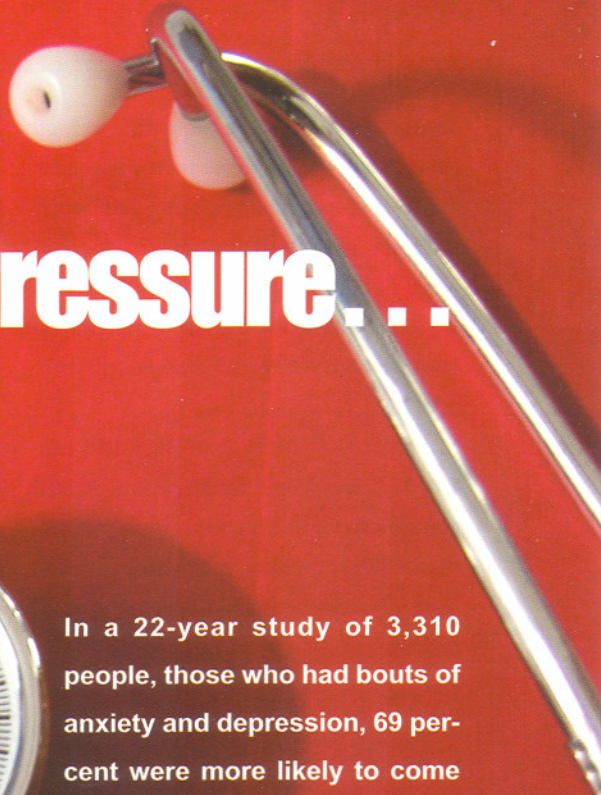


Some Tips to Lower Your Blood Pressure...

By: Paul Halder



In a 22-year study of 3,310 people, those who had bouts of anxiety and depression, 69 percent were more likely to come down with high blood pressure.

This is a silent epidemic; one-third of the people who have high blood pressure don't even know they have high blood pressure, which is tied to how they feel about life.

But there is hope! We can find new ways to stem depression and at the same time lower our blood pressure.

The happier your life, the less likely you are to have high blood pressure.

Here are a few things you can do to lower your blood pressure and live a happy life.

• **First, have your blood pressure checked** at least four times a year. If you don't check, you won't know if you have high blood pressure. Have your physician check it, or at least go to the drug store and use one of the self-exam blood pressure machines (they do work). If you need medi-

cation, then take it. It's better than dying

• **Happy people take charge of their life!** Rats given random electrical

shocks are stressed. But when rats can flip a switch and stop the impending electrical shock from happening, they are relaxed. Take control of your life, make necessary changes, and be happy.

• **Stop smoking.** Every cigarette raises your blood pressure by 5 to 10 points and it stays elevated for as long as an hour and a half.

• **Happy people allow themselves to be needed.** Many times

growing up as kids we were taught that being needed or needing someone was being weak. That's not true! Get rid of that old thinking. We are interdependent beings that need one another to enjoy life.

• **Happy people don't worry.** Nothing ever changed by someone worrying about it. There are three things you can do, *One*—Remove yourself from the situation, *Two*—Change the situation, or *Three*—Accept reality if there is nothing you can do, and go on with life.

• **Happy people take breaks.** Get out of the office during the day for a few minutes. Sitting there all day creates stress. Go to

the gym, take a walk, sit out under a tree, go get a massage, get a facial, meet a friend for lunch... just leave the office for a little while and lower your blood pressure.

• **Lose weight.** The more weight you lose, the more your blood pressure will drop.

• **Stop or limit your alcohol intake.** Some people can stop drinking and end up with normal blood pressure. But you need to taper off slowly if you are a heavy user; otherwise your blood pressure may get higher.

• **Eat right.** Most Americans don't eat five servings of fruits and vegetables a day: Start eating low fat meals with lots of beans and eat vegetarian foods as much as possible.

• **Exercise.** Put in at least one mile a day walking and enjoying nature. One mile a day cuts your chances of having a heart attack by 50%. Walking 4 to 5 miles a day is even better. It's good for your body and good for your mind and you can lower your blood pressure an easy 10 points just by walking every day. Weight train, swim, play tennis; whatever it is – just do it.

• **If your blood pressure goes up all of a sudden, try putting your feet in cold water.** You will be amazed to see your blood pressure go down right away. But remember this is only a temporary fix of the problem.

• **There are AyerVedic herbal remedies** that can be used to lower blood pressure such as Serpina. Check with your local AyerVedic practitioner or talk to a competent herbalist. There are some great herbal remedies that can help lower your blood pressure.



• **There are some blood pressure-lowering teas** on the market such as Hyper Tens. This is a Chinese herbal tea that can be found at your local health food store.

• **St. John's Wort is a wonderful herb** which can improve your mood. This herb takes at least six weeks to take effect so give it some time.

• **Throw the salt shaker away.** Salt will make your blood pressure go up, contrary to what some people say. It's just a good idea to stay away from salt in general.

• **Lower your caffeine intake.** One cup of coffee in the morning is OK, but more than that can take its toll on your blood pressure.

• **The happiest people in life feel deeply** and allow themselves to express their feelings to friends and loved ones. Happy people deal with their emotions. What's happening in your life? Are you having problems? Then seek out professional attention from a

therapist.

• **Take time to relax** and let go of thinking every day. Sit quiet and concentrate on your breath for 15 minutes every day. Let thoughts go and start systematically relaxing your body one part at a time from head to toe.

• **Talk to friends and find new friends.** Every one of us needs people we can call and talk to. How many friends do you have that you can tell your darkest secrets to? If you don't have at least four or five friends then you need to form some close and understanding friendships.

• **Happy people enjoy the simple things in life.** There is nothing like being able to look at a rose and love a rose just because it's a rose. Notice all the beauty around you. You could be missing out on the most important things in life.

• **Happy people express themselves!** You are just as important as the next person and deserve to be heard. Introverts who don't express themselves have a

higher amount of anxiety and depression which leads to dissatisfaction with life. Speak up and be happy. People might not agree with you but at least you will be heard.

• **Happy people find their true calling** and enjoy their day. Sixty percent of the population hates their job. Happy people don't think of what they do to make money as work...they just happen to get paid for something they love to do.

• **Happy people are willing to take risks.** Life is like being dealt a hand of cards. You can either play your cards or you will lose your ante if you don't play, so make the most of today and play to your heart's content.

• **Happy people have things they love to do** and make time to enjoy their hobbies.

• **Happy people take month long vacations every year.** When was the last time you took three weeks off and didn't think about work? It's long overdue! Studies show it takes three weeks to feel relaxed after months of being stressed.

• **Happy people give back to the community** and help others. We have to leave our pity party and help others who are less fortunate.

• **If you are on blood pressure medication** make sure you take your medication every day. Your prescription won't do any good sitting in the bottle.

• **Finally, deal with anything that is causing you stress.** Learn relaxation techniques that can save your life. Most of us have been living our life the same old



way. Stop and smell the roses and start a Yoga class, QiQong, Tai Chi, Meditation or any other type of stress management class or go see a specialist in stress management.

Your life is on the line here... make some changes and live a long happy life.

You can do it!

