

# Hypertension: The Silent Killer

## What Causes Hypertension & How to Reverse It Naturally

### 无声杀手——高血压 引起高血压的原因和 如何自然逆转



Hypertension, often referred to as “high blood pressure”, is a prevalent yet often overlooked health condition that can have serious consequences if left unmanaged. Despite its silent nature, hypertension poses significant risks to our cardiovascular health. In this article, we will delve into the causes of hypertension and explore natural methods for reversing it. By understanding the underlying factors contributing to hypertension and adopting a holistic approach to health, we can take proactive steps to improve our well-being and reduce our risk of cardiovascular complications.

## Understanding the Causes of Hypertension

### Genetic Predisposition and Family History

When it comes to hypertension, genetics play a significant role, shaping our predisposition to elevated blood pressure levels. But how exactly do our genes influence this silent threat to our cardiovascular health?

Studies have shown that certain genetic variations can predispose individuals to hypertension. These variations may affect how our blood vessels regulate pressure, how our kidneys handle sodium, or how our hormones control fluid balance.

Research suggests that having a family history of hypertension significantly increases your risk of developing the condition yourself. In fact, one study published in the *Journal of Hypertension* found that individuals with a family history of hypertension were nearly twice as likely to develop the condition compared to those without.

Genetics may load the gun, but lifestyle pulls the trigger. By making positive lifestyle choices such as adopting a heart-healthy lifestyle, monitoring your blood pressure regularly, and staying proactive about your health, you can tip the scales in your favour and keep hypertension at bay.

### Lifestyle Factors

Lifestyle choices such as diet, physical activity and stress management significantly impact blood pressure levels. A diet high in sodium and processed foods can lead to hypertension. Additionally, habits such as smoking and excessive alcohol or sugar consumption can exacerbate hypertension and increase the risk of cardiovascular disease.

高血压，是一种常见但经常被忽视的健康状况，如果不加控制可能会带来严重的后果。大多数高血压患者没有任何症状，所以不容易发现自己有高血压，但它对我们的心血管健康可以带来致命的威胁。在本文中，我们将深入探讨高血压的成因，及探讨如何自然逆转它。通过了解引起高血压的因素，并积极采取全面的健康措施，我们可以改善健康状况，间接地减少心血管并发症的风险。

## 了解引起高血压的因素

### 遗传及家族史

高血压多数是基因遗传所致，因家族及遗传的易感性原因，具有高血压家族史患者更易患高血压。我们的基因究竟如何影响这种对心血管健康的潜在威胁呢？

研究表明，某些基因变异会导致个体易患高血压。这些变异可能影响血管如何调节压力，肾脏如何处理钠，或我们的激素控制液体平衡的能力。

研究表明，有高血压家族史的个体患高血压的风险是偏高的。事实上，发表在《高血压杂志》上的一项研究发现，与无家族史的人相比，有高血压家族史的人患高血压的可能性是其两倍。

先天因素对高血压的影响，也许是不能控制的，但后天的生活方式也与高血压密切相关，所以大家要积极地做好防御措施，如养成对采用心脏健康的生活方式、定期监测血压，主动关注自己的健康，您的健康肯定会往好的方向进展，间接地远离高血压。

### 生活方式的因素

饮食、运动和压力管理等生活方式的选择都会对血压水平带来不一样的影响。高盐饮食和经常食用加工食品都可能导致高血压。此外，吸烟、过量饮酒或糖摄入等不良习惯都可能引发高血压并加剧心血管疾病的风险。

## Natural Methods for Reversing Hypertension

Did you know that the choices you make every day can significantly impact your risk of developing hypertension? From the foods you eat to the way you move and manage stress; lifestyle factors hold the key to unlocking better cardiovascular health.

### 1. Dietary Decisions—the Fuel for Your Body

Think of your body as a finely-tuned machine, requiring the right fuel to keep it running smoothly. When it comes to hypertension, diet plays a crucial role in either fuelling the fire or extinguishing it. Research has shown that diets high in sodium and processed foods can cause blood pressure levels to increase. On the flip side, adopting a diet rich in fruits, vegetables, whole grains and lean proteins can help keep hypertension in check.

In fact, a landmark study published in the *New England Journal of Medicine* found that following the Dietary Approaches to Stop Hypertension (DASH) diet – which emphasizes fruits, vegetables and low-fat dairy products – significantly lowered blood pressure levels in individuals with hypertension.

So, the next time you are tempted to reach for that bag of chips or sugary soda, remember: your dietary choices today can impact your blood pressure tomorrow.

