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[High blood pressure | Heart and Stroke Foundation](#)
Keep your blood pressure in check. High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease. High blood pressure is when the blood pressure in your arteries is elevated and your heart has to work harder than normal to pump blood through the blood vessels.

[High Blood Pressure \(Hypertension\) Signs, Causes, Diet ...](#)

High blood pressure or hypertension is a condition in which pressure in the blood vessels is higher than it should be. Blood pressure is measured as two readings, systolic and diastolic. Normal blood pressure is 120/80. New guidelines state that blood pressure between 120/80 and 129/80 is elevated, and 130/80 is high.

[10 ways to control high blood pressure without medication ...](#)

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure. The effect of sodium intake on blood pressure varies among groups of people.

[Yoga Teacher Training Bali | YogaFX Benefits of Yoga High ...](#)

Yoga Teacher Training Bali. High blood pressure or hypertension is a rapidly increasing health problem in today's western society.

[Blood Pressure : What is high blood pressure?](#)

High blood pressure usually has no signs or symptoms, so the only way to know if you have high blood pressure is to have yours measured. However, a single high reading does not necessarily mean you have high blood pressure. Many things can affect your blood pressure through the day, so your doctor will take a number of blood pressure readings to see that it stays high over time.

[High Blood Pressure - bodyandhealth.canada.com](#)

High blood pressure is a major risk factor in heart disease and stroke, but many people may not even know they have it. In most cases, there are no symptoms, and so it is often left untreated. Discover if you are at risk for high blood pressure and what you may be able to do to lower it. High blood pressure is a major risk factor in heart disease and stroke, but many people may not even know.

[17 Ways to Lower Your Blood Pressure - Healthline](#)

High blood pressure, or hypertension, is called the silent killer for good reason. It often has no symptoms, but is a major risk for heart disease and stroke.

[High Blood Pressure Diet - WebMD](#)

A high-sodium diet increases blood pressure in many people. In fact, the less sodium you eat, the better blood pressure control you might have. In fact, the less sodium you eat, the better blood

Causes of High Blood Pressure - Risk Factors: Weight, Diet ...

High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood out to the body and contributes to hardening of the arteries, or atherosclerosis.

13 Foods That Are Good for High Blood Pressure - Healthline

Hypertension, or high blood pressure, refers to the pressure of blood against your artery walls. Over time, high blood pressure can cause blood vessel damage that leads to heart disease , kidney