

It's not just about an increased risk of heart problems...

Four More URGENT Reasons To Get Your Blood Pressure Under Control

(And the Powerful, All-Natural Solution that Works Three Ways to Help Keep Your Blood Pressure Healthy)

If you have high blood pressure, your doctor probably didn't waste any time warning you about your increased risk for heart problems.

Physicians and scientists have long known that hypertension is the number one risk factor for heart problems—and increases your risk of a heart emergency by up to five times! Why does high blood pressure cause so much damage to your heart? It makes your heart work too hard, which causes it to weaken over time and can eventually fail.

But if that's the only thing your doctor told you, then you only got part of the story. While protecting your heart is a very good reason to get your blood pressure under control, there are four more reasons your doctor might not tell you about:

Reason #1:

High blood pressure wreaks havoc on your arteries

When your arteries are healthy, they are strong, flexible, and elastic. Their inner lining is as smooth as silk so your blood can flow freely—delivering optimal amounts of nutrients and oxygen to your organs and tissues.

But high blood pressure throws a real wrench in the works.

It can scar your arteries and make them less elastic. And when your arteries are stiff and inflexible, it's difficult for your blood to travel through your body. That means... your organs are deprived of the nutrients and oxygen they so desperately need.

If that's not bad enough... high blood pressure also can play a huge role in the development of atherosclerosis.

Atherosclerosis—or “hardening of the arteries”—is the ugly process of your artery walls becoming thicker and narrower. When high blood pressure damages the cells of your arteries' inner lining, fat... cholesterol... and calcium deposits collect and build up. This narrows your arteries and can even block blood flow to your heart, kidneys, brain, arms, and legs.

What's more... the constant pressure of blood moving through an artery can cause a weakened, damaged section of its wall to enlarge and form a bulge. This is most common in your aorta, your body's largest artery. If this bulge was to rupture, you could experience life-threatening internal bleeding. Saving your arteries and veins is a GREAT reason to get your blood pressure under control, but here's another...

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