Do you have these symptoms?

- High blood pressure is often called “the silent killer”, because in most cases there are few if any symptoms. Most people with hypertension don’t even know they have it.
- Although there are usually no symptoms, it is important to treat it because abnormally high blood pressure can damage your blood vessels, especially in the eyes and kidneys.
- Normal blood pressure is 120/80mmHg.
- High blood pressure can also increase your chances of having a heart attack, a stroke, or kidney problems. It can also make walking rather painful and restricted.

Possible causes of high blood pressure are

- According to conventional medicine the cause of most cases of high blood pressure is not known. However, according to Tibb it results from poorly managed lifestyle factors.
- In a few cases it appears as a result of disease or damage to the kidneys or endocrine glands.
- High blood pressure may be aggravated by smoking, being overweight and an inactive lifestyle.
- If you are under a lot of stress, it could make your blood pressure worse.
- Hypertension may have many medical causes. Tibb has identified two main causes of Hypertension. High blood pressure that results due to an increase in
blood volume is associated with qualities of Heat and Moistness. High blood pressure that results due to resistance of the blood vessels is considered to be a Cold and Dry imbalance

- Hot and Moist Hypertension occurs as a result of our metabolism slowing down over time and with age which makes elimination of excess moistness or humours associated with moistness inefficient. This accumulation of moistness results in an increase in our blood pressure. This type of hypertension is more prevalent in Sanguinous temperaments as they have the most Heat and Moistness associated with them. They are also prone to weight gain if they do not follow a diet and exercise program that is suited to their temperament

- Cold and Dry Hypertension occurs with age, especially in elderly individuals, when the arteries harden, stiffen or become blocked with atherosclerotic plaques. This type of high blood pressure is more prevalent amongst Melancholic temperaments who a naturally more inclined to developing Cold and Dry conditions. A lifestyle that promotes Coldness and Dryness will further contribute to the development of resistance related high blood pressure

**Treatment according to the Tibb Lifestyle Factors**

- For those with volume related high blood pressure eat more Cold & Dry foods and less Hot & Moist foods, however for those with resistant high blood pressure the opposite is true i.e. eat more Hot & Moist foods and less Cold & Dry foods
- Bring in these changes gradually, as they are more likely to be effective. The disorder will only improve slowly
- Try to eat more fruit and vegetables. They contain much potassium, which counteracts the salt in many foods
- Eat grains like rice (esp. brown), buckwheat and oats
- Change to low-fat dairy products where possible
- Cut down on salt used in cooking. Use table salt sparingly. Avoid pickles, salted foods and snacks. This is more important for those suffering with a volume related hypertension
- Cut down of fatty meats like beef, mutton and pork. Avoid processed meats. Switch to poultry and fish. This is more important for those suffering with a resistance hypertension
- Try to drink 2 to 3 litres of warm water daily. Drink fresh fruit juices (in moderation)
• Check your blood pressure at home. This gives a truer reading, and avoids a rise brought about by the doctor
• If necessary, lose some weight. Increase weight increases the moistness in the body which worsens blood pressure
• Try to exercise regularly. Walking, cycling, jogging are usually effective
• Give up or cut down smoking. Nicotine patches, stop smoking clinics are often effective
• Try to maintain a positive, optimistic outlook on life. This helps reduce stress, and lowers blood pressure
• A simple, regular fast over 2 to 3 days often helps reduce blood pressure
• Try for a good night’s sleep. This reduces stress and lowers blood pressure

Here are some effective herbal remedies:

• Sprinkle freshly chopped garlic over foods and salads. Try to take in 2-3 cloves per day
• Mix ¼ teaspoon red chillies, ½ teaspoon ginger root, 3 black black peppercorns and 4 garlic cloves as chutney. Take this with meals 3 times a day
• Chew 1 teaspoon of dried watermelon seeds 3 times a day

These Tibb medicines for reducing blood pressure are also available

**Pressure-eeze**
For mild to moderate hypertension.
Contains Valerian and other natural ingredients

**Pressure-eeze forte**
For moderate to severe hypertension.
Contains Rauwolfia serpentina and other natural ingredients. Both herbal products lower stress, help the heart and reduce anxiety
Some good advice

- Check your blood cholesterol and sugar levels regularly. These work with blood pressure to increase risk
- Consider other measures like cupping therapy

For more information please contact our customer care line toll free at 0800 383 784 or email info@tibb.co.za