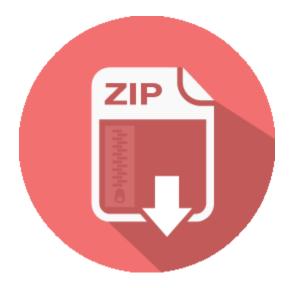
BLOOD PRESSURE SALT



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However, lowering blood pressure may help to alleviate some of the problems and reduce the risk of greater damage. If you continue to eat too much salt then, over time, the damage caused by the extra blood pressure may become so severe that the arteries burst or become completely clogged.

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Learn more from WebMD about controlling high blood pressure, a major risk factor for heart disease, through diet and lifestyle changes and, if needed

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In fact, the population that ate the most salt, about 14 grams a day, had a lower median blood pressure than the population that ate the least, about 7.2 grams a day.

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Salt and Blood Pressure

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