

High Blood Pressure



Everyone has high blood pressure. Your heart, pushing the blood through the blood vessels, through your body, creates the pressure. Pressure is needed to get blood around your body. Your blood pressure can go up and down during the day, depending on what you are doing and how you are feeling. People have high blood pressure when their blood pressure is constantly higher than is needed, even when they are relaxed and sitting quietly. About 40% of people at retiring age have high blood pressure.

People at Risk

You are at higher risk of having high blood pressure if you:

- Have other family members that have high blood pressure
- Are overweight, don't exercise
- Have too much salt in your diet
- Take the oral contraceptive pill
- Take certain medicines
- Drink too much alcohol

If high blood pressure is not detected early enough and treated it can lead to:

- Stroke: a blood vessel supplying a part of the brain is blocked or leaks
- Heart attack: a narrowed blood supplying the heart is totally blocked
- Heart failure:- heart becomes exhausted and can't keep the blood circulating
- Kidney damage
- Eye damage
- If you smoke, you are more likely to have these problems

Signs & Symptoms

Usually there are no symptoms of high blood pressure until the continued pressure damages certain organs. This can happen after years of having high blood pressure.

Having your blood pressure checked every 1 - 2 years could detect high blood pressure before any damage is done.

When your blood pressure is measured, your reading will include two numbers eg. "120 over 80". These refer to the systolic ("120") and diastolic ("80") blood pressure. Systolic blood pressure is the pressure inside the blood vessels when the heart pumps blood through the body. Diastolic blood pressure is the pressure inside the blood vessels in between heart beats, when the heart is resting.

TCM Drug Free Pain Control

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drug less alternative to the ailment you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient, this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

masters of TCM Pty Ltd

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