

## **Chiropractic, diet, and exercise assist blood pressure conditions**

**Question:** Can Chiropractic help with high blood pressure?

**Answer:** The causes of hypertension (high blood pressure) are numerous. The correction or reduction of hypertension are also numerous. Modern medications have successfully treated blood pressure conditions for many years and are always improving. The natural methods of curbing a continually high and or dangerous blood pressure condition include chiropractic, proper dietary habits, and moderate exercise.

Chiropractors adjust the vertebra of the spine to maintain a balance to the nervous system. The nerves enervating organs such as the adrenal glands and heart muscles must be functioning correctly for appropriate blood pressure to be regulated. Nutritional intake must include a healthy balance of fruit, vegetables and fiber along with fresh water, and healthy fats. That's right, healthy fats. Omega three fatty acids have clinically been shown to reduce cholesterol and unhealthy fats. Omega three fatty acids come from cold-water fish oils such as cod and salmon.

Moderate exercise is suggested, but a heart-rate monitor should be worn as a preventive measure. These monitors will notify you when you are outside your target heart range by beeping or flashing. Many heart attacks occurring during exercise are outside the target heart range. Consistent motion to all joints on a daily basis influences circulation to increase, which assists blood pressure.

Unmanaged stress on a mental or emotional level will affect blood pressure adversely. Unresolved issues that cause anxiety affect our blood

pressure and should be attended to as a total well-rounded management of a hypertensive condition.

Some hypertensive conditions are genetically bound and even in these conditions utilizing the basic principals in this column will help.

**Quote of the week:** *“The most important thing in communication is to hear what isn’t being said.”* — Peter F. Drucker