

Blood Pressure and Regulation

Idiopathic Hypertension is the name of elevated blood pressure with no explainable etiology/cause. The elevation of systolic and diastolic blood pressure represents an increase in vascular tone for the purpose of increasing blood pressure.

There are a number of speculated mechanisms that may contribute to this reaction and adaptation body. The adrenal and kidney responses result from increased stimulation and stress resulting in increased tension of the vascular tone. Oftentimes elevated blood pressure is a body response high levels of inflammation and allergy in the environment or diet. The body interprets all stress as a wild animal trying to attack it, and so stress that comes from eating certain foods has a reaction of stress that is similar to societal stress, or that comes from truly being in peril. It registers the same on the endocrine system, making no distinction between psychological stress and biochemical stress and circumstantial stress.

As we reduce the stress of our lifestyle and our diet we significantly reduce the adrenal responses to stress attempting to elevate its metabolism and prepare itself for fight or flight responses. A most subtle but consistent factor that should be explored in high blood pressure situations is the presence of chronic food allergies. Most typically corn, soy, milk or wheat can influence the inflammatory levels, creating chronic inflammation resulting in elevation of corticosteroids. Often simply by eliminating the food allergies within three days the blood pressure will be falling and within two weeks it is within the normal range.

It is always best to correct high blood pressure by determining the cause of the elevation, rather than to suppress the symptom only. Magnesium and organic potassium and minerals significantly relax the body. Ionic calcium reduces acidosis and thus reduces tension. When the natural interventions fail reduction of food allergies should always be employed to correct the possible cause of the elevated blood pressure.

Blood pressure medication is very difficult to reduce and discontinue once the body has become accustomed to. Oftentimes blood pressure medication will require subsequent drugs as we get older. It is always desirable to avoid the need for medication until it is absolutely necessary. Oftentimes blood pressure medication will interrupt other functions of the body such as energy level ability to respond to stressful situations and libido, especially in men.

High blood pressure is an intelligent body response to imbalance. The difficulty is to determine what the imbalance is. Blood pressure may naturally be balanced bringing about the elimination of symptoms, instead of symptom suppression. Many are herbal remedies being employed are simply natural approaches to tactics of suppression of blood pressure, and are still symptom-based therapy. The only real correction is to assist the body back into balance and eliminate its need to elevate the vascular tone.