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Treating High Blood Pressure: Balance of Integrative and Pharmacologic Approaches Dr.

McDougall: High blood pressure and its treatment, Part 1. One Food Lowered My Wife's BP by 15-20 Points (Blood Pressure) How to Lower Blood Pressure Quickly /u0026

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Effects! Hypertension
doesn't require
medications

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Explained Clearly -
Causes, Diagnosis,
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Overview (causes,

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Approach offers an

alternative approach

to treating

hypertension,

providing sound

mechanisms of action

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Book Given current trends toward obesity, sedentary lifestyles, and poor diets, hypertension is increasingly becoming a disease of the young as well as the elderly, affecting about 1 billion people worldwide.

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The book also
addresses blood
pressure goals and
categorizes each
standard and
alternative method of
treatment,
suggesting ways of
implementing an
integrative approach
to hypertension

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Overwhelming trial evidence indicates that the treatment of hypertension is beneficial, but in practice, less than 50% of treated hypertensive subjects have blood pressure well controlled.

Integrated approaches to management of

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Some
complementary
health approaches
are showing promise
as elements of a
program of lifestyle
change that can help
lower blood pressure.
Research results
show that some mind
and body practices,
such as meditation
and relaxation

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techniques, may help reduce blood pressure in people with hypertension. In 2013, the American Heart Association suggested that biofeedback and Transcendental Meditation, in addition to conventional medication, can help people lower their

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increasing, and it is vital for physicians to be aware of the risks and benefits of these options. This article summarizes the current evidence base on integrative therapies for the prevention and treatment of CVD, including hypertension, hyperlipidemia,

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coronary artery
disease, heart failure,
and arrhythmias.

Where applicable,
recommendations
are included for
therapies that may be
used as an adjunct to
traditional medical
care to improve
cardiovascular ...

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