

Alternative Medicine: High-Resistance IMST is a Simple Technique to Lower Blood Pressure

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

Reducing cardiovascular risk should be goal for anyone suffering with high blood pressure.

Clinical studies have shown that doing High-Resistance Inspiratory Muscle Strength Training (IMST) may reduce systolic blood pressure by 16mmHg and reduce diastolic blood pressure by 7mmHg.

Working out just five minutes daily via a practice described as “strength training for your breathing muscles” lowers blood pressure and improves some measures of vascular health as well as, or even more than, aerobic exercise or medication, CU Boulder research shows.

The study, published in the Journal of the American Heart Association, provides the strongest evidence yet that the ultra-time-efficient maneuver known as High-Resistance Inspiratory Muscle Strength Training (IMST) could play a key role in helping aging adults fend off cardiovascular disease—the nation's leading killer.

The studies attribute the reduction in blood pressure to the increased parasympathetic tone associated with respiratory muscle training.

Here is how to incorporate this amazing BP lowering exercise.

- 1: Purchase a device called BreatheEasy Lung Exerciser (<https://4breatheeasy.com>). The cost is approximately \$30.00.
- 2: Perform 30 inhalations at 75 percent maximum inspiratory pressure six days a week.
- 3: IMST can be done in five minutes in your own home while you watch TV.

Conclusion

Adding this super simple High-Resistance Inspiratory Muscle Strength Training (IMST) could be a game-changer in improving your cardiovascular health leading to a reduced blood pressure.

Dr. Badanek has been and currently is 41 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151