

Hypertension (High Blood Pressure)

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Hypertension is a lifestyle disease which requires only a lifestyle solution for permanent cure. No medication is usually needed if you have not developed any complications of the disease and if you can find the root cause and fix it.

Blood pressure by itself and the medicines used to treat it can cause serious complications which you should be aware of. Get educated about the disease before getting medicated. You must take personal responsibility for your own health and not your doctor.

Risk factors for High Blood Pressure

1. Increasing Age
2. Obesity
3. Smoking
4. Family History
5. Excess Alcohol Intake
6. Excess Salt Intake
7. Physical Inactivity
8. Non-steroidal Anti-inflammatory Drugs like Ibuprofen, Diclofenac, Indomethacin
9. Vitamin D deficiency
10. Blacks > Whites
11. Sleep Apnea
12. Diabetes Mellitus
13. Kidney disease
14. Too little Potassium in the diet
15. High Stress levels
16. Cough and Cold Medications containing Pseudoephedrine and Phenylephrine.

Symptoms of Blood Pressure:

1. Asymptomatic mostly that is why Blood Pressure is called a "Silent Killer"	5. Shortness of breath
2. Headache	6. Epistaxis - Nasal bleed
3. Dizziness	7. Chest pain
4. Heavy headedness	8. Visual Changes

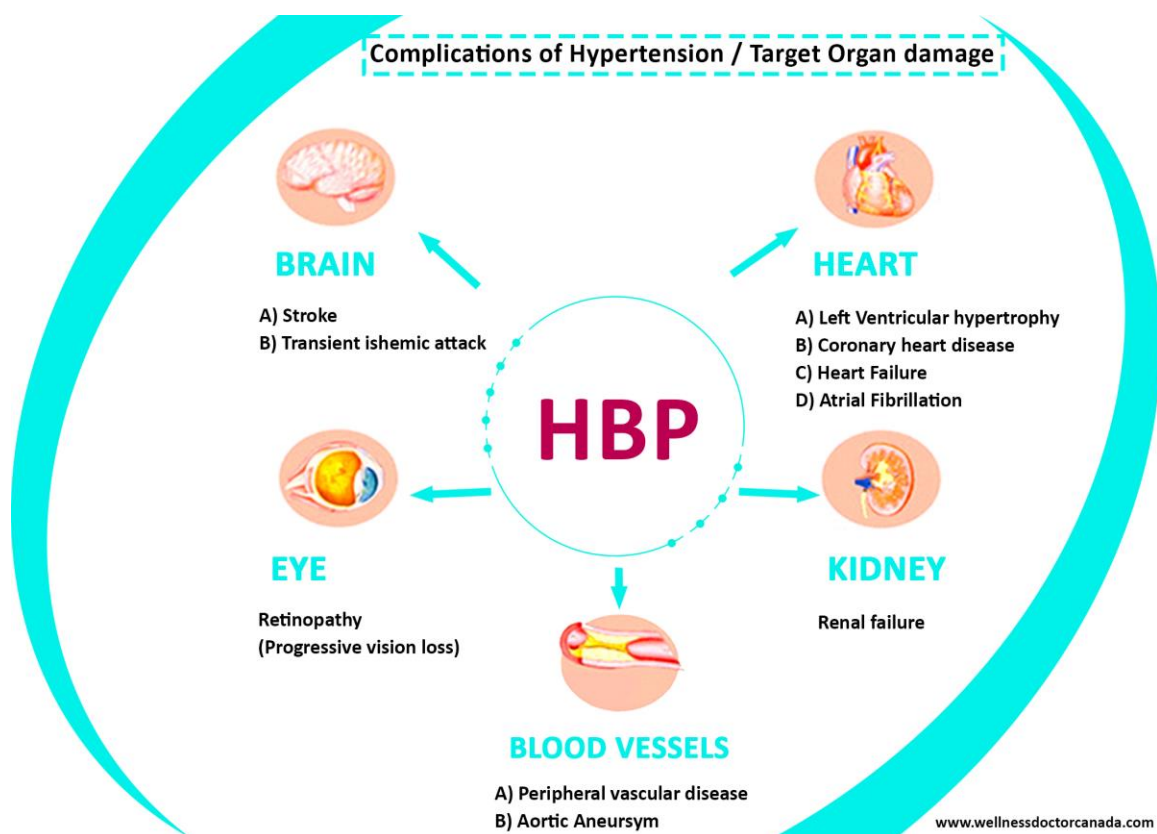
Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach high levels.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129		LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

