

Understanding Blood Pressure

Blood pressure is the force of blood pushing against the walls of blood vessels [arteries] as the heart pumps blood.

Normal blood pressure is vital to life. Without the pressure that forces our blood to flow around the circulatory system, no oxygen or nutrients would be delivered through our arteries to the tissues and organs.

Our circulation is similar to a highly sophisticated form of plumbing – blood has ‘flow’ and arteries are ‘pipes. Blood flows through our body because of a difference in pressure. Our blood pressure is highest at the start of its journey from our heart – when it enters the aorta – and it is lowest at the end of its journey along progressively smaller branches of arteries. That pressure difference is what causes blood to flow around our bodies.

Arteries affect blood pressure in a similar way to the physical properties of a garden hose pipe affecting water pressure. Constricting the pipe increases pressure at the point of constriction. Without the elastic nature of the artery walls, for example, the pressure of the blood would fall away more quickly as it is pumped from the heart. While the heart creates the maximum pressure, the properties of the arteries are just as important to maintaining it and allowing blood to flow throughout the body.

The condition of the arteries affects blood pressure and flow, and narrowing of the arteries can eventually block the supply altogether, leading to dangerous conditions including stroke and heart attack.

Healthy and unhealthy blood pressure ranges

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

As recommended by the American Heart Association.

Your blood pressure is recorded as two numbers:

- **Systolic blood pressure** [the first number]
It indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- **Diastolic blood pressure** [the second number]
It indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Uncontrolled high blood pressure [hypertension] raises your risk of:

- Heart disease, heart attack and stroke
- Damage to the brain, kidneys and eyes

Treatment is individualized and might include lifestyle changes:

- Eat a healthy diet
- Get plenty of exercise
- Maintain a healthy weight
- Limit salt
- Quit smoking
- Manage stress

Blood Pressure Health at shop.HealedPeople.com helps in maintaining blood pressure Already within the healthy range. Blood Pressure Health combines two botanicals widely known to support healthy cardiovascular function. MegaNatural-BP is a patented and clinically tested grape seed extract standardized for polyphenols. MegaNatural-BP has flavonoids that can support healthy arterial function and may help maintain blood pressure already within the healthy range.

FDA Disclaimer: These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Sources:

1 <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

2 <https://www.medicalnewstoday.com/articles/270644>

3 <https://www.rightathome.net/blog/infographic-what-you-should-know-about-blood-pressure>