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Achieving Wellness

Victoria Family Chiropractic

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Healthy Blood Pressure?

New National Institute for Clinical Excellence (NICE) guidelines advise patients to ease off the drugs, and doctors to no longer prescribe beta-blockers as the "first-line" therapy because they perform less well than the newer treatments, particularly among the elderly, and may increase the risk of stroke, heart attack and type 2 diabetes.

The preferred treatment, according to NICE, is now a combination of calcium channel blockers, ACE inhibitors and diuretics. Research has shown that this combination of drugs, which helps regulate the hormonal system and open blood vessels, may decrease the risk of heart attacks and strokes by 50 percent, as compared to the older drugs. Beta-blockers are still considered the best

treatment for young women who may become pregnant, and the new guidelines do not apply to those who take the drugs for angina and anxiety. *NICE.org.uk June 28, 2006.*

Although these new recommendations appear to be an improvement, still only the symptoms are being addressed. What is causing the high blood pressure in the first place?

Note: Some health care professionals are poorly trained in this area and don't realize or understand that you need to use the right cuff size. If you are overweight you will likely need a larger cuff, otherwise your blood pressure reading will be inaccurate.

Six Steps to Normalize Blood Pressure

1. Lower insulin levels by reducing sugars and grains. Grains unlike most vegetables, break down to sugar relatively rapidly causing your body to secrete insulin, which is one of the major reasons most people have high blood pressure.
2. Exercise is a powerful tool that has a powerful synergy with dietary changes. The primary way it works is by lowering your insulin levels. I have found that unless exercise is included in a person's regimen many are unable to normalize their blood pressure even with the best of food choices.
3. Normalize your weight. Even dropping a few pounds can improve your blood pressure. You can achieve optimal weight loss by using the above two strategies.
4. It is clear that enough sunlight will optimize your Vitamin D levels, something needed for healthy blood pressure. Walking to your home or work from your car won't provide enough

exposure to make any difference.

5. There are many effective stress reduction tools including: prayer, meditation, laughter, gratitude, love, rest, healthy relationships, affirmations, visualization and focusing on the positive. *Mercola.com*

6. Chiropractic adjustments restore the flow of information from the brain to your cells and vice versa, vital for wellness. Treating your health proactively instead of waiting for symptoms is what health care should be.

The Children's Wish Foundation and Victoria Family Chiropractic want to thank everyone who contributed to our fundraiser through \$ or referrals. Through raffle tickets and chiropractic donations we were able to raise over \$1300.00!

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!