

Blood Pressure Regulation **and it's Association with Nutritional Deficiencies**

Idiopathic Hypertension is the name of elevated blood pressure with no explainable etiology/cause. The elevation of systolic and diastolic blood pressure represents an increase in vascular tone for the purpose in increasing blood pressure.

There are a number of mechanisms that are considered to contribute to this physiological reaction and stimulus adaptation. The adrenal and kidney responses result from increased hormonal stimulation and stress resulting in increased tension of the vascular tone. **Oftentimes elevated blood pressure is a bodily response to high levels of inflammation and allergy due to our environment or diet.** The body interprets all stress as a wild animal trying to attack it, and so stress that comes from eating certain foods has a reaction of stress that is similar to societal stress or that which comes from truly being in peril. The response is the same on the endocrine system, which makes no distinction between psychological stress, biochemical stress and circumstantial stress.

As we reduce the stress of our lifestyle and our diet we significantly reduce the adrenal system's responses to stress and the adrenal system's efforts to elevate its metabolism and prepare itself for fight or flight responses. A most subtle; but, consistent factor that should be explored in high blood pressure situations is the presence of chronic food allergies. Most typically; corn, soy, milk or wheat can influence the inflammatory levels, creating chronic inflammation resulting in elevation of corticosteroids (hormones that create a response in our body). Often, the blood pressure will be falling within days simply by eliminating the food allergies and within several weeks it is within the normal range.

It is always best to correct high blood pressure by determining the cause of the elevation, rather than suppress the symptom only. Magnesium and organic potassium and minerals significantly relax the body. Ionic calcium reduces acidosis and thus reduces tension. When the natural interventions fail, the reduction of food allergies should always be employed to correct the possible cause of the elevated blood pressure.

Blood pressure medication is very difficult to reduce and discontinue once the body has become accustomed to it. Oftentimes blood pressure medication will interrupt other functions of the body such as energy level, your ability to healthfully respond to stressful situations and your libido, especially among men. Commonly, blood pressure medication will require the use of subsequent drugs as we get older. **It is always desirable to avoid the need for blood pressure medication until it is absolutely necessary.**

High blood pressure is an intelligent body response to some form of imbalance in our body. The difficulty is to determine what is causing the imbalance. It is good to know that blood pressure may be naturally balanced, thereby, bringing about **the elimination of symptoms, instead of symptom suppression.** Many of the natural products used to change someone's physiology are simply natural approaches to tactics of suppression of blood pressure, and are still symptom-based therapy. But, the only real correction is to assist the body back into balance and eliminate its need to elevate the vascular tone. Helping you get your body's normal physiology working correctly is one of the first steps to improving your health.