

Meditation helps reduce high blood pressure

<https://breakingnewsenglish.com/2309/230918-high-blood-pressure-4.html>

High blood pressure is the leading preventable cause of heart disease. It affects 1.3 billion people worldwide. Researchers say daily meditation for 45 minutes can reduce blood pressure. They said "body and mind" goals should be adopted together with standard advice, like less salt, limiting alcohol, and regular exercise. The researchers said meditating sounds "fluffy," but evidence shows it really reduces the effects of stress on the cardiovascular system.

High blood pressure is known as a "silent killer" because we rarely see symptoms. It increases the risk of heart failure and stroke. It kills around 10 million people every year. Nearly 30 percent of people worldwide have it. A researcher said we need to "take a step back and...just relax". The American Heart Association also says meditating can lower blood pressure. It says many studies show that "quieting the brain" benefits the cardiovascular system.

Exercise: complete the phrases.

High blood pressure is the leading preventable cause _____.

Daily meditation for 45 minutes can _____.

Evidence shows _____ really reduces the effects of stress.

High blood pressure is known as _____.

Exercise: vocabulary.

"Body and mind" goals should be adopted **in conjunction with** standard advice, like less salt, limiting alcohol, and regular exercise.

High blood pressure **is referred to as** a "silent killer."

It kills **approximately** 10 million people **annually**.