Magnesium Could Play a Vital Role in Fighting Hypertension

Melissa Scott January 03, 2018

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(Newswire.net -- January 3, 2018) Orlando, FL -- One of the most prevalent conditions around the world today is high blood pressure. While there are medications available, it is important to understand that minerals like magnesium could actually work wonders in helping individuals with this condition.

Magnesium could play a vital role in fighting hypertension. This disease called high blood pressure occurs when there is higher than normal blood pressure flowing through the arteries.

According to health experts, blood pressure pertains to the force of blood that pushes against the arterial walls as the heart works in pumping blood. When the force is too high, hypertension develops.

Systolic pressure pertains to blood pressure every time the heart beats while pumping blood. Diastolic pressure, on the other hand, refers to blood pressure when the heart takes a rest between beats.

In adults, there are three stages of high blood pressure, and they are prehypertension, hypertension stage 1 and high blood pressure stage 2. In cases of prehypertension, high blood pressure is lower than in those diagnosed with hypertension. However, it is also important to understand that prehypertension can progress to high blood pressure and it is something that needs to be taken seriously.

Macro-minerals like magnesium have long been found to be highly therapeutic. As a matter of fact, there are many researchers who suggest that consumers should ensure they have adequate levels of this mineral inside their bodies.

Magnesium is involved in the hundreds of enzymatic reactions and processes inside the body. This mineral apparently plays a major role for many of the human body’s functioning. Thus, it is easy to assume that it is significantly important for optimum human health.

According to some experts, magnesium plays a role in the natural regulation of blood pressure. It is worth mentioning that diets rich in magnesium have been constantly linked with reduced blood pressure. Through the use of this mineral, consumers won’t need to resort to expensive hypertension drugs.

There are medications used for high blood pressure that even cause side effects. These adverse effects could even be more serious than hypertension. This is why it is always best to resort to the natural, side-effect-free treatments like the use of magnesium.

There are many plant-based sources of magnesium, but there are also products available that have been found to be useful in getting sufficient amounts of the mineral.

Consumers may also take into account the use of Divine Bounty Magnesium Citrate, which is popularized by its potency, purity and effectiveness.


About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at