

[IMAGE]

Is Your Heart in It?

Hypertension, the medical term for high blood pressure, is a primary cause of heart attacks and strokes. Statistics show that approximately 50 million U.S. adults suffer from high blood pressure - 140/90 mm Hg or higher. In fact, statistics show that most people will develop hypertension at some point in their lives, since the risk increases with age.

However, it appears that making certain lifestyle changes can help combat the onset of high blood pressure. A study published in the April issue of the *Journal of the American Medical Association* revealed that people who adopt various lifestyle changes, including losing weight; reducing sodium intake; increasing exercise; limiting alcohol intake; and consuming a reduced-fat diet - also known as the Dietary Approaches to Stop Hypertension (DASH), which is rich in fruits and vegetables; whole grains; poultry; fish; nuts; and low-fat dairy - can successfully lower their blood pressure.

Is it time for a change? If you're at high risk for (or already suffer from) hypertension, there's no better time than now. Talk to your chiropractor about simple lifestyle changes that can keep your blood pressure low and your spirits soaring!

Reference:

Writing group of the PREMIER Collaborative Research Group. Effects of comprehensive lifestyle modification on blood pressure control. *Journal of the American Medical Association*, April 23/30, 2003: Volume 289, Number 16, pp.2083-2093.

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