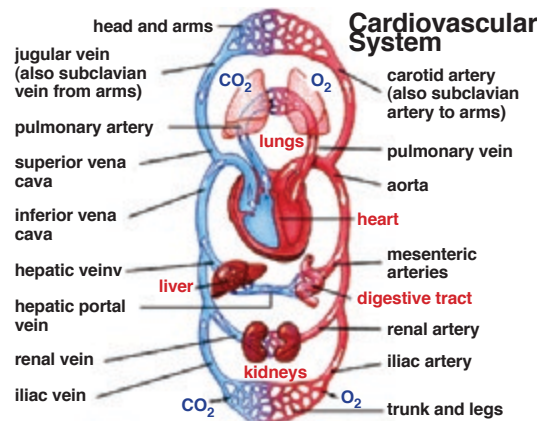




High Blood Pressure

What is blood pressure? Blood pressure is defined as pressure on the walls of the blood vessels. This means that the blood circulating through the blood vessels are pushing more on the walls and less through the vessels. This is similar to putting a thumb on the end of the garden hose. The water running through the garden hose is pouring out without putting excess pressure on the walls of the hose. As the thumb blocks the water from pouring out the water begins to exert more pressure on the walls of the garden hose.

The definition of blood pressure focuses on the pressure. We intuitively think there might be another way to handle blood pressure. The blood is pumped into the aorta and the blood rushes out into the arteries. The blood travels to the organs and muscles. This is why our heart rate increases when we exercise. The increase requirement for oxygen in the muscles stimulates the heart to increase the rate the blood travels through the body. This increases the oxygenation of the body and allows muscles to contract and do work. The increase in heart rate also increases the blood pressure.



The blood pressure of an athlete is very low. The heart rate is 70 beats per minute or lower. The resting blood pressure is 120/80. The 120 is the systolic pressure. It is the pressure against the blood vessels when the blood is rushing through. The 80 is the diastolic pressure. It is the pressure against the blood vessels when the blood is at rest. Due to the pumping nature of the heart, the blood pressure increases when the blood is pumped out of the heart. The blood pressure decreases when the heart relaxes for the next pumping cycle.

When the blood is moving through the blood vessels, the blood is pushed through the liver, pancreas, kidney, spleen, intestines, blood brain barrier, muscles, bone marrow, lungs, kidneys and joints. The blood rushing through the organs also contributes to the blood pressure. It takes force to move the blood through the organs. It is very important to see the circulatory system as a plumbing system. Any organs that do not allow the blood to flow through with minimal resistance will contribute to the blood pressure increasing.

We go back to the analogy of the water hose. The increase in resistance to the flow of water will increase the water resistance against the walls of the hose. The current theory in complementary and alternative medicine is a number of organs contribute to the resistance of blood flow. This may be the reason why taking blood pressure medications may help in some cases but not others.

The theory behind conventional medicine focuses strictly on the blood pushing on the walls of the artery. The most common medications are diuretics.

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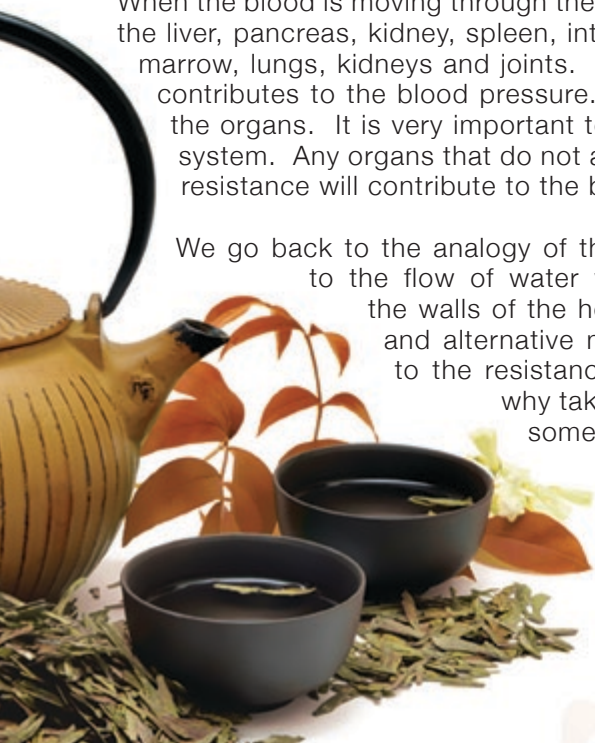
What's Inside:

