

Blood Pressure Causes

Blood Pressure Facts based as a personal experience

If you were caught by surprise that your blood pressure levels are elevated, read this page.

It is based on personal experiences. Don't consider this initial stage of hypertension unless blood pressure levels are very high.

Blood Pressure Symptoms:

- Head aches
- Not feeling energetic
- Sometime light pain in shoulders
- Ringing of ears
- Sensitivity to light or sound
- Very high blood pressure can cause nausea
- Light headedness

Sudden Blood Pressure Causes:

- Infection in any part of the body including teeth
- Side effect of a medication. It could be antibiotics, pain-killers, or any OTC medication, or any change in medication
- You have been eating too much of salt that week

Home Remedies

- Stop eating salt for few days
- Avoid pain-killers if you have recently started
- Treat infection
- Drink lots of water
- Avoid coffee

Warning: High blood pressure can also indicate any ailment in kidneys. Perform a blood test for BUN and Creatinine levels.