

# Patient Help Sheet

## Blood Pressure

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

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

VOL 2.0

### Acupressure Points

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

**Stomach 36 (ST 36):** On the outside of the leg, approximately one hand-width below the kneecap, just off the bone. **Functions:** Strengthens the Spleen, harmonizes the intestines and clears food stagnation, stops vomiting, regulates Qi and Blood, transforms phlegm, enhances immune function, breaks up blood stagnation in the chest.

**Heart 7 (HT 7):** With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist. **Functions:** Calms the Shen (Spirit), clears the channels and sedates the regulatory function of internal organs.

**Liver 3 (LV 3):** On the top of the foot, in the depression between where the first and second metatarsal bones meet. **Functions:** Used for headaches, painful and/or blurry eyes, depression, inflammation and pain of toes, ankle, and lower leg. Lowers blood pressure and plasma endothelin-1 levels. DO NOT USE DURING PREGNANCY.

### Tips to help lower Blood Pressure

Increase fiber- Increase your intake of fiber-rich foods such as Tips to help lower 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.

#### Pay attention to what you eat

Try to increase your fiber intake with foods such as fruits, vegetables, whole grains and legumes. Fiber found in these foods can help lower your LDL (bad cholesterol). Add more omega-3 fatty acids to your diet. Omega-3s are good for your health for a number of reasons. They can be found in fish oil, flaxseed oil, as well in salmon and other fatty fishes. They are also known to help lower your cholesterol.

#### Drink less caffeine

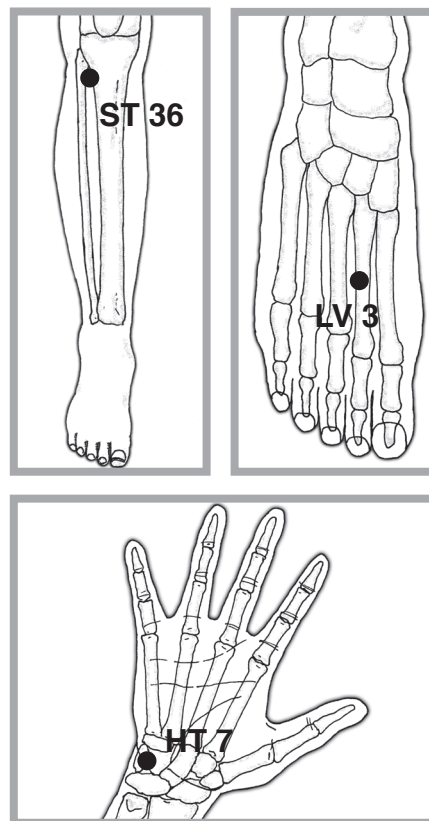
A study done by Duke University Medical Center found that consuming around three cups of coffee has a lasting effect on blood pressure. Caffeine tightens blood vessels, which results in an increase in blood pressure. When caffeine increases blood flow, it magnifies the feelings of stress you are probably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

#### Get outside

Find a place outside where you can get some peace and quiet whether it is your backyard or a local park. Getting outside in nature and getting moving is an easy way to reduce your blood pressure. Try to go on a brisk 20-minute walk every day.

#### 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.