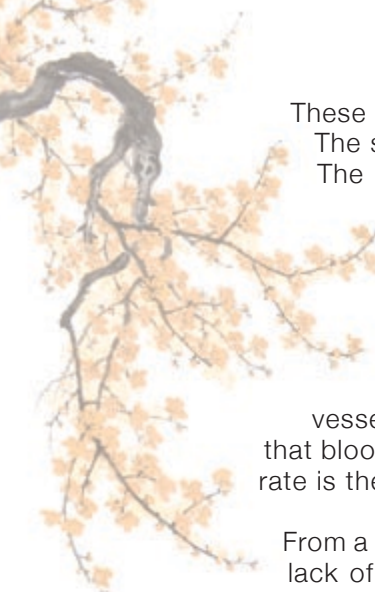
- High Blood Pressure

"...Many people have used our natural methods to restore the body to a normal blood pressure ..."

Write us at

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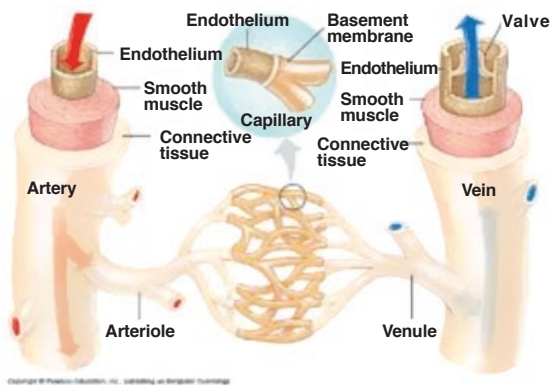
These medications promote the flushing of sodium through the kidneys. The sodium is selectively removed from the kidneys and water follows. The theory is less water in the blood reduces pressure against the walls. This allows the overall quantity of water reduced. This is analogous to reducing the amount of water to flow through the hose.

The next class of medications are beta blockers. These medications slow the heart rate. The heart pumps less which effectively lowers the strength of the blood flowing through the vessels. The theory behind these medications is from the observation that blood pressure increases during exercise. In some cases excess heart rate is the cause the blood pressure.

From a natural perspective, the heart rate increases when the body senses lack of oxygen. This is an automatic response. The body will increase heart rate to allow more oxygen through the body. For instance, if the lungs are not exchanging carbon dioxide for oxygen efficiently this will cause the heart rate to increase as if the body is exercising.

If nutrition is not getting to the cells fast enough the body senses a lower nutritional state. This causes the body to increase blood pressure to push nutrition to the cells. The cells do not get the nutrition required will cause general weakness and tiredness. In less severe cases the blood pressure increase will be enough to allow normal body function.

Another class of medications called angiotensin converting enzyme and angiotensin II receptor blockers keep the blood vessels relaxed. The theory behind using these medications, are to relax the blood vessels to reduce the pressure against the blood vessels. This is analogous to a more flexible material for a garden hose. The walls of the hose have more give which effectively reduces the pressure. This effectively reduces the blood pressure in the body. Lower blood pressure effectively compromises filtration of the liver and kidney and nutrition through the blood brain barrier.



In natural medicine the muscles of the blood vessels relax and constrict to monitor blood flow. This provides the body's ability to control blood pressure to the kidneys and liver. The liver and

kidneys require a constant pressure to allow proper filtration. Too low of a pressure the natural toxins in the blood are not properly filtered out. Too high of a pressure the filtration system is over taxed. Too much pressure pushes out proteins and nutrition meant to stay in the blood. The kidney is a filter that is greatly studied. The conversion of blood to urine is greatly studied. The blood pressure maintains proper kidney filtration to create urine.

We have had success stories related to blood pressure. Many people have used our natural methods to restore the body to a normal blood pressure. Typical programs take 10-25 weeks to be completed.



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For emails please write "Ask the doctor" in the subject line.

As we are a Chiropractic office we will not offer any personal medical advice. See your medical doctor for any questions you may have.

**We're on the Web!
see us at:**

www.kwangwellness.com

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