



What is Blood Pressure?

Blood pressure is the **force that the blood exerts on the veins and arteries** while it circulates through the body. We express the measurement of **blood pressure** as a ratio, such as 120/80 mmHg. The first number is the pressure exerted when blood is pumped into the arteries as the heart muscle contracts (**systolic pressure**). The second number is the pressure exerted on the arteries while the heart muscle relaxes (**diastolic pressure**).

In a healthy individual, this **blood pressure reading** is usually around 120/80 mmHg while at rest, although the **reading fluctuates throughout the day** and continues to change depending on a multitude of factors such as activity level, temperature, diet, emotional or physical state, and the use of various medications.

Having your **blood pressure** checked regularly is important, as **blood pressure readings** are a **good diagnostic tool** and can be **strong indicators of health, illness or disease**.

Checking Blood Pressure

Having your blood pressure checked is quick, painless and can be done by a health practitioner, at a local pharmacy, or at home using an aneroid or a digital monitor. Usually taken while at rest, **blood pressure** is measured while a person is seated. His or her arm should be resting on a table at approximately the same level as the heart. The material cuff is then wrapped snugly around the upper arm and inflated until the column of mercury reads approximately 180-210 mmHg.

At this point, the pressure valve is opened slightly, allowing the mercury to drop gradually while the physician listens to the heart pulse with a stethoscope. The mercury level at which the **first pulse is heard** is recorded as the **systolic pressure**, while the **last audible pulse** as the cuff is deflated is recorded as the **diastolic pressure**.

Most doctors will **rely on a number of readings** before a diagnosis is made, as the numbers do fluctuate throughout the day based on **factors that can influence the reading**. A common problem is “doctor-anxiety”, which can cause an individual’s **blood pressure** to seem higher than it actually is.

Understanding the Blood Pressure Numbers

Now that you have your **blood pressure reading**, it is important to know what the numbers mean. In adults, a **systolic pressure of between 90 and 120 mmHg**

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and a **diastolic pressure of less than 80 mmHg** is considered normal. If your [blood pressure](#) consistently measures above or below the normal range, your physician may recommend further tests.

- **Pre-high [blood pressure](#)** is diagnosed if the top number is consistently 120 to 139, or the bottom number reads 80 to 89.
- **Stage 1 High [blood pressure](#)** (hypertension) is when the top number is consistently 140 to 159, or the bottom number reads 90 to 99.
- **Stage 2 High [blood pressure](#)** (hypertension) is when the top number is consistently 160 or over, or the bottom number reads 100 or over.
- Low [blood pressure](#) (hypotension) is considered when the top number reads lower than 90 or your [blood pressure](#) is 25 mmHg lower than usual.

What Causes High/Low Blood Pressure?

While **low [blood pressure](#)** is generally a sign of good health, it can be **indicative** of illness, stress, or infection. It is also a common symptom of pregnancy, dehydration, thyroid disorders, or arrhythmias.

High [blood pressure](#) is a cause for greater concern, and if left untreated, can result in other serious medical conditions including heart attack, kidney failure or stroke.

Tips for Obtaining Accurate Blood Pressure Readings

- **Avoid stimulants or depressants** such as caffeine, tobacco and alcohol for at least 30 minutes before checking your [blood pressure](#).
- A full bladder can affect your reading, so make sure to **use the bathroom** before hand.
- **Avoid strenuous activity** for 30 minutes before your [blood pressure](#) check, and sit in a comfortable, rested position for 3-5 minutes before the test.
- **Wear appropriate clothes** that you can easily roll up to expose the upper part of your arm.
- At the time of the reading, **make sure your arm is raised to the level of your heart**. Adjust the cuff so that it is approximately 1 inch above the crease of your elbow.

Help for High/Low Blood Pressure

Low [blood pressure](#) is generally considered harmless unless an underlying condition causes it or symptoms arise. However, **high [blood pressure](#)** can be extremely dangerous. For many people, symptoms often go unnoticed or are absent altogether. For this reason, **monitoring and swiftly treating** high [blood pressure](#) is essential.

Many people have begun to turn to natural herbal and homeopathic remedies. While **conventional medicines** often **do not address the root causes**, **natural remedies** treat both the **symptoms of high [blood pressure](#)** as well as the **common underlying causes**.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

How to Control and Regulate Blood Pressure Levels

Common herbs used to control and regulate [blood pressure](#) levels include Crataegus oxyacantha (Hawthorn), Passiflora incarnate, Viburnum opulus and Ginkgo biloba. All of these herbs have become well-known for their ability to lower [blood pressure](#). In addition, they offer a **tonic effect on overall heart health**.

Note: It is important to consult your doctor before making any changes or additions to your prescription medication and to monitor your [blood pressure](#) regularly – even if you are using natural medicines. In addition, always remember to source your natural medicines from a reputable company to ensure maximum safety and efficacy.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional,

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mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.


It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.



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High-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. High-Rite has been used for many years to safely **maintain health and systemic balance of the cardiovascular and circulatory systems.**

High-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and wellbeing. High-Rite can make all the difference, **without risking serious side effects** or compromising health.

High-Rite supports the healthy functioning of the cardiovascular system, thereby helping to **maintain balanced pressure of the blood on veins and arteries**, routine oxygenation of the blood to the heart muscle and pulse regulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about High-Rite](#)

Circu-Live: For circulatory and nervous system health, keeps healthy toes and fingers comfortably tingle free.

Circu-Live is a 100% safe, non-addictive, natural herbal remedy formulated by a team of experts in the field of natural medicine, Circu-Live has been used for many years to safely maintain **health and systemic balance of the circulatory system.**

Containing a selection of herbs known for their **supportive function in maintaining circulatory health** and well being, Circu-Live remains true to ensuring the bio-availability and balance of active ingredients contained in the remedy, while significantly reducing the likelihood of side effects.

Circu-Live **supports functioning of the cardiovascular system**, thereby helping to maintain healthy circulation of the blood through veins and arteries to all extremities, assist routine oxygenation of the blood to all body tissue and organs, and provide optimum temperature regulation.

[Learn more about Circu-Live](#)

Aqua-Rite: Promotes water balance to maintain blood pressure, cardiovascular, liver and gall bladder health.

Aqua-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Aqua-Rite has been used for many years to safely maintain the health and **systemic balance of the cardiovascular, circulatory and fluid systems** in the body.

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Aqua-Rite supports routine water balance in the body, thereby helping to support balanced circulation as well as the pressure of the blood on veins and arteries. Aqua-Rite can make all the difference, without compromising health and **without serious side effects**.

Aqua-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. It is formulated as a companion remedy for High-Rite, especially in cases where **water balance and healthy blood pressure** need to be supported in conjunction with each other.

Acting as a **natural water balancer**, Aqua-Rite also helps to support liver and gall bladder functioning and promote good circulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Aqua-Rite](#)

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