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High blood pressure on the blood pressure charts is a serious problem that can have many negative consequences. Basically if you have high blood pressure this means that the blood is packed more tightly into the veins because the blood has more viscosity than it should, because the passageways through the veins and arteries are narrower than they should be, or because the heart is pumping too hard due to stress or other matters.

This can then cause a number of problems as it means that the blood will struggle more to get around the body. That means that the individual might experience tiredness and breathlessness and this can make every day activities more difficult than they should be. Meanwhile high blood pressure also causes other problems â€“ for instance it forces the blood against the walls of the blood vessels resulting in a reddened appearance and a 'blotchy' look, and it can also lead to varicose veins.

Finally high blood pressure is dangerous because of the many conditions and serious problems it can lead to. These include for instance a high risk of heart attack which can come about due to it failing to pump the blood around normal. Likewise this can increase the chance of a stroke as the blood is more likely to get blocked. For all these reasons it's highly important that you combat high blood pressure, and here we will look at some ways in which you can do this.

Eat Less Fat: Fat is one of the biggest contributors to high blood pressure and high cholesterol. This is because it leaves deposits against the walls of the blood vessels as it passes through which are called 'arterial plaque'. This results in a tighter gap for the blood to pass through, and ultimately in the veins becoming rigid and tough.

Exercise: By exercising more you can reduce blood pressure by using up the fat in your body, and you can at the same time improve the circulation of blood around the body by working the heart. Furthermore exercise will help you to toughen your heart up against the possibility of a heart attack.

Water: Drinking lots of water helps to improve your blood pressure in many ways, among which is thinning the blood by increasing the water content so that it can pass through more easily.

Weight Loss: By losing weight you can reduce the work load on your heart and make it easier for it to funnel blood around your body without having to beat extra hard. Meanwhile it can also help to combat other issues such as varicose veins and the shortness of breath that are also symptoms of high blood pressure.

Blood Pressure Charts: Looking at blood pressure charts can help you to know what your blood pressure should be and so help avoid you going over seriously.

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age to help you ensure you keep your blood pressure at a healthy and appropriate level.

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