

# **Five Causes of High Blood Pressure And What To Do About Them**

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**[highbloodpressurebegone.com](http://highbloodpressurebegone.com)**

## **Disclaimer**

The information in this guide is based on research and first-hand experience in battling high blood pressure. The guide was created to provide helpful suggestions on lowering blood pressure naturally and developing a healthier lifestyle in general.

However, this guide is not a substitute for professional medical care or advice. If you are in any doubt about doing anything suggested in this guide, talk to your doctor first before taking action.

Also, since the science of natural health care is constantly evolving, we do not guarantee that the information contained in this guide is accurate, up-to-date, or fully complete. Under no circumstances do we, as authors of this guide, take any responsibility or liability whatsoever for outcomes related to following the information provided in this guide.

Having said all that, we hope you enjoy this short guide and find it useful!

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# ***When you know the cause of your high blood pressure you'll be halfway down the road to normalizing it naturally***

## **Cause: Poor diet**

### ***Cure: Cut out the stuff that raises blood pressure and start eating the things that lower blood pressure***

A lot of advice on lowering blood pressure focuses only on cutting out unhealthy things from your diet. However, getting the good stuff – the foods and drinks which can help lower your blood pressure – is just as important.

And there is a lot of good stuff to choose from – fish, vegetables, fruits, whole grain foods, nuts, and even meat (unprocessed), alcoholic drinks, and dark chocolate. A healthy blood pressure diet is not bland or tasteless. Quite the opposite. Some of the most delicious food that nature has to offer is exceptionally good for our health.

Some quick tips:

- make sure to eat plenty vegetables, and a few fruits - try and eat a range of colours as this will give you a range of nutrients
- eat fatty fish (e.g., salmon, herring, mackerel) a few times a week as the type of fat they contain is very good for you
- meat is okay as long as you're avoiding processed meats (e.g, smoked, salted and cured meat) - so cut down on bacon...
- cut out processed foods and drinks in general as much as you can (anything ready-made basically) as they tend to contain added sugars and salts which are very bad for blood pressure
- eat whole grain versions of foods such as bread and pasta, and include whole grain oats as they help reduce cholesterol
- nuts and seeds are excellent snacks as they're energy-rich and also contain the healthy fats
- pay attention to what you drink too - don't have too much caffeine (as it raises blood pressure) but go for teas (black tea, green tea) and also herbal teas like hibiscus which have specific blood pressure-lowering effects

## **Cause: Lack of exercise**

### ***Cure: Be more active every day***

You don't have to pump it in the gym every day or train to be a marathon runner. You just have to be active enough regularly enough to get your heart and blood vessels in better condition.

Simple and easy-to-perform exercises - such as going for a short walk - can do wonders for your overall health and blood pressure, and leave you feeling both more energised and more relaxed.

There are even some blood pressure-lowering exercises you can do while remaining seated. These include hand grip exercises, muscle relaxation exercises, and slow breathing.

You can read more about these in our other free report:

[\*3 Exercises to Lower Your Blood Pressure Without Getting Out of Your Chair\*](#)

## **Cause: Stress**

### ***Cure: There are a number of simple and effective ways to reduce stress-related high blood pressure***

One of the most direct techniques for reducing stress and high blood pressure is slow breathing. If stress is a causal factor in your elevated blood pressure, this can be one of the easiest and fastest fixes available which doesn't involve medication.

You can find out more about slow breathing here, and listen to guided slow breathing audio tracks to help you get started:

[\*Guided Slow Breathing\*](#)

There are also plenty of other techniques to help you relieve stress and relax. These range from meditation and yoga to everyday things like listening to relaxing music. Even just having a good belly laugh is a proven stress-buster!

Last but not least, getting some exercise is hands down one of the best ways to alleviate stress and its damaging effects on your blood pressure and general health.

Anything which gets your heart and lungs working will do - running, dancing, vacuuming, going up the stairs, sex. And you only have to do it for half an hour a day (which can be three bouts of ten minutes) to reap the benefits.

## **Cause: Ageing**

***Cure: Until we invent a time machine, we won't be able to turn back the hands of time***

But the natural cures to the three causes of high blood pressure listed above can reduce and even reverse some of the effects of ageing. Not only can we enjoy healthier blood pressure but we can also feel more alive, fit and vigorous.

In short, we can't become younger, but we can experience the feeling of being younger in both body and mind.

## **Cause: Genetics**

***Cure: Although your genetics can't be changed, those of us with a propensity to high blood pressure can counteract it through the methods employed to deal with the first three causes of high blood pressure***

Genetics plays a role in virtually all illnesses we experience and high blood pressure is no exception. The proof of this is the fact that some people can live a very unhealthy lifestyle yet their blood pressure remains normal or even too low!

Being genetically susceptible to high blood pressure simply means you have to be more alert about your lifestyle and ensure you're doing things which will reduce rather than raise blood pressure.

That might seem unfair, but living a healthier lifestyle will have multiple benefits - for body and mind - and will help prevent you from developing other illnesses and ailments too. So it could all work out better for you in the long run :)

## **So what now?**

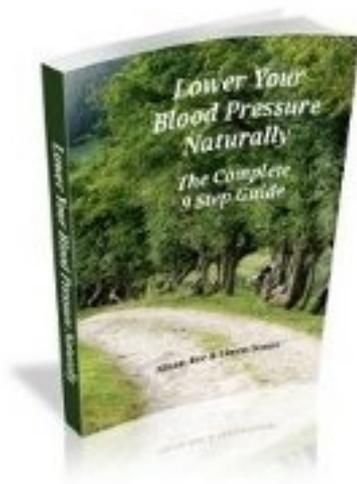
Maybe it's clear to you what's causing your high blood pressure. Or maybe it isn't. For many of us, high blood pressure can result from a combination of factors or its causes can simply be difficult to pin down.

What is clear is that eating and drinking healthier things, being more physically active, and taking steps to keep your stress levels down will go a long way to getting your blood pressure back into a healthier range.

Sound a bit daunting? It needn't be. To make it easy, I've created a step-by-step guide to lowering your blood pressure effectively, and without medications:

## **Lower Your Blood Pressure Naturally**

### **The Complete 9 Step Guide**



Fully up-to-date and based on the latest research, the guide contains proven strategies for lowering your blood pressure and keeping it low through easy, effective and enjoyable changes in lifestyle.

To keep it simple, the guide is laid out in 9 straightforward steps. You just follow the advice for each step at whatever pace suits you.

Not only is the guide easy to follow but it's also enjoyable to follow. You can choose between a wide range of delicious foods that reduce your blood pressure and include simple mental and physical exercises in your daily schedule for relaxation and invigoration.

As well as lowering your blood pressure, each chapter will take you further along the road of greater vigour and peace of mind – and a healthier and happier life.

Click here for more information and to download a sample:

[\*Lower Your Blood Pressure Naturally - The Complete 9 Step Guide\*](#)