

Taking the Plunge

Lower your blood pressure and increase the quality of life

In your everyday life, you may not think much about the consequences of the way you treat your body. There are too many other concerns. You see a burger-and-fries lunch as fuel to help get you through the day. Hypertension likes this kind of thinking. But high blood pressure doesn't have to sentence you to a life of limited activity. In fact, for the wise individual, the treatment of hypertension can even become a springboard to a better, healthier life. Recent studies of individuals with mild hypertension at the University of Minnesota Medical School revealed some stunning results. Simple lifestyle improvements, along with low dose drug therapy, can provide significant changes in the quality of life beyond lowering blood pressure.

Adapting your stride

Hypertension, a.k.a. high blood pressure, is a serious public health problem. It affects about 50 million Americans in one form or another. Too many of us view high blood pressure as the culprit, when more often it is a symptom of how we treat our bodies. Hypertension thrives on a bad diet. And by educating yourself, you can learn how to prevent this condition from plaguing your life.

Winning the race

Understanding the way hypertension works gives you the advantage in the race to succeed. Drug therapy is seen by many as the sole means for treating high blood pressure. But the University of Minnesota medical studies have proven otherwise. Simple lifestyle improvements can decrease your blood pressure. In addition, after four years, participants in the study had:

- Lost an average of 7.9 Pounds
- Discovered a 73% increase in their leisure time activity
- Reduced average weekly Alcohol intake

When lifestyle improvements are paired with mild drug therapy, the body really kicks into gear.

Adapting your stride

And just what are these "lifestyle changes" everyone is talking about? Attempts at weight loss, increased physical activity, consumption of a low salt diet, and use of a few simple relaxation techniques can easily set you on the way to winning the race to a healthier, happier life.