

I want to thank all of you who have expressed interest in my articles. I am happy to provide this information. In fact, it is my personal mission. I didn't choose chiropractic as a career for a source of income. I chose it because I wanted to help people live healthier, more productive and more enjoyable lives. The single most important tool that can help each of us accomplish these goals is not a drug, a surgical procedure or even chiropractic. It is knowledge. With knowledge you can make appropriate health care choices and that is the only true way to good health.

If you have been following my most recent articles, you know that I have been discussing ways that you can reduce high blood pressure without resorting to medication. One of my patients commented to me that her husband has been trying some of these approaches and his blood pressure has not dropped. I realized that I forgot to stress a very important point.

The vast majority of cases of high blood pressure are due to poor lifestyle choices, made over many years, that gradually damage and clog our arteries and veins. In the case of obesity, our bodies create miles of additional blood vessels that the heart has to now pump blood through. The methods that I have talked about to reduce blood pressure are designed to reduce the clogging of the arteries and heal the damage to the vessel walls.

This process takes time, sometimes even years depending upon how diligently the recommendations are followed and how much damage is present. You may not be able to come off your blood pressure medication quickly, but eventually, many people can reduce or eliminate the need for blood pressure medication and the improved function of your circulatory system can have profound and far reaching benefits for your health.

If you do follow these recommendations, periodically check your blood pressure and as it drops, you can discuss with your doctor the possibility of reducing or eliminating your medication.