



Treatment of hypertension without drugs

Academician Zhasan Zekeyuly

42, Vitebskaya Str., Almaty, Kazakhstan

Phone: +7(727) 3021540

Email: zhasai_67@mail.ru

Hypertension (high blood pressure) is dangerous, as it can lead to infarction, heart attacks, heart paralysis or kidney disease. The purpose of treating hypertension is to reduce high blood pressure and protect such important organs as the brain, heart and kidneys from the threat. There are several methods for treating hypertension.

Method of dumping excess weight.

High blood pressure is more common among people who are overweight or obese. But research shows that losing weight can help reduce high pressure. The blood flow of the heart, uric acid in the blood plasma, cholesterol and sugar in the blood decrease. Subsequently, the load removes from the heart. By changing a few simple eating habits, including calorie counting and tracking portion sizes to accelerate weight loss, you can lower your blood pressure, this is a proven threat of heart disease.

Method of reducing the consumption of edible salt.

In the 40-ies of the XX century, the method of reducing the consumption of edible salt gave its positive results, but then, when drugs began to appear that lowered the pressure, this method remained in the background. Later, after much research, they again returned to this method of delivering high blood pressure. Experts recommend to cure hypertension, it is sufficient to reduce the salt norm to 5 grams per day. And also to use in your diet less salted and smoked products, like salted fish, pickled vegetables. In a word, consume foods with a reduced salt content.

Method of physical activity.

How effective were the medicines, but regular exercise can have a beneficial effect on lowering blood pressure. A sedentary (inactive) way of life is one of the main risk factors for heart disease. Physical exercises raise the mood, cheerfulness appears, elasticity in the body is felt, blood pressure stabilizes.

Exercises can be divided into three main types: 1) stretching; 2) cardiovascular or aerobic exercise; 3) strengthening exercises.

In addition, you need to reduce the consumption of fatty foods, and you can use the following methods of treatment, such as magnet treatment, acupuncture, music, etc.

Method of treatment by food.

First of all, it is necessary to exclude from the diet fatty foods and foods rich in cholesterol; there is less sweet, as well as fresh bread, replacing it with breadcrumbs or rice. The right choice of food, the proper preparation and use as a remedy is called a method of treating food. There are the following types of treatment: treatment of phyto-tea, porridge, internal organs of animals.

According to the research of Japanese scientists, all products that delay the development of atherosclerosis are useful: fruits, cottage cheese, dairy products (especially curdled milk and whey), egg white, sea kale, crayfish, sea moss, celery, mushrooms, peanuts, peas, boiled beef, etc. , as well as foods rich in vitamin C: radishes, green onions, horseradish, black currants, lemons. Such nutrition reduces the level of toxins in the body. Recent studies have revealed a link between the presence in the body of calcium and potassium and blood pressure. People who consume large amounts of food with a high potassium content have normal blood pressure without even controlling salt intake. Calcium and potassium contribute to the removal of excess sodium and control the state of the vascular system. Potassium is found in large quantities in vegetables and fruits, calcium in cottage cheese. It should be noted that iodine-rich sea kale, crayfish and sea moss have a very positive effect on the strengthening of the artery and the prevention of hypertension.

The society is developing, the tables are being covered more and more. And so hypertensive patients should be careful when choosing a particular food. There is an opinion that it is necessary to eat how much the body will require. Now to this context it is necessary to add the phrase "scientific method". At hypertensive patients on a table always, there should be a fruit in abundance, and fat food should be superseded. Whoever does this, blood pressure will be normal and live long. The health of a nation depends on healthy food and on the scientific approach to nutrition.

TREATMENT OF HYPERTENSION by VEGETABLES

There are many reasons for raising blood pressure, but maintaining normal pressure is a very difficult task. Vegetables will help to stabilize the pressure. Hypertension can also be observed in diseases of kidneys, adrenals, vessels, brain. Fat food, smoking, alcohol abuse, overweight, sedentary lifestyle - all these factors contribute to the development of hypertension. However, vegetables on the contrary help the body reduce blood pressure, stabilize it. Well, you need to run to the vegetable garden to resist hypertension. In hypertensive disease, vegetables have a mild effect. Even excessive consumption, as well as a combination of different vegetables, will not affect negatively on arterial pressure.

