

# Blood pressure care: prevention and treatment of high blood pressure

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Blood pressure is a disorder that one experiences in life due to lack of healthy lifestyle habits and a proper diet. This enhanced lifestyle nowadays is the major cause of blood pressure. Any illness prevails if there are lack of some good habits, nutrition and lifestyle. With the high-end IT technology, increased insanitary habits and lack of knowledge, a new disease takes birth. High blood pressure is one of the most dreadful diseases and it progresses very rapidly. Moreover, the cause for the same is not easily noticeable and there are chances that the situation may run out of control.

Below given are some useful blood pressure tips and blood pressure information that will help you deal with the situation effectively.

Some Effective Blood Pressure Tips: First and foremost solution for this problem is engaging yourself in a variety of aerobic exercises. Any form of cardiovascular workout such as bicycling, jogging, brisk walking can instantly lessen the blood pressure levels to some extent. You can thus attain some equilibrium.

While you are exercising, it is also advisable to avoid some foodstuffs like bananas, garlic, dark chocolates. Since, dark chocolate has flavonoids in it that expands the blood vessels, however you can have them in small quantity like thirty to forty calories each day. Garlic lowers the blood pressure levels and banana is a rich source of potassium. This helps to sustain healthy and active blood vessels.

Another simplest blood pressure tips is to drink adequate water. Obviously, water helps in hydration and that is as important or else it may result into

dehydration. Dehydration gives a great rise to blood pressure. It is recommended to drink eight to ten glasses of water each day.

Avoid consumption of laden drinks or caffeine, since they are known to cause dehydration in the body.

You can go for natural or medical remedies to take care of your hypertension. There are several natural ways to deal with it like one can consume unsaturated fats, green leafy vegetables, hawthorn, folic acid, nuts, fish oil, etc. there are also herbal supplements available that assure safe working of the heart. They do not have any side effects and show an enhanced progression in the rate of blood flow in the body. They work outstandingly in reinforcing the pumping capability of the valves of the heart.

#### Blood Pressure Levels in Adults

- Systolic
- Diastolic
- Normal Less than 120 Less than 80
- Prehypertension 120-139 80-89
- High blood pressure
- Stage 1 140-159 140-159
- Stage 2 160 or higher 100 or higher

If you are one who is having blood pressure, do not get tensed or nervous. Get it diagnosed at an early stage from the doctor and start the treatment. There is a solution for everything in this world.