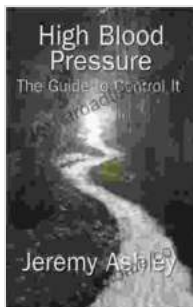


High Blood Pressure: The Guide to Control It

What is High Blood Pressure?

High blood pressure, also known as hypertension, is a common condition in which the force of blood against the walls of your arteries is too high. This can damage your arteries and lead to serious health problems, such as heart disease, stroke, kidney failure, and eye problems.



High Blood Pressure: The Guide to Control It by Yogi Bhajan

★★★★☆ 4.8 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 29 pages
Lending : Enabled



What Causes High Blood Pressure?

There are many risk factors for high blood pressure, including:

- Being overweight or obese
- Eating a diet high in sodium
- Drinking too much alcohol
- Smoking

- Having a family history of high blood pressure
- Being over the age of 60
- Having certain medical conditions, such as diabetes or kidney disease

How is High Blood Pressure Diagnosed?

High blood pressure is diagnosed with a blood pressure test. A blood pressure test measures the force of blood against the walls of your arteries. Normal blood pressure is less than 120/80 mmHg. High blood pressure is diagnosed when your blood pressure is 140/90 mmHg or higher.

How is High Blood Pressure Treated?

There are many treatments for high blood pressure, including:

- Medication
- Lifestyle changes
- Other treatments

Medication

There are many different types of medication that can be used to treat high blood pressure. Your doctor will recommend the best medication for you based on your individual needs.

Lifestyle Changes

There are many lifestyle changes that you can make to help lower your blood pressure, including:

- Losing weight

- Eating a healthy diet
- Getting regular exercise
- Reducing your sodium intake
- Limiting your alcohol intake
- Quitting smoking

Other Treatments

There are other treatments for high blood pressure that may be used in addition to medication and lifestyle changes. These treatments include:

- Surgery
- Catheter ablation
- Renal denervation

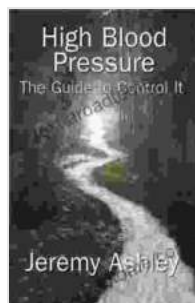
How Can I Prevent High Blood Pressure?

There are many things you can do to help prevent high blood pressure, including:

- Maintaining a healthy weight
- Eating a healthy diet
- Getting regular exercise
- Reducing your sodium intake
- Limiting your alcohol intake
- Quitting smoking

- Managing stress

High blood pressure is a serious condition, but it can be controlled with medication, lifestyle changes, and other treatments. By following the tips in this guide, you can lower your blood pressure and improve your overall health.



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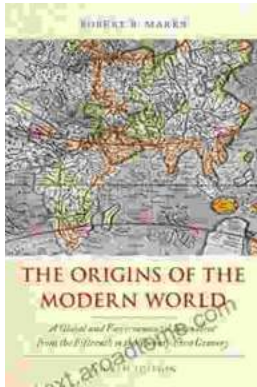
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