

High Blood Pressure/Hypertension

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What is High Blood Pressure/Hypertension?

Blood pressure is the force of blood pushing against blood vessel walls. The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood to the body and it contributes to hardening of the arteries or atherosclerosis and the development of heart failure.

What is Normal Blood Pressure?

There are several categories of blood pressure, including:

- **Normal:** Less than 120/80
- **Prehypertension:** 120-139/80-89
- **Stage 1 hypertension:** 140-159/90-99
- **Stage 2 hypertension:** 160 and above/100 and above

What Causes High Blood Pressure/Hypertension?

There has been a landmark research study done that shows that the NUCCA chiropractic correction can lower blood pressure by up to 17 points. This remarkable study has shown the medical community that there is a very common cause of blood pressure that they were unaware

of, namely the atlas subluxation complex (atlas misalignment). **To read WebMD article about this study** go to www.NUCCA.org. This study has been published in multiple medical journals and has been featured on *Good Morning America*, *The Seattle P.I.*, *The Chicago Tribune*, *WebMD*, *Chicago Tonight* and the *Redmond Reporter*.

This begs the question: How could a spinal misalignment lead to hypertension?

The two most likely answers both lie with the nervous system. 1) The misalignment puts pressure on the brain stem (where the brain and spinal cord meet) which leads to ischemia (lack of blood flow) to that region of the brain. The body then responds by raising the overall blood pressure of the body to force blood into the brain stem. 2) The misalignment damages the sympathetic (fight or flight) portion of the nervous system. The sympathetic nervous system is in control of the smooth muscles in the arteries, causing the muscle to tighten more than necessary, raising the blood pressure. Remember that all the muscles in the body are controlled by nerves, and just as the spinal misalignment will lead to muscle tightness in the neck, shoulders, back and hips, it will also lead to overly tight arterial muscles.

In most cases of hypertension, the cause of the high blood pressure is unknown and is referred to as essential hypertension. It is quite possible that the misalignment of the atlas is the actual cause behind essential hypertension. This is likely for two reasons: 1) the fact that at least 99% of adults are misaligned and 2) the atlas subluxation is virtually unknown by the medical research community and therefore would not be something they would be looking for.

Several other factors and conditions that may play a role in the development of hypertension include:

- Smoking
- Being overweight
- Lack of physical activity
- Too much salt in the diet
- Too much alcohol consumption (no more than 1 to 2 drinks per day)
- Stress
- Older age
- Genetics
- Family history of high blood pressure
- Chronic kidney disease
- Adrenal and thyroid disorders

What are the symptoms of High Blood Pressure/Hypertension?

There are usually no symptoms or signs of hypertension. In fact, nearly one-third of those who have it don't know it. The only way to know if you have hypertension definitely is to have your blood pressure checked.

If your blood pressure is extremely high, there may be certain symptoms to look out for, including:

- Severe headache
- Fatigue or confusion
- Dizziness
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine

NUCCA chiropractic treatment and High Blood Pressure/Hypertension

The NUCCA chiropractic correction is an excellent treatment for people suffering from high blood pressure. By reducing the stress on the nervous system, the NUCCA chiropractic correction helps a very high percentage of high blood pressure cases (NUCCA chiropractic care helped every patient in our pilot study). The care for the nervous system with NUCCA chiropractic is an excellent non-pharmaceutical approach to correcting the cause of hypertension. Why take drugs to cover the problem when you can correct the cause of it?

If you or someone you know is suffering from High Blood Pressure/ Hypertension call and schedule an appointment today. A higher quality of life awaits you.

Testimonials:

“Not only did my sciatica, neck pain, back pain, hip pain, and knee pain get better, but my high blood pressure came down 20 points since getting care at Dr Nick’s office.”-Linda

“When I came to see Dr. Nick I had been suffering for many years with back and neck pain. So much that I could not turn my head with out much pain. My lower back was in constant pain across my hips. After a few corrections I started to feel better. After a few weeks I could walk without pain and slept much better than I had in years. I feel better and my blood pressure is down 40 points! “-Sandy

At **Redmond Spinal Care** in Redmond, WA. we specialize in Upper Cervical chiropractic care. The most common symptoms treated at this office are neck/back pain, sciatica, headaches, migraine headaches, asthma, fibromyalgia, TMJ/TMD and high blood pressure/hypertension. For a complete list of conditions that respond to NUCCA chiropractic visit our website at www.redmondspinalcare.com .