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FRIDAY, MARCH 4, 2011

High Blood Pressure Stalks Many Americans

Melaleuca offers a natural solution that may help you if you are struggling with high blood pressure. See below for information on Pro Stolic.

~ Robbie

High Blood Pressure Stalks Many Americans

<http://www.forbes.com/forbeslife/health/feeds/hscout/2008/11/21/hscout618036.html>

11.20.08, 08:00 PM EST

SEVEN IN 10 DON'T DO ENOUGH TO PROTECT THEMSELVES FROM STROKE, HEART ATTACK

FRIDAY, Nov. 21 (HealthDay News) -- It's one of medicine's mantras: If you have high blood pressure, taking steps to lower it will have a dramatic impact on your risk of stroke, heart disease and more.

But 70 percent of people with high blood pressure still aren't doing a good enough job controlling it, according to a U.S. Centers for Disease Control and Prevention study.

"High blood pressure is clearly associated with stroke, and it's a very preventable and treatable condition, but a lot of people still aren't doing what they should," said Dr. Keith Siller, medical director of the Comprehensive Stroke Care Center at New York University Langone Medical Center in New York City.

Almost one in three American adults has high blood pressure, which is also known as hypertension. Blood pressure is a measurement of the force exerted when the heart is beating (systolic pressure) or when the heart is at rest (diastolic pressure). Systolic is the top number and diastolic is the bottom number on a blood pressure reading.

A reading above 140/90 mmHg is considered high blood pressure, and anything between 120/80 mmHg and 139/89 mmHg is considered prehypertension, according to the U.S. National Heart, Lung, and Blood Institute. A reading below 120/80 mmHg is considered normal.

Diet, exercise, and blood-pressure lowering medications are all mainstays of blood pressure management. Many people have to take a combination of medications to properly control their blood pressure.

To assess what measures those who've been diagnosed with hypertension are taking to control their high blood pressure, government researchers interviewed almost 25,000 Americans with high blood pressure. Almost all -- 98 percent -- said they were doing at least one thing to try to lower their blood pressure.


Most also said they were taking some or all of the commonly recommended measures to control blood pressure. For example:



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- 71 percent said they had changed their eating habits.
- 80 percent were limiting or eliminating the use of salt.
- 80 percent said they'd reduced alcohol consumption or abstained from drinking alcohol.
- 69 percent said they exercised.
- 73 percent were taking high blood pressure medications.

Despite these measures, just 30 percent of Americans with high blood pressure have it under control, according to the study, which was published in a recent issue of the CDC's journal, *Morbidity and Mortality Weekly Report*.

"The single most important thing people can do to prevent stroke is to manage their modifiable risk factors," said Dr. Bruce Silverman, a neurologist at Providence Hospital and Medical Centers in Southfield, Mich.

"That means controlling blood pressure, quitting smoking, controlling blood sugar if you're diabetic, managing stress, exercising regularly, and watching your diet."

"There are so many risk factors you can't do anything about, like age or gender, but you can do something about your blood pressure, weight and stress levels, and it will significantly impact your risk of stroke," he added. Both experts said that home monitoring of your blood pressure can help, and if your readings are consistently high, you should let your doctor know. "People get frustrated when they're taking a medication as they should, and they still have a high blood pressure reading," Siller said. "But, sometimes it's not enough medication, or you may need more than one medication to really get your blood pressure under control."

Silverman also pointed out that "it's not about taking the medicine and hoping it goes away. Lifestyle and behavioral changes are still important. And, if you can control your weight, quit smoking, and exercise, you can make a big dent in high blood pressure on your own."

More information

To learn more about preventing stroke, visit the [U.S. National Institute of Neurological Disorders and Stroke](#).

PROTECT YOUR HEART - NATURALLY*

When it comes to cardiovascular health, healthy blood flow doesn't always get the most attention, but it is a crucial component of total heart health. According to the National Institutes of Health, healthy blood pressure should be a priority for one in three Americans (over 65 million). Maintaining healthy blood pressure will allow you to live a healthier life with your family and loved ones. There are some simple ways to help maintain healthy blood pressure levels, including eating healthy and exercising. But for many, that may not be enough. That is why Melaleuca created *ProStolic* to protect your heart—naturally.*

WHAT IS BLOOD PRESSURE?

Your heart beats about 100,000 times every day. Blood pressure is literally a measurement of this force against the inside walls of your blood vessels. Doctors express blood pressure with two numbers. The first is the systolic pressure, or the pressure exerted when the heart contracts and pushes blood out into the arteries. The second number is the diastolic pressure, or pressure when the heart is at rest. Healthy blood pressure is defined as less than 120/80.

FIRST AND ONLY!

ProStolic is the first and only heart supplement to maintain healthy blood pressure using a proprietary blend of tripeptides, potassium, pomegranate, and passionflower to protect your heart—naturally.*

WHAT ARE TRIPEPTIDES

Tripeptides are derived from cultured milk and were discovered in the early 1900s by Japanese scientists. Nearly a century of research led to the patented process of isolating the tripeptides that help maintain healthy blood pressure. A potent therapeutic dose of these tripeptides has been shown to protect the artery wall. The tripeptides used in *ProStolic* were clinically proven and validated by twelve human studies over the last ten

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