### 2. Move It or Lose It—the Power of Physical Activity

We have all heard the mantra "move more, sit less," and exercise can do more than just sculpt your abs and tone your muscles. Whether you are hitting the gym, jumping on a **NewLife™ Rebounder** or going for a brisk walk, every bit of movement counts. Studies have shown that engaging in aerobic exercises like rebounding, walking, jogging, or cycling for as little as 30 minutes a day can lead to significant reductions in blood pressure levels.

### 3. Worry Less, Live More—Managing Your Stress Levels

Chronic stress can take a toll on your cardiovascular health. From raising blood pressure levels to increasing the risk of heart disease, chronic stress weakens your heart.

This is where stress management techniques come into play. Whether it is deep breathing exercises or simply taking a moment to pause and recalibrate, finding ways to reduce stress can work wonders for your blood pressure. Studies have shown that mindfulness-based stress reduction programs can lead to significant reductions in blood pressure levels and improve overall well-being.

### 4. Avoid Unhealthy Habits—Quit Smoking, Limit Alcohol and Caffeine

Excessive alcohol consumption and caffeine intake can raise blood pressure. Limiting these substances can help in blood pressure management and reduce the strain on the kidneys. Smoking damages blood vessels and exacerbates hypertension. Quitting smoking can significantly reduce the risk of cardiovascular disease and kidney damage.

### 5. Get Support—Regular Monitoring and Health Coaching

Monitor your blood pressure regularly and adhere to prescribed medications as needed. Health coaching is a powerful tool that can help to keep you on track towards your long-term goals.

NewLife™ offers a Health Concierge service where a team of doctors, naturopaths and nutritionists helps to customize your health programme, monitor your progress, and provide coaching for your daily life. Contact us at [info@newlife.com.my](mailto:info@newlife.com.my) for more information.

## 逆转高血压的自然方法

高血压的出现，大部分都和我们的日常生活习惯存在着很大的关系。从饮食到运动和管理压力的方式都是预防高血压及改善心血管健康的关键。

### 1. 饮食——决定您身体的燃料

您的身体就象是一台精密的机器，需要适当的燃料来保持它平稳运行。饮食和高血压之间的关系也有着相似之处——饮食可以加剧或扑灭高血压。研究表明，高钠饮食和加工食品会导致血压水平升高。另一方面，采用富含水果、蔬菜、全谷物和精益蛋白质的饮食则可以帮助控制高血压。

事实上，发表在《新英格兰医学杂志》上的一项重大研究发现，遵循以水果、蔬菜和低脂乳制品为重点的饮食方法可以显著降低高血压患者的血压水平。

所以，下次您想吃薯片或含糖汽水的时候，记住您今天的饮食选择会影响您明天的血压。

### 2. 身体活动的影响

我们都听过“多动，少坐”这句话，此外运动的好处不仅仅是塑造腹肌和增强肌肉。无论是去健身房，弹跳运动，还是快走，每一个身体活动都很重要。研究表明，每天进行30分钟的有氧运动，如弹跳、散步、慢跑或骑自行车，可以显著降低血压水平。

### 3. 少担心，多生活——管理压力水平

长期的压力会损害心血管健康。从提高高血压水平到增加患心脏病的风险，慢性压力会削弱心脏。

这就是压力管理技巧发挥作用的地方。无论是深呼吸练习，还是仅仅花点时间停下来重新调整，找到减轻压力的方法对您的血压有神奇的效果。研究表明，以有意识的减压计划可以显著降低血压水平，改善整体健康状况。

### 4. 戒掉不健康的习惯——烟、酒和咖啡因

过量摄入酒精和咖啡因会使血压升高。限制这些物质可以帮助控制血压，减少对肾脏的压力。吸烟会损害血管，加剧高血压。戒烟可以显著降低患心血管疾病和肾损伤的风险。

### 5. 寻求支持——定期监测和健康指导

定期监测血压，并根据需要服用处方药物。健康辅导是一个强大的工具，可以帮助您朝着您的长期目标前进。

新生命提供医疗健康礼宾服务，由医生、自然治疗师和营养师组成的团队帮助您定制健康计划，监控进度，并为您的日常生活提供指导。请通过[info@newlife.com.my](mailto:info@newlife.com.my)联系我们获取更多信息。



## 6. Herbal Remedies and Supplements

Certain herbal remedies and supplements have been shown to have beneficial effects on blood pressure regulation. For example, garlic, omega-3 fatty acids, calcium, magnesium, potassium and coenzyme Q10 supplements have demonstrated potential in lowering blood pressure levels naturally.