The new guidelines define Hypertension as Blood pressure more than Systolic 130 mm of Hg the top number and Diastolic more than 80 mm of Hg. Reducing the bottom number is meant to bring more people into the hypertensive range.



Long term Blood Pressure medications are needed only

If you have developed complications of blood pressure like:

1) Left Ventricular Hypertrophy	5) Atrial Fibrillation
2) Heart Failure	6) Stroke
3) Heart Attack	7) Kidney Failure
4) Aneurysm of the Aorta	8) Retinopathy (damage to the eye)

General Guidelines for reducing Blood Pressure

- Weight reduction
- Quit smoking
- Salt and Saturated fat intake reduction
- Monitor BP at home
- Make time to relax and to do activities you enjoy
- Sleep well
- Reduce Stress
- Regular Physical activity
- Eat a healthy diet
- Get support

These general guidelines may or may not work for everyone because the triggers causing blood pressure are different in each individual and we have to treat the root cause. Doctors lack of nutrition knowledge, not spending enough time with the patient, not offering alternate natural options to the patient, combined with patients poor Lifestyle choices has led to an alarming rise in high Blood Pressure cases.

What patients need is Education about natural options and never Medication

Reverse your elevated BP naturally with no medicines

To do this then you have to follow the 3 steps given below:

- 1) Detailed history including Dietary and Lifestyle habits in addition to Medical, Occupational, Family, Social and Environmental history is needed
- 2) Four tests for Inflammation. The root cause of all chronic lifestyle diseases is Inflammation.
 - a. Eight Mineral levels – Mg, Fe, Ca, Zn, K+, Na+, HCO₃, Cl
 - b. All 12 Vitamin levels- 4 Fat soluble and 8 Water soluble B complex vitamins(Do all these blood tests which is focused on the whole patient and not focused on the disease or symptoms alone. Change your doctor if they're not willing to do this to find out your personal disease triggers).
- 3) Get detailed dietary and lifestyle one on one advice based on detailed history and lab tests results and reverse your elevated blood pressure. If you do not follow these 3 steps you will be left with no other option other than lifelong medications, complications of both the disease and the medicines and you will be continuing with doctor shopping.

Reversible causes of high Blood Pressure

- | | |
|--------------------------|---|
| 1. Obesity | 5. Low Vitamin D Levels in Diet |
| 2. High Salt in Diet | 6. Sedentary Lifestyle |
| 3. Low Potassium in Diet | 7. Smoking |
| 4. Low Magnesium in Diet | 8. Thyroid disease both Hypo and Hyperthyroidism needs to be excluded |

Treat your personal trigger for high Blood pressure to fix the root cause and get off BP medications for ever provided you do not have any structural heart disease proved by normal cardiac tests like Echocardiogram, and Treadmill testing.

I treat the root cause of the hypertension by identifying the triggers and fixing them. I reverse the high blood pressure with lifestyle and dietary changes along with quality supplements which have no side effects. You never need any medications to reverse high blood pressure.

Get Educated and never Medicated for a Lifestyle disease like High BP

Join my unique one on one Wellness program and reverse your high blood pressure and get rid of all your blood pressure medications for ever and obtain optimal Health and Wellness.

Get your personalized diet plan from me along with my own health immune boosting recipes which help you to prevent as well as cure mostly all lifestyle diseases and create overall wellness in you

Wishing you good health and happiness always!!!

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