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# Blood Pressure

# Blood Pressure



*Chiropractic  
brings out  
the best in me!*

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.

### • Everyone's Got It!

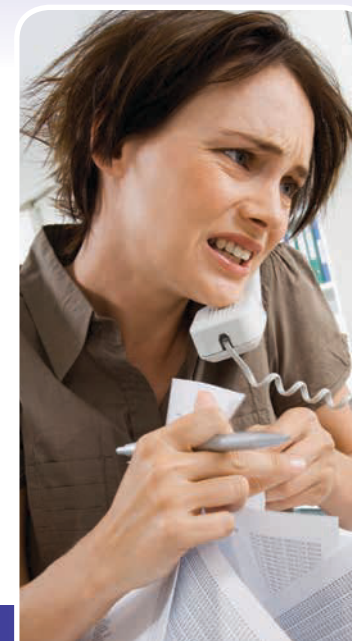
At this moment you have blood pressure. But don't worry, everyone has blood pressure. You need it to send your blood through your miles and miles of arteries and capillaries bringing oxygen and nutrition throughout your body.

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.

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, gender, 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

In most cases, medical doctors do not know the cause of hypertension. These cases are referred to as 'essential,' 'idiopathic' or 'primary' hypertension. In some cases (secondary hypertension) there is a specific cause, often kidney disease or medication use (such as ibuprofen and other drugs).<sup>1</sup>



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EWBLP



Chiropractic adjustments have been shown to help normalize blood pressure.



### • 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 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 structural system. An elevated blood pressure may help protect your brain and spinal cord from compression due to spine and structural stress.<sup>3-4</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. High blood pressure has also been seen as a compensation for dehydration and many people have found that simply by drinking more water, their blood pressure drops to normal.<sup>5</sup>



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

### • 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 ... nutrition, allergy, acupuncture, chiropractic, biofeedback, meditation and exercise ... medical schools do not produce physicians who possess this kind of knowledge.”<sup>6</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 perform adjustments to correct subluxations that cause nerve stress which upsets 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. Studies and case histories have often described the blood pressure normalizing effects that gentle, painless chiropractic adjustments have on individuals.<sup>7-12</sup>

For example, in one study of 50 patients with hypertension, chiropractic adjustment of the atlas vertebra in the neck was found to significantly lower blood pressure without drugs. The authors concluded that “restoration of atlas alignment is associated with marked and sustained reductions in BP.”<sup>13</sup>

In another 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>14</sup>

### • The Chiropractic Message

Chiropractic corrects a serious form of stress caused by subluxations that interferes with normal body function. Chiropractic philosophy teaches us to promote optimal body function through good nutrient-dense foods, exercise, hydration and avoidance of and removal of toxins. Chiropractic philosophy also encourages us seek out more natural, conservative ways of approaching healthcare such as natural, drug-free childbirth, acupuncture, homeopathy, herbs, massage, aromatherapy, naturopathy and other methods before submitting to more radical (i.e. drug and surgical) approaches.

Chiropractic corrects a serious form of stress, subluxation stress, that interferes with normal body function.

