

Acu News

"A bit of fragrance clings to the hand that gives flowers"- Chinese Proverb

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6 Tips to Reduce Your Blood Pressure

Affecting one in three adults, high blood pressure is one of the most common health issues in America and most often the result of busy schedules and high-stress jobs. Sometimes it can be hard to slow down, however, addressing high blood pressure is very important to improving overall health and quality of life. Below are natural ways that can help lower your blood pressure.



Work less

Working less hours is one of the hardest commitments for Americans for multiple reasons. According to a study done by the University of California, Irvine, those who worked more than 41 hours a week had an increased risk of hypertension by 15 percent. Try to stick to 40 hours a week in the office. Take advantage of those vacations days when you can, you deserve it!

Drink less caffeine

A study done by Duke University Medical Center found that consuming around three cups of coffee has a lasting effect on blood pressure. Caffeine tightens blood vessels, which results in an increase in blood pressure. When caffeine increases blood flow, it magnifies the feelings of stress you are probably already feeling. Try to cut down on the coffee and turn to decaf.

Tune in

Researchers at the University of Florence in Italy found that listening to calming music for 30 minutes daily can help lower blood pressure. Listeners who practiced this daily on top of deep breathing lowered their average systolic reading by 3.2 points. Taking the time every day to listen to music and relax is simple and effective.

Acupuncture



Acupuncture is an effective natural treatment for hypertension. Traditional Chinese Medicine believes that when one has high blood pressure, the body is out of balance. Acupuncture works to relax the body and mind and return the body's natural energy flow back to balance. TCM believes the Liver and Kidney organs are associated with high blood pressure and focuses on these acupuncture points to relieve stress.

Massage therapy



Massage therapy is well known for reducing stress and hypertension. A study done at the Wirral Metropolitan College Department of Medicine found that patients experienced less muscle tension and a lower heart rate after massage therapy treatment. Massage is non invasive and not only relaxes the body, but the mind as well.

Lowering your blood pressure is not something that happens overnight. Sticking to a healthy diet and exercise plan and finding a natural treatment that works for you can help you get back on the road to health and reduce stress and hypertension.

Heart Healthy Recipe

Texas Caviar

This recipe is filled with vegetables that not only taste delicious but are heart healthy as well!

Ingredients:

- 30 oz. canned black-eyed peas
- 2 green onions, sliced
- 1 cup fresh or frozen corn, thawed
- 1 small bell pepper diced
- ½ cup chopped cilantro
- 3 diced jalapenos
- 2 cups of diced tomatoes
- 3 clove minced garlic
- 2 tbsp. extra virgin olive oil
- 2 tbsp. lime juice
- ½ tsp. lime zest
- 1 tsp. ground cumin
- salt and ground pepper to taste

Combine black-eyed peas, onions, corn, bell pepper, cilantro, jalapenos, tomatoes and garlic into a medium-sized bowl. In another bowl, whisk olive oil, lime juice, zest and cumin together. Pour over vegetables adding salt and pepper to taste and toss altogether. Served best when chilled for 2-3 hours. **Enjoy!**



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