We know that sodium causes high blood pressure, and potassium on the contrary contribute to the removal of excess sodium and control the state of the vascular system. Firstly, potassium is found in large quantities in vegetables and fruits, calcium in curds. It should be noted that iodine-rich sea kale, crayfish and sea moss have a very positive effect on the strengthening of the artery and the prevention of hypertension. Secondly, in vegetables there is very little fat and sugar, so abundant consumption of vegetables does not lead to excessive weight. Carrots and beets are vegetables that lower blood pressure. Also in vegetables a lot of useful fibers, and they cut the diaphragm, thereby contributing to the removal of fat, which leads to weight loss.

Varieties of vegetables are very numerous, but not all vegetables affect the lowering of high blood pressure. For example, in a potato and pumpkin a lot of sugar and starch, so these vegetables should be treated with caution. It is recommended to use the following types of vegetables: tomatoes, sea kale, celery, etc.

TREATMENT OF HYPERTENSION by FRUITS AND BERRIES

It is known that the medicinal properties of plants are due to many factors. Knowledge of the medicinal properties of a particular plant makes it possible successfully use it in the treatment of a particular disease. From the vast number of plants - healers, we describe the healing properties of only a few. These are fruits and berries. Food plants differ from inedible ones in that they do not contain toxic and strong substances (many of which, incidentally, used in medicine). Food plants are the main source of carbohydrates, especially valuable fats (containing unsaturated fatty acids), many vitamins (iron, calcium, potassium, magnesium) and other biologically active substances not contained in animal food, which have curative and preventive properties. The composition of vitamins in fruits helps to lower cholesterol in the blood, prevents hemorrhage in the brain. Vitamin E is also called the "elixir" of youth, it strengthens blood circulation, prevents thrombus formation and condensation of the coronary arteries of the heart, normalizes the flow of oxygen in the body, and magnesium has a preventive effect on hypertension. Clinically, pressure reduced with the help of magnesium sulfuric acid, iron - the most important builder of blood, calcium affects the nerve muscles. There are many healing fruits, we recommend some of them: watermelon, lemon, orange, apple, shaggy peach, mango, grapes and hawthorn.

HYPERTENSION AND FOOD SALT

Drinking lots of salt raises blood pressure, on the contrary, less salt - lowers blood pressure. The risk of hypertension is high in those who eat a lot of salt. However, this does not mean that everyone who consumes a lot of edible salt is prone to hypertension. Only 20% of people are vulnerable and have a risk of this disease. Modern medicine does not have the ability to determine those sensitive to edible salt. Therefore, the World Health Organization recommends that everyone not to exceed the daily intake of edible salt not more than 5 grams. Restriction of consumption of edible salt does not mean its complete elimination from the diet. If the salt is sharply restricted, the fluid in the body decreases accordingly, the renin hypertension system is activated, thereby raising blood pressure. Excessive restriction of dietary salt leads to metabolic disorders, palpitation slows, weakness, dizziness, even fainting may occur. Therefore, hypertensive patients are advised not to exclude food salt from the diet, but consume the recommended dose.

Hypertensive Patients Should Limit Consumption of Fat

Fat is one of the most important five components of the human body.

Hypertensive patients are recommended to eat less products of animal origin, because they contain a lot of cholesterol, which helps increase blood pressure. And in oils of vegetable origin, unsaturated fatty acids are present, which are easily assimilated by the human body, contributing to the expansion of blood veins, retarding the formation of thrombi. Unsaturated fatty acids reduce enzyme activity, reduce fat synthesis in the body, impart insensitivity to the body, and lower blood pressure. It also replaces medications used to lower blood pressure. Fat provides the human body with energy. Cholesterol in fat is not harmful, but is an important component, its lack affects the musculoskeletal physiological state of a person. Also fats of animal origin have the property of softening blood vessels. But it is not desirable to increase its permissible level.