## 6. 草药疗法和补充品

某些草药和补充品已被证明对调节血压有益。例如，大蒜、奥美加3脂肪酸、钙、镁、钾和辅酶Q10补充剂已被证明具有自然降低血压水平的潜力。

### NewLife™ Garlic & Parsley Oil

Studies have shown that garlic oil supplementation can lead to significant reductions in both systolic and diastolic blood pressure levels. This is thought to be due to garlic's ability to relax blood vessels, improve circulation and regulate blood pressure.

#### 新生命大蒜和欧芹油

研究表明，补充大蒜油可以显著降低收缩压和舒张压水平。这是由于大蒜有放松血管、促进循环和调节血压的能力。



### NewLife™ Omega Gold Flax Seed Oil

Studies have shown that regular supplementation with flaxseed oil can lead to modest reductions in blood pressure levels, particularly in individuals with hypertension or prehypertension. This is believed to be due to the anti-inflammatory and vasodilatory effects of omega-3 fatty acids, which help relax blood vessels and improve blood circulation.

#### 新生命奥美加黄金亚麻籽油

研究表明，定期补充亚麻籽油可以适度降低血压水平，特别是对高血压患者或高血压前期患者。研究认为这是因为奥美加3脂肪酸的抗炎和血管扩张作用，它有助于放松血管和改善血液循环。



### NewLife™ K-Salt

Potassium plays a crucial role in balancing the sodium in your body. Most people have a very high daily intake of sodium, which causes blood vessels to constrict and blood pressure to rise. The solution is that if you consume enough potassium, it helps flush out excess sodium through your urine, keeping your blood pressure in check and your heart happy.

#### 新生命钾质

钾在平衡体内的钠起着重要的作用。大多数人每天的钠摄入量都很高，这会导致血管收缩和血压升高。解决办法是，如果您摄入足够的钾，它有助于通过尿液排出多余的钠，保持血压正常，心脏快乐。



## NewLife™ Calcium Complex

You probably know that calcium is essential for strong bones and teeth, but did you know it also plays a crucial role in keeping your blood pressure in check? Calcium is not just hanging out in your bones – it is also floating around in your blood, doing many important jobs. One of those jobs is helping your blood vessels relax and your blood pressure stay within a healthy range. When your body has enough calcium, it signals your blood vessels to relax and widen, allowing blood to flow more freely. This relaxation of the blood vessels helps lower your blood pressure and reduces strain on your heart.

**NewLife™ Calcium Complex** also contains magnesium, which helps in regulating blood pressure, as well as other nutrients like vitamin D3 and B6.

### 新生命钙合成剂加硼

众所周知钙对于强健骨骼和牙齿是必不可少的，但您知道它在控制血压方面也起着至关重要的作用吗？钙不仅仅存在于骨骼中，它还漂浮在血液中，起着许多重要的作用。其中一项工作就是帮助血管放松，让血压保持在健康的范围内。当您的身体有足够的钙时，它会发出信号，让血管放松和扩张，让血液更自由地流动。这种血管的放松有助于降低血压，减少心脏的压力。

**新生命钙合成剂加硼**还含有助于调节血压的镁，以及维生素D3和B6等其他营养物质。



## NewLife™ CoQ10 Plus

Research suggests that CoQ10 supplementation may help lower blood pressure levels, particularly in individuals with hypertension or prehypertension.

How does it work? CoQ10 acts as an antioxidant, protecting your blood vessels from damage caused by free radicals. Additionally, it helps improve the function of the endothelium – the inner lining of your blood vessels – promoting better blood flow and lower blood pressure.

### 新生命辅酶Q10

研究表明，补充辅酶Q10可能有助降低血压水平，特别是对高血压患者或高血压前期患者。

怎么会这样呢？这是因为辅酶Q10是一种抗氧化剂，保护血管免受自由基的损害。此外，它有助于改善血管内皮细胞的功能，促进更好的血液流动和降低血压。

Hypertension is a multifactorial condition influenced by genetic, lifestyle and environmental factors. By addressing the underlying causes of hypertension and adopting a holistic approach to health, we can effectively manage our blood pressure and reduce our risk of cardiovascular complications. Incorporating dietary changes, regular exercise, stress management techniques and natural remedies into our lifestyle can contribute to better blood pressure control and overall well-being. Remember, prevention is key, and taking proactive steps to prioritize your cardiovascular health today can lead to a healthier tomorrow.

高血压是一种受遗传、生活方式和环境多因素影响的疾病。通过解决高血压的根本原因，采取全面的健康方法，我们可以有效地控制血压，降低心血管并发症的风险。将饮食改变、定期锻炼、压力管理技巧和自然疗法纳入我们的生活方式中，有助于更好地控制血压和整体健康。记住，预防是关键，今天采取积极的措施优先考虑心血管健康，可以让明天的您更健康。