

[IMAGE]

## **Beat High Blood Pressure With Yoga**

If you are looking to lower your blood pressure, yoga might be the answer. A new study has found that yoga has countless benefits for people who have high blood pressure.

The study was presented at the annual meeting of the American Society of Hypertension recently.

By simply practicing yoga, people with mild to moderate hypertension could decrease their blood pressure, according to the research presented.

The study included 120 people with an average age of 50, 58 of whom completed the study. All the study participants were organized into one of three groups: One was assigned to do yoga two or three times a week in a studio for 24 weeks, while another group was assigned to do a walking/nutrition/weight counseling program. The third group was assigned to do both yoga and dietary counseling. Researchers analyzed their blood pressure at the beginning of the study, 12 weeks into the study, and 24 weeks into the study.

yoga - Copyright © Stock Photo / Register Mark They found that the people who did yoga had decreases in their systolic blood pressure at the 12-week mark, and decreases in both systolic and diastolic blood pressure at the 24-week mark. However, the researchers noted that the other two groups also experienced positive effects on their blood pressure.

Yoga has also been proven to be effective for other medical issues such as stress and anxiety. If you are looking for a natural way of reducing your blood pressure, take up a yoga class - you might be able to see benefits right away.

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