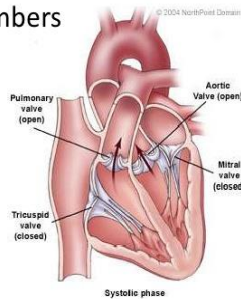


Overcoming HYPERTENSION



What is blood pressure?

- The force of blood against artery walls
- Recorded as two numbers
 1. systolic pressure
 - heart contracts
 2. diastolic pressure
 - heart relaxes



High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood out to the body. Severe hypertension can cause:

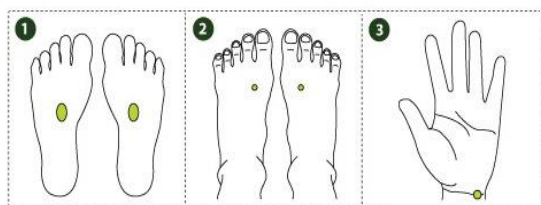
- Severe headache
- Confusion
- Nausea
- Visual disturbances
- Seizure

Finding ways to manage hypertension is important, and complementary therapies such as massage may help. Research shows that short-term stress in response to a daily life event can cause blood pressure to rise temporarily. So, if you do suffer from stress you should take steps to reduce it. In fact, managing stress effectively will have positive knock-on effects that could help to keep blood pressure low. Decreasing levels of stress will help you feel healthier. Through mobilization of skin, connective tissues, muscle tissue, and the periosteum, a massage stimulates receptors helping to send messages of relaxation to your central nervous system. Other research shows that massage lessens stress, depression and anxiety, and decreases pain associated with migraines, lower-back stress and fibromyalgia.

Massage can involve many types of hands-on techniques that press, rub, squeeze and stretch the muscles, tendons, ligaments and soft tissues in the body. Massage is relaxing to receive and can lower stress levels. For some clients, as stress levels go down, so does blood pressure, according to MayoClinic.com. In addition, massage can help to improve circulation, which may reduce any swelling or edema that is occurring alongside the high blood pressure.

Reflexology, an ancient technique that dates back over 5000 years, can also lower a high blood pressure. The therapy is based on similar principles to acupuncture and stimulates specific points on the body to improve circulation and promote well-being.

3 CHINESE REFLEXOLOGY AND ACUPRESSURE POINTS FOR HIGH BLOOD PRESSURE



Specific health problems such as hypertension are then treated by applying pressure and massaging the reflex point(s) associated with the particular condition. This is believed to stimulate nerve endings which pass from the feet to the brain and out to the related organs to improve circulation and relieve symptoms.

Exercise in general can help reduce stress and manage weight, and being active will certainly help reduce your chances of getting high blood pressure. This doesn't mean you have to join a gym; in fact, here are some ways to quickly and easily incorporate more exercise into your day.

HIGH BLOOD PRESSURE

Causes of high blood pressure

Family history of Hypertension

Overweight or obese

Excess Alcohol

Increased consumption of salt

Kidney disease

What to do if one has high blood pressure?

- Maintain a healthy body weight
- Increase physical activity
- Eat a healthy diet -low in salt and fat and high in vegetables and fruits
- Do not smoke or drink too much alcohol
- Have your blood pressure checked regularly

TIPS:

- Walk rather than take the car to work
- Take the stairs rather than the escalator or elevator
- If you travel by bus get off a stop early and walk the rest of the way
- Cycle short journeys rather than take the car
- Walk a bit further every day with the dog
- Get out of the office at lunchtime and have a walk
- Think about activities you enjoy and find out where you can practice them e.g., at your local leisure center







If you have mobility issues it can be more difficult to fit activity into your day, but there are plenty of chair exercises you can try. Chair-based exercises are ideal for people with osteoarthritis or for individuals who have had back, knee or hip surgery. Your doctor should be able to give you information about joining a chair-based exercise class. Suitable for people with low levels of fitness, exercises gently raise the heart rate.

Natural Blood Pressure Remedies







As a growing epidemic, it is important for us to find ways to not only treat high blood pressure but to also prevent it.

HOW TO Naturally Lower BLOOD PRESSURE

Eat Foods That Lower Blood Pressure

					
Garlic	Kiwi	Leafy Greens	Grapes	Bananas	Watermelon

Remove Foods That Raise Blood Pressure

					
Salt/Sodium	Fast Food	Animal Products	Butter	Alcohol	Junk Food

Using ESSENTIAL OILS

Living a heart-healthy lifestyle is a crucial factor in keeping high blood pressure at bay, and by incorporating essential oils into your routine you can naturally reduce your blood pressure.

Using the right aromatherapy blend may be a convenient and complementary approach to lowering blood pressure. By implementing a combination of conventional treatments and natural remedies such as essential oils, blood pressure reduction is a goal you can reach for.

THE TOP 10 ESSENTIAL OILS FOR HIGH BLOOD PRESSURE

Hypertension, or high blood pressure, is a condition where a restriction in the flow of blood through arteries and veins causes a build up of pressure that can damage artery walls and the heart over time. For many, high blood pressure is a matter of genetics and develops gradually over the course of many years.

CEDARWOOD When used in an aromatherapy stress treatment, cedarwood essential oil was found to temporarily decrease heart rate and both systolic and diastolic blood pressure levels.	LAVENDER When used in aromatherapy, lavender essential oil's calming properties have been shown to help reduce heart rate and blood pressure in clinical studies.
HELICHRYSUM A clinical study conducted on helichrysum essential oil's hypotensive properties suggested that using the oil may be a natural way to reduce blood pressure.	CLARY SAGE Results from a recent study show that inhalation of clary sage and lavender essential oil helped reduce anxiety levels, resulting in a drop in systolic and diastolic blood pressure.
YLANG YLANG Patients in one study showed reduced levels of blood pressure after inhaling a ylang ylang essential oil mixture, suggesting it is one of the best essential oils for blood pressure management.	LEMON Multiple aromatherapy studies have demonstrated a correlation between the use of lemon and blood pressure regulation.
LIME In a four-week trial, patients who underwent aromatherapy massages using lime essential oil were recorded as having a significant reduction in their stress levels and blood pressure.	NEROLI When neroli essential oil was mixed with lavender, ylang ylang, and marjoram essential oil in a 2012 aromatherapy study, researchers noted both immediate and long-term blood pressure reduction in patients.
SAGE Losing weight can be one of the most important steps to treating high blood pressure. One of the benefits of sage essential oil is that it has been shown to increase the body's metabolism, and thus helps with the process of losing excess weight.	CITRONELLA In a 2015 clinical trial, citronella essential oil was observed to lower blood pressure, heart rate, reduce stress and improve patients' mood.

 British Health Organization
BHO ACCREDITATION

****High blood pressure can be anyone's problem. Self-monitoring is key to maintaining good control of raised blood pressure. Massage is a safe, non-invasive, and soothing treatment for hypertension, particularly for people that experience stress on a frequent basis. If treated regularly, patients demonstrate long term improvement in stress levels and heart rate. Long-term studies have shown that a consistent massage program can decrease diastolic and systolic blood pressure. Tanason concluded his studies by saying "Human touch, in a context that is safe, friendly and professional, can be incredibly therapeutic and relaxing,"***