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Integrated approaches to management of hypertension: promoting treatment acceptance. McInnes GT (1). Author information: (1)Department of Medicine and Therapeutics, Gardiner Institute, Western Infirmary, Glasgow, Scotland, UK. [gordon.t.mcinnnes@clinmed.gla.ac.uk](mailto:gordon.t.mcinnnes@clinmed.gla.ac.uk).  
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the treatment of hypertension is beneficial, but in practice, less than 50% of treated hypertensive subjects have blood pressure well controlled.

## **Integrated approaches to management of hypertension ...**

Some complementary health approaches

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are showing promise as elements of a program of lifestyle change that can help lower blood pressure. Research results show that some mind and body practices, such as meditation and relaxation techniques, may help reduce blood pressure in people with hypertension. In 2013, the American Heart Association

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A clinical and mechanistic approach suggested that biofeedback and Transcendental Meditation, in addition to conventional medication, can help people lower their blood pressure.

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The use of complementary therapies is increasing, and it is vital for physicians to be aware of the risks and benefits of these options. This article summarizes the current evidence base on integrative

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therapies for the prevention and treatment of CVD, including hypertension, hyperlipidemia, coronary artery disease, heart failure, and arrhythmias. Where applicable, recommendations are included for therapies that may be used as an adjunct to traditional medical care to improve cardiovascular ...

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