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Homeopathic remedies effective for high blood pressure

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Doctors are often unable to pinpoint the exact cause of hypertension. However, it is a known fact that frequent use of prescriptions and over-the-counter drugs such as corticosteroids and immunosuppressive drugs can cause or exacerbate hypertension. Medication taken for pain and inflammation, such as non-steroidal anti-inflammatory drugs (NSAIDs) and cyclooxygenase-2 (COX-2) inhibitors may also raise blood pressure, because their anti-prostaglandin properties affect the kidneys. Habits that enervate the body (put the body in a tensed state) are primarily the cause of hypertension. Overeating is a common and universal enervating habit; eating too much fat-cream, butter, fat meats, oils, rich pastries, sweets; eating too often; eating between meals, and checking digestion with water-drinking between meals. Food-inebriety is more common than alcohol-inebriety. The subconscious is as busy as a hive of bees substituting, antidoting and in reparation work; substituting one stimulating excess for another-demanding whiskey, tobacco, opium, etc. Chronic overuse of alcohol is a potentially irreversible cause of hypertension. In fact, 30 to 60% of alcoholics suffer from hypertension. Caffeine intake may also cause an acute (rapid but brief) increase in blood pressure. Dissatisfaction and overworked emotions put the body in a tensed state. Worry, fear, grief, anger, passion, temper, overjoy, depression, self-pity, pride, egotism, envy, jealousy, gossip, lying, dishonesty, failing to meet obligations and appointments-all enervate and in time build hypertension. Homeopathy first seeks to identify the cause and advice for positive lifestyle changes alongside the use of remedies.

Biography

David Chinedu has completed his DOH from Nigerian Institute Of Homeopathy and conducted clinical programmes in Allen College of Homeopathy in Chelmsford, United Kingdom and Calcuta, India. He is the Director of 'Kakaraka Clinic' in Enugu State Nigeria. He is an ardent researcher and a mastermind in the healing art.

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