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Blood Pressure

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Aromatherapy for Students

Aromatherapy for Students

With school days approaching, you might mention this tip to customers that

some essential oils have aromatherapy benefits that can aid studying:

To improve concentration — bergamot, cedar wood, lemon, grapefruit,

peppermint, rosemary, cypress, ginger

To aid relaxation — lavender, clary sage, geranium, ylang ylang, bergamot

To strengthen memory — rosemary, peppermint, lemon

Fear less, hope more;
eat less, chew more;
whine less, breathe
more; hate less, love
more, and all good
things are yours.

- Swedish Proverb



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Blood Pressure & Chiropractic

“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 perform adjustments to correct subluxations that can cause nerve stress which upsets body balance & nerve health.” - Learn more in our Blood Pressure brochure from Tedd Koren, DC of Koren Publications located in the waiting area.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<u>Hypertensive Crisis</u>	Higher than 180	or	Higher than 110

Factors Effecting Blood Pressure

Several things can affect blood pressure reading, including stress, smoking, pain and caffeine. Some people's blood pressure will rise simply because of the stress and nervousness of having a blood pressure reading taken, a condition called white-coat hypertension. In addition, some prescription and over-the-counter drugs can alter blood pressure. In evaluating patients for hypertension & hypotension, health-care professionals will often take a blood pressure at least twice, with readings at least 5-minutes apart. (taken from www.ehow.com)

Reversing High Blood Pressure

1. Taking extra minerals & avoiding salt. Increase calcium, magnesium or potassium which can increase the muscular pressure (magnesium = most important)
2. Vitamin E protects your arteries by thinning your blood (like aspirin only safer!)
3. The benefits of fish oil - Omega 3 fish oil contains EPA & DHA, is an anti-inflammatory and helps thin blood.
4. Nutritional solutions for narrowing arteries include the above as well as a combination of vitamin c & lysine and antioxidants

This information was found in "The New Optimum Nutrition Bible" by Patrick Holford, Founder of the Institute for Optimum Nutrition

Warning Signs of

High Blood Pressure

1. Frequent headaches & irritability
2. Chronic Constipation
3. Dizziness & Ringing in ears
4. Flushed complexion
5. Red streaks in your eyes
6. Chronic respiratory problems
7. Uncontrolled weight gain & fluid retention
8. Swollen Ankles

- For more warning signs check out Linda Page's *Healthy Healing, A Guide to Self-Healing for Everyone*"



Whatever you focus on expands. It means that whatever you give your attention to becomes more & more of your reality. It doesn't matter whether or not your perception is right or wrong. Quite often, we misperceive others because we lack complete information. Our life experience is determined by where we focus our attention. So if you're unhappy, it's quite possible that your focus has been on the negative. If you want to create more joy & happiness in your life, then you must focus on the positive. And one important way of doing that is through gratitude.

Facts about High Blood Pressure

- High blood pressure affects 1 out of every 3 U.S. adults today
- High blood pressure is the leading health problem for American women
- Middle-aged Americans have a 90% chance of developing High Blood Pressure
- High blood pressure causes 60,000 deaths a year & directly relates to more than 250,000 deaths from stroke.
- High blood pressure increases your risk for heart attack, for congestive heart failure (especially in women) & kidney malfunction.

- For more warning signs check out Linda Page's *Healthy Healing, A Guide to Self-Healing for Everyone*"

Lower your blood pressure by...

- Eat smaller meals more frequently; consciously undereat
- Avoid caffeine, salty, sugary, fried, fatty foods, smoked meats, heavy pastries and soft drinks
- Drink plenty of pure water to improve sodium balance
- Eats lots of vitamin c, magnesium, potassium-rich foods like broccoli, bananas, oranges, dried fruit, potatoes, seafood, bell peppers, avocados, celery, brown rice and leafy greens
- Eat lots of good fat foods likes olive oil, seafood, sea greens and flaxseed oil daily
- Eliminate hard liquor
- Exercise at least 30-minutes / day
- Relaxation techniques like massage & mediation
- Use a dry skin brush all over the body frequently to stimulate better blood flow (we sell them!)
- Avoid all tobacco products as smoking constricts blood vessels making your heart work harder
- Drink apple, pear or papaya juice before dinner

- For more warning signs check out Linda Page's *Healthy Healing, A Guide to Self-Healing for Everyone*"