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July 2013 Newsletter

High Blood Pressure

High blood pressure affects more than 65 million adults in the U.S. and between 15%-25% of the rest of the world. Yet 1/3 of the people do not know that they have high blood pressure. That is why they call high blood pressure the "silent killer". They also say that the harms done by high blood pressure takes ten years or more to develop. They also report that of the 37% of all people with high blood pressure, 1/2 of those are not receiving adequate care.

It is also reported that 41 million Americans are at risk from complications of high blood pressure because of lack of awareness that they have the disease. High blood pressure is a "lifestyle" disease and it tends to occur in the more affluent nations where food is plentiful and hard manual labor is less common.

You are probably thinking, what could high blood pressure have to do with chiropractic? Isn't high blood pressure best treated with medication to lower the blood pressure? Well, the arteries and veins in your body are muscles that contract and relax in order to propel the blood through your body. Of course the blood carries oxygen along with important nutrients to every cell in your body. Now the muscles (arteries and veins) contract and relax according to signals from the brain which uses minerals as simple as calcium and magnesium to perform their functions.

"Here we go!!" Remember the Bud Light commercial with that famous expression? It means this is the good part. A bone out of position in the spine (subluxation) can alter the transmission of the signal for the body to use calcium to contract the arteries. When everything is "messed up", that is a technical term by the way, the result can be high blood pressure.

Make sure the signals from your brain get to every part of your body because everything in your body relies on every other part doing their job in perfect harmony.

Use this newsletter as a coupon and for \$40.00 you can get a consultation, examination, and x-rays (if needed) and a report of findings. Expires: July 31, 2013