

## Use Yoga to Lower Blood Pressure Naturally

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Yoga has long been used to achieve a mind-body connection. Can it also be used as a high blood pressure treatment? This article discussed the technique of yoga as used to reduce high blood pressure symptoms and lower blood pressure numbers.

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The practice of yoga is ancient, but it could have an incredible effect for those living in the 21st century as a high blood pressure treatment. However, many people are uncertain of how (or even whether) to attempt this exercise. Here, we'll explore some of the common myths and questions surrounding yoga, and why you should definitely pursue it if you suffer high blood pressure symptoms.

"Isn't yoga just for young, flexible people?"

{bot\_wrgoogle}Answer: Absolutely not! Yoga can be performed by persons of all ages and abilities. Even if you are wheelchair bound, you can still practice some of the yoga positions from the waist up. And because yoga has a mental component, you can even do some meditating in bed to lower high blood pressure symptoms. All that you really need is an open mind and the willingness to try an alternative or complimentary high blood pressure treatment.

"I like extreme exercises. Isn't yoga kind of dull?"

Answer: Many people assume that yoga is just sitting on the floor cross-legged and meditating. However, there are differing forms of yoga, and some require some intense physicality. Therefore, if you're looking to use yoga as a high blood pressure treatment, you can usually find a type of yoga practice to fit your general physical fitness level.

"I've heard that yoga is a religion. I'm happy with my current religion, so maybe yoga isn't for me."

Answer: Though yoga can be performed as a way to attain a religious state, when practiced as an exercise, it has no religious connections. Whether you are Muslim, Christian, Jewish, agnostic, or even atheist, you can use yoga as a high blood pressure treatment. Because it "centers" your body and spirit, it provides you with the means to naturally start to reduce your high blood pressure symptoms.

"My doctor didn't recommend yoga, so I'm hesitant to try it."

Answer: By all means, ask your physician about yoga as a possibility if he or she didn't mention it when you were first diagnosed with high blood pressure. Though most doctors will agree that it's an excellent way to alleviate high blood pressure symptoms, they might not immediately assume it's something in which you are interested. So the next time you have an appointment, feel free to bring it up.

"I don't belong to a health club, and I don't feel like I want to join. So I guess I'll never do yoga..."

Answer: Don't allow your lack of gym membership to stop you from getting the high blood pressure treatment advantages of yoga! There are plenty of books, DVDs, and articles describing the practice; consequently, you can lower your high blood pressure symptoms in the comfort of your living room! Best of all, yoga can be performed anywhere, so if you go on vacation, you can always do it in your hotel room or even on the beach.