



Lower your blood pressure naturally

## Description

My friend called urgently asking for just one pill to take care of her increasing blood pressure. Her doctor had doubled her medication and she didn't like that. She doesn't like taking pills and only learned to swallow medication at age 75! She chews her Shaklee Vita Lea and Calcium Magnesium. I shook my head. She could try [Shaklee Blood Pressure tablets](#) made from spinach, beet, quercitin and magnesium. I have successfully lowered my blood pressure (it was high normal). On the bottle it says "for people with healthy blood pressure". In other words, it is an herbal recommendation for someone who is trending upward in blood pressure or has a family history of elevated blood pressure. Shaklee herbals and vitamins are not medication. They are prevention.

My next question was about her day. What was she doing in the evenings, watching the news? "oh, yes, we watch a couple hours of news every night and it's driving me crazy."

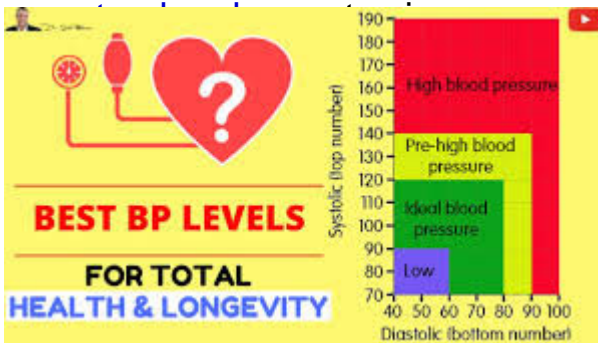
"Forget the news, why don't you?"

"But I'll miss something."

"There is no emergency. Someone will tell you the important new thing. . . . Look outside into your garden. Beautiful, isn't it? Spring blossoms and seedlings sprouting. All is well in your corner of the planet in this moment, right?"

I recommended meditation. It helps me. Perhaps it would help you, Dear Reader. My preferred meditation leader is Tara Brach, a Zen Buddhist teacher in Bethesda, MD whose

meditations and teachings are available wherever you get your pod casts.



How low should blood pressure go? A recent [article in](#)

[the NY Times](#) indicates that the number has changed over time: Successive guidelines have since decreased the recommended threshold for what constitutes high blood pressure, from [160/95 millimeters of mercury](#) in [1973](#), to [140/90 in 1997](#), to [130/80 in 2017](#). The article urges caution about trying to get your blood pressure lower than 130/80. In fact, the author suggests that the diastolic blood pressure (the second number, which is the pressure as the heart relaxes) might be healthier at 85. Low blood pressure can have negative effects like dizziness: *Lightheadedness, particularly lightheadedness that occurs upon standing, is the cardinal symptom of low blood pressure. At its extreme, lightheadedness may result in fainting. Fainting may be a sign that blood pressure is dangerously low and requires prompt medical attention. Other possible symptoms of low blood pressure include nausea, fatigue and blurry vision.*

My friend had a blood pressure taking machine and was told to take her pressure every day. Now, I'm not a doctor, but wouldn't worrying about your blood pressure so much that you went to your machine to test it drive it up?

Chill, everyone, chill.

Be well, Do Well and *For Heaven's sake, Keep Moving*. It could be the best answer there is.

Betsy



## Category

1. Be Well health tips
2. Health and Fitness

## **Tags**

1. Blood pressure
2. high blood pressure

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## **Author**

betsyjbell