

## [SALT FOR BLOOD PRESSURE](#)



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Arteries. The extra blood pressure caused by eating too much salt puts extra strain on the insides of your arteries. To cope with the extra strain, the tiny muscles in the artery walls become stronger and thicker.

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### **Eating Salt When You Have High Blood Pressure**

Normally the kidneys control the level of salt. If there is too much salt, the kidneys pass it into the urine. But when our salt intake levels are very high, the kidneys cannot keep up and the salt ends up in our bloodstream. Salt attracts water. When there is too much salt in the blood, the salt draws more water into the blood.

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### **High Blood Pressure Levels Effects of Weight Salt**

High blood pressure, also called hypertension, is a major risk factor for heart disease, kidney disease, stroke, and heart failure. What Blood Pressure Is Considered Too High? A blood pressure of

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### **Blood Pressure Eat less salt to lower blood pressure**

Eat less salt to lower blood pressure. Eating too much salt is the biggest cause of high blood pressure - the more salt you eat, the higher your blood pressure will be. Salt makes your body retain water. If you eat too much, the extra water stored in your body raises your blood pressure. This can be a particular problem if you have high blood pressure. Also, eating too much salt may mean that blood pressure medicines, such as diuretics, don't work as well.

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### **Salt and blood pressure World Action on Salt Health**

Salt and blood pressure. What is high blood pressure? A blood pressure of greater than 140/90 mmHg is said to be high and, at this level, studies have shown that lowering blood pressure has a beneficial effect on reducing the likelihood of developing a stroke or heart attack.

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### **Salt and Blood Pressure Can It Really Lower Yours**

Salt And Blood Pressure The Blood Pressure Salt Paradox. One of the first salt and blood pressure questions people ask is, "Doesn't salt make your blood pressure go up?"

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### **It's Time to End the War on Salt Scientific American**

And low-salt diets could have side effects: when salt intake is cut, the body responds by releasing renin and aldosterone, an enzyme and a hormone, respectively, that increase blood pressure.

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### **Is Sea Salt Healthier For High Blood Pressure**

Some varieties of sea salt may claim to have less sodium than table salt. You can check the Nutrition Facts label to compare how a given sea salt compares to table salt, which has about 575 mg sodium per teaspoon.

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### **No Association Between Salt And Blood Pressure TIME**

Sodium has long been labeled the blood-pressure bogeyman. But are we giving salt a fair shake? A new study published in the American Journal of Hypertension analyzed data from 8,670 French adults

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### **Study Sugar Is Worse Than Salt for Blood Pressure**

By Dr. Mercola. One out of every three US adults has high blood pressure (hypertension). 1 If you're among them, one of the first recommendations your physician probably gave you was to cut back on salt.

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**If You Have High Blood Pressure Salt Still Matters**

For decades, you've heard the advice: Cut down on salt because it's bad for your heart not to mention your kidneys and other organs. But if you follow health news, you know recent research

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