The single most common cause of high **blood pressure** is the **deficiency** in the mineral magnesium!

Really?

Yeah… it's interesting how that works, right , you have two types of blood **vessels** in the human body; you have **arteries** and you have **veins**.

Arteries carry blood away from the heart, veins carry blood back to the heart.

What's the difference? Well there's one **significant** difference between the two;

Arteries have muscles, veins do not.

Why does an artery have muscle? Because God is smart.

So when the heart pumps blood out of the heart it goes into the artery and the muscle in the artery constricts and relaxes **in order to** **help the heart pump** the blood, fascinating mechanism!

Like a snake crawling down the street,  the artery constricts and relaxes constricts and relaxes in order to help the heart pump the blood that's fantastic.

Well how does the muscle constrict and relax? The same way that a bicep constricts and **relax** or any muscle in the body…

It's done through magnesium and calcium. If you do not have enough magnesium the muscle will **constrict** but it cannot **relax** so it stays constricted.

Now if you have a garden hose and **there's water coming out** of it and you squeeze the hose just a little bit the water **comes out** faster, right?

It's cuz you decrease the volume the pressure goes up so when the artery gets collapsed because of not enough magnesium the blood pressure spikes.

So you don't have high blood pressure…

**Help sb with sth**

My dad helps my mum with the housework

**Help sb do sth / Help sb to do sth**

Can you help me carry this heavy box

She helped me to study maths.

**Help sb in sth / Help sb in doing sth**

I will help you in your exercise

This will help you in sleeping better

Metnin A2 SEVİYESİNE İNDİRGENMİŞ HALİ - CHATGPT

"The main reason for high blood pressure is not having enough magnesium in your body!

Really?

Yes, it's interesting, isn't it? In our bodies, we have two kinds of tubes for blood: arteries and veins.

Arteries take blood away from the heart, while veins bring it back to the heart.

What's the difference? Well, arteries have muscles, but veins don't.

Why do arteries have muscles? Because it's smartly designed.

So, when the heart pumps blood, it goes into the arteries. The muscles in the arteries squeeze and relax to help the heart move the blood. It's fascinating!

Just like a snake moving, the arteries squeeze and relax to help the heart pump the blood. That's amazing!

But how do the muscles squeeze and relax? It's similar to how your