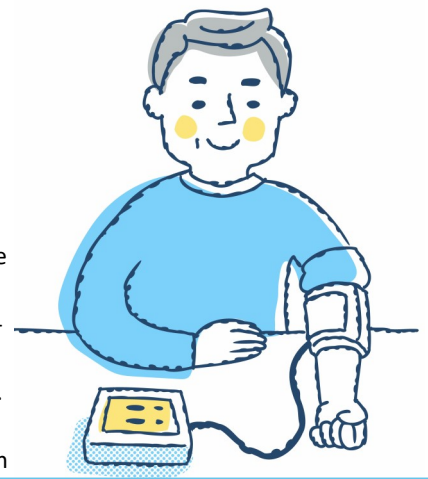


# Healthy Blood Pressure

Blood pressure is the pressure at which the heart pumps blood into the arteries. Blood pressure has values that serve as a guideline for normal values and high blood pressure. Hypertension is a condition in which blood pressure remains higher than normal. Blood pressure tends to change depending on the situation and location where it is measured, and the values will vary depending on whether it is measured in a doctor's office or at home. There are two types of blood pressure: (upper: systolic blood pressure) and (lower: diastolic blood pressure). Generally, when blood pressure is measured at home, the upper one is 135 mmHg or more, and the lower one is 85 mmHg or more, which is called hypertension. However, as mentioned above, blood pressure constantly fluctuates, so it usually rises when you wake up in the morning, is higher during the day, lower at night and during sleep, and is higher in winter than in summer.



## What is High blood pressure?

High blood pressure is one symptom. Even if your blood pressure is high when you happen to measure it, it does not necessarily mean that you have hypertension. Hypertension is when blood pressure is higher than normal even when repeatedly measured. Hypertension is diagnosed if the systolic blood pressure is 140 mmHg or higher or the diastolic blood pressure is 90 mmHg or higher when repeatedly measured in the examination room.

## What causes high blood pressure?

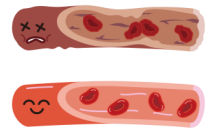
The height of blood pressure is determined by the force with which the heart pumps blood and the expansion of blood vessels, but it is also related to the elasticity of blood vessels. Blood pressure is also regulated by many factors, including substances from the kidneys, nervous system, endocrine system, and vascular endothelium. Also, salt concentration

This is also a very important factor, so try to limit your salt intake.

## The elasticity of blood vessels is important!

The walls of blood vessels are naturally elastic, but if high blood pressure continues for a long time, the blood vessels become constantly taut and gradually become thicker and harder. This is arteriosclerosis caused by high blood pressure, which occurs in both large and small blood vessels and can cause cerebral hemorrhage, cerebral infarction, aortic aneurysm, nephrosclerosis, myocardial infarction, fundus hemorrhage, etc. When the systolic blood pressure exceeds 180 to 200 mmHg and the diastolic blood pressure exceeds 130 mmHg, subjective symptoms such as headache, palpitations, dizziness, and nausea may occur, but since there are many cases where there are no symptoms, many people ignore the condition. However, if left untreated, arteriosclerosis will progress and the risk will increase, so it is important to see a doctor immediately if you notice any abnormalities in your body, such as subjective symptoms. It has also been found that high blood pressure can lead to dementia. People with complications such as diabetes need to be especially careful.

As we age, blood vessel elasticity decreases, resulting in poor blood flow and increased pressure on blood vessel walls. Additionally, as we age, the function of the autonomic nervous system deteriorates, which can cause the rhythm of blood pressure fluctuations to become disrupted. As you can see, it is true that blood pressure tends to rise as we age, but we should not think that just because we are old, it is inevitable that we have high blood pressure. If blood pressure remains high, strong pressure is placed on weakened blood vessels, which can lead to complications. Even if you have no symptoms, high blood pressure carries various risks but there are many lifestyle changes you can start to improve your blood pressure: Dietary changes, exercise and management with medication if necessary.



## Royal jelly and hypertension prevention

Royal jelly is the food for the queen bee. As a result of analyzing the components contained in the protein hydrolyzate of royal jelly, peptides consisting of amino acids were discovered, and various studies have shown that these peptides are related to antihypertensive effects by suppressing the activity of enzymes that increase blood pressure. This has been revealed through research.

## Lifestyle habits to prevent high blood pressure

- Dietary therapy: Salt has the effect of thickening blood vessel walls, so reducing salt intake is important. Eat a well-balanced diet by adjusting the seasoning, eating lots of vegetables, and limiting fatty meat and dairy products.
- Moderate exercise: Improve blood circulation with moderate exercise such as walking. However, please consult your doctor before beginning strenuous exercise.
- Medication : Control blood pressure with medicine. Medication treatment is performed under the guidance of a doctor. Even if your blood pressure drops, you should not stop taking your medication on your own.



## The Queen Bee food!



## Royal Jelly Gold

\$120 (S.R.P) /150tabs

It has been widely used around the world as a potent nutritional food for centuries!



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