

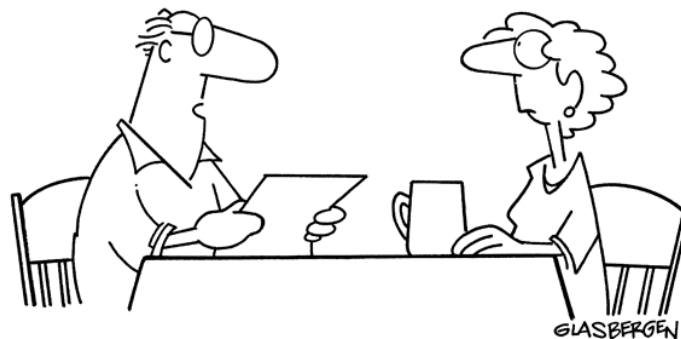
# 10 ways to control high blood pressure without medication

If you've been diagnosed with high blood pressure (a systolic pressure — the top number — of 140 or above or a diastolic pressure — the bottom number — of 90 or above), you might be worried about taking medication to bring your numbers down. Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you may avoid, delay or reduce the need for medication.

1. Lose extra pounds and watch your waistline: Blood pressure often increases as weight increases. Losing just 10 pounds (4.5 kilograms) can help reduce your blood pressure.
2. Exercise regularly: At least 30 to 60 minutes most days of the week
3. Eat a healthy diet: Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol.
4. Reduce sodium in your diet: Even a small reduction in the sodium in your diet can reduce blood pressure. Recommended daily intake - 1,500 mg a day or less.
5. Limit the amount of alcohol you drink: Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure. But that protective effect is lost if you drink too much alcohol. Also, if you don't normally drink alcohol, you shouldn't start drinking as a way to lower your blood pressure. There's more potential harm than benefit to drinking alcohol.
6. Avoid tobacco products and secondhand smoke: On top of all the other dangers of smoking, the nicotine in tobacco products can raise your blood pressure by 10 mm Hg or more for up to an hour after you smoke.
7. Cut back on caffeine: The role caffeine plays in blood pressure is still debatable. Drinking caffeinated beverages can temporarily cause a spike in your blood pressure, but it's unclear whether the effect is temporary or long lasting.
8. Reduce your stress: Stress or anxiety can temporarily increase blood pressure.
9. Monitor your blood pressure at home and make regular doctor's appointments
10. Get support from family and friends

Source: <http://www.mayoclinic.com/health/high-blood-pressure/H100027/NSECTIONGROUP=2>

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**"My blood pressure is 180/90 which mathematically is equal to 2/1 which doesn't seem so high!"**

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