

Re: Controlling Hypertension: Medicine vs. Exercise

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-07/msg01177.html>

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> Plinkerton wrote:

>> Is there any advantage to controlling hypertension with diet and
>> exercise versus with medication?

>>

>> I'm 33, and it's getting harder to control my high blood pressure with
>> diet and exercise alone. So I'm considering medication.

>>

>> Do the medications create dependency? Do they impact an exercise
>> regimen? Does reducing exercise and increasing medication negate many
>> of the other beneficial effects of exercise? ...And lastly, does
>> anyone know if I take Blood Pressure medicine will I be able to safely
>> enjoy a less restrictive diet?

Hello Pinkerton!

Medication can be considered something you do not do as an isolated thing but something you live. If the news bothers you for instance avoid it as no one really remembers what it was last week. Helping others can help you perhaps. Lots of little choices we control.

Work out hard , play hard and help hard. Large family get togethers for no reason are wonderful , cheap and fun. Potluck comes to mind.

Bill

Aside had to subscribe to supernews to continue to read you folks.
Darn computer obscure stuff.

—

Garden Shade Zone 5 in a Japanese Jungle manner.

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- **References:**

- ◆ **Controlling Hypertension: Medicine vs. Exercise**

- ◇ From: Plinkerton

- ◆ **Re: Controlling Hypertension: Medicine vs. Exercise**

- ◇ From: zee

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