

## Prevention & Treatment of Hypertension

### Prevention

There are a number of circumstances under which your midwife may recommend measures for the prevention of high blood pressure. Since these are nearly all basic health maintenance and/or nutritional supplements, it makes good sense to implement them early. All of the prevention measures are also part of treatment.

- Plenty of fluids. You need to be sure to drink 6 to 8 cups per day of clear fluids. Sugary or caffeinated beverages do not count, as they are actually dehydrating.
- Avoid all stimulants: caffeine, over the counter cold remedies, alcohol, and extremely spicy foods.
- An excellent diet including adequate protein, calcium, and plenty of fresh fruits and vegetables is essential. Assistance in evaluating and improving your diet is available if you wish. Light salting to taste.
- Regular, moderate exercise at least three times per week. Walking is great, so is swimming. Swimming also relieves swelling.
- Garlic supplements. Odourless garlic such as kyolic is usually preferred. 3-6 tablets per day or follow package directions.
- Omega 3 fatty acids. These are found in deep-sea fish oils and also present in flax seed oil, and Omega 3 eggs.

### Treatment

The goal of treatment is to keep blood pressure within normal levels and avoid transfer of care and medical intervention. Your midwife may suggest some or all of the following treatments if your blood pressure is beginning to rise or is high.

- Rest periods of 30 to 60 minutes three times each day in a dark, quiet room lying on your left side. Soft classical music is okay, sleeping is great. If you are awake, you should be using visualization and/or relaxation techniques. Please ask if you need guidance with these.
- Hops Tea. Although sometimes you can find teabags, it is usually purchased in bulk. This is very effective (but not too pleasant tasting) treatment that also helps promote a restful sleep. Take one cup each evening. Your midwife may ask you to increase this up to two cups daily. Use one measuring teaspoon of bulk hops to each cup of boiling water, let steep for 5 to 10 minutes, then plug your nose and “think of England” while you drink. This is for use in the last four months of pregnancy only.
- Homeopathic sulphur, 30c, 2 pellets 4 times per day.
- Rescue Remedy is a Bach Flower Remedy that is useful when hypertension is stress related or being aggravated by stress. One stopperful under the tongue when stressed.