

ASK THE CHIROPRACTOR

Lifestyle changes lower blood pressure

Question: Is there a way to reduce my blood pressure without taking drugs?

Answer: This is a good question considering a recent publication indicates the former “normal” blood pressure parameter of 120/80 is now considered a slightly high blood pressure.

The Journal of the American Medical Association recently did a study on the impact of a combination of lifestyle changes on high blood pressure. The good news is that mildly elevated blood pressure can be lowered without drugs.

Dr. Lawrence Appel of John Hopkins University, who chaired the study, said, “It (lifestyle changes) may be a means to control blood pressure and a lot of heart disease and stroke without actually relying on medication.”

In general the group studied were counseled on weight loss, salt reduction, and increasing exercise. They were also instructed on diet information that emphasized fruits, vegetables, and low-fat dairy products along with a reduction in unhealthy fats, red meat, sweets, and sugared beverages. All but 27 of the 800 adults in the study reduced their blood pressure enough to stop drug treatment.

Additional advice on reducing blood pressure and maintaining a healthy cardiovascular system includes supplementing fish oils called essential fatty acids that come from cold-water fish. This was the first year the Food and Drug

Administration (FDA) made fish, specifically cold-water fish such as cod and salmon) an essential part of our meals at least two times weekly.

Quote of the week: “Even if you fall on your face, you’re still moving forward.” – Victor Kiam