSURE ?

High blood pressure is also called “hypertension.” It affects about 50 million Americans and 1 billion people world-wide. Hypertension is closely associated with an increased risk of developing heart disease, stroke, poor circulation, and kidney disease.

Adverse lifestyle habits (consumption of alcohol & caffeine and cigarette smoking) are major contributors to hypertension.

Although hypertension may be controlled with the use of anti-hypertensive drugs, there are many lifestyle modifications that are also recommended as therapies for hypertension. These include monitoring your blood pressure regularly, maintaining a healthy weight for your height, exercising daily, avoiding alcohol, caffeine, tobacco and fried foods, increasing consumption of fruits and vegetables and visiting your chiropractic physician regularly.



Can Supplements and Diet improve Blood Pressure?

It has been shown that supplementation with the following may support the treatment of hypertension:

- Magnesium**
- Vitamin C**
- Vitamin B6**
- Calcium**
- Co-enzyme Q10**
- Omega 3 oils**
- Vitamin E**

Consult your doctor prior to any diet changes .

Classification of High Blood Pressure

- Borderline high blood pressure: 120-160/90-94 mmHg.
- Mild high blood pressure: 140-160/95-104 mmHg.
- Moderate high blood pressure: 140-180/105-114 mmHg.
- Severe high blood pressure: 160+/115+ mmHg.

