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# Blood Pressure



**A**t this moment you have blood pressure. But don't worry, everyone has blood pressure. You need it to send your blood through your miles and miles of blood vessels bringing oxygen and nutrition throughout your body.

Every time your heart beats it pumps blood through your arteries and the force of this "push" is called blood pressure. Without blood pressure you couldn't live.

For over a century **chiropractic** has been a **drug-free blessing** to millions of people who thought they would have to face a **life of medication.**



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## Chiropractic

Health • Balance • Wellness

There is no “just right” blood pressure; 120 over 80 is just average. Like the idle of a car, some people run a little high, others a little low. Blood pressure also fluctuates based on the time of day, exercise, age, sex, emotional makeup, drug and alcohol use, emotional stress and many other factors. When blood pressure is abnormally low, it’s called hypotension and when it is abnormally high, it’s called hypertension.

### Idiopathic Hypertension

The cause of hypertension in most people is unknown and is referred to as ‘essential,’ ‘idiopathic’ or ‘primary’ hypertension. In some cases there is a specific cause, often kidney disease or medication use (such as ibuprofen and other drugs).<sup>1</sup>

### The Medical Approach

Most MDs attempt to lower blood pressure with prescription drugs. While there is some logic to that approach, the deeper questions of ‘What is causing the blood pressure to rise?’

‘Is high blood pressure serving a purpose?’ and ‘Are we just treating symptoms?’ are usually not addressed. One physician in discussing this states that high blood pressure “...really isn’t a disease in itself but is



**Your nerves help regulate your blood pressure. Keep them free from stress.**

rather a symptom of smoking, obesity, or perhaps inactivity...perhaps physicians should stop taking blood pressures and should start weighing people and asking them about exercise, diet, smoking, and work habits.”<sup>2</sup>

### A Defense?

A possible role of high blood pressure for some people may be that it is a defense against damage to your brain and spinal cord caused by an unbalanced spinal column and body structure. An elevated blood pressure may help protect your brain and spinal cord from compression due to spine and structural stress.<sup>3</sup> However your body cannot keep this form of “protection” around indefinitely. Eventually the elevated blood pressure can cause serious health problems so the underlying cause should be addressed.

### Side Effects of Medication

Blood pressure medications can cause rash, hives, sensitivity to light, joint aches, confusion, impotence, weakness, dizziness, lack of energy, numbness in the extremities, depression, anger, moodiness, muscle spasms and other symptoms. That may be why many people are investigating non-drug approaches. As the late Robert Mendelsohn, MD said, “Patients with coronary problems and high

blood pressure are investigating Pritikin, Kushi, Airola, Fredericks, Pauling, and others who may not be MDs but who do know about nutrition, allergy, acupuncture, chiropractic, biofeedback, meditation and exercise...medical schools do not produce physicians who possess this kind of knowledge.”<sup>4</sup>

### The Chiropractic Approach

One of the best things you can do for your blood pressure, as well as the rest of your body, is to see a doctor of chiropractic. Doctors of chiropractic

**Spinal adjustments have been shown to help normalize blood pressure.**

perform spinal adjustments to correct vertebral subluxations or spinal nerve stress which upset body balance and nerve health.

For over a century chiropractic care has been a drug-free blessing to millions of people who thought they would have to face a life of medication. Chiropractic journals have often described the blood pressure normalizing effects that gentle, painless chiropractic spinal adjustments have on individuals.<sup>5-10</sup>

In one study 75 patients with abnormal blood pressure began chiropractic care. Many of the patients were on high blood pressure medications and still had high blood pressure. In addition to chiropractic, dietary changes were made along with eliminating stomach-sleeping and high pillows. Before chiropractic the average blood pressure of the 67 hypertensive patients was 163/93. After care it was 130/82. The low blood pressure patients went from 100/67 before care to 114/76 after care.<sup>11</sup>

### The Chiropractic Message

Chiropractic corrects a serious form of stress, spinal nerve stress (subluxations), that interferes with normal body function. But chiropractic is also a philosophy that teaches us to remove all interferences to body function, and to seek out more natural, conservative methods before submitting to more radical (i.e. drug and surgical) approaches. Proper nutrition, exercise, rest and emotional care, along with a healthy spine, are all vital for optimal well-being. Explore them all!



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