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Keep a check on your blood pressure and its levels by [Michael S Robbins](#)

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Everyone knows that ill health can be the cause of so many worries. That is one of the reasons why a person needs to keep their blood pressure under control. Periodic checking of blood pressure is necessary for those folks who may have a history of high pressure in the family.

Suffering with high blood pressure for a long period of time can result in the body deteriorating much faster. It pushes your heart to pump harder and in the process your nerves take a beating. This will make you more prone to suffering from heart and kidney trouble, as these are sensitive organs. There is also a high chance of renal failure. High blood pressure can result in blindness or loss of eyesight and worst of all can bring on a stroke as well. All of this can be prevented by periodically getting your blood pressure checked and taking measures to keep it all under control.

There are numerous ways in which you can keep your blood pressure regulated. For starters, visit a dietician and have your BMI measured. Make sure that you are in the right weight category or else, work on losing excess weight. You also have to include a range of grains in your diet. Around 8 servings a day of this, along with each of your meals is a good way of controlling blood pressure. Of course, fruits and vegetables will give you the antioxidants, vitamins as well as minerals that you are looking for.

Reduce your intake of fish and meat to just two servings per day and add two to three servings of dairy based produce to your diet. Nuts are a massive source of proteins and healthy fats and therefore having them each time you feel a hunger pang coming on would be good.

It would be ideal to limit the oils and fats that you take in each day. This would mean cutting down on fried stuff. They give you a concentrated amount of calories each day and none of them can be classified as good. It would also be a good idea to restrict your intake of sodium. This will mean controlling the amount of salt you take in. Cutting down drastically on your processed food intake will help in this aspect.

And if you indulge in alcohol, limit yourself to a maximum of two small drinks in one day. Using these all precautions you can live healthy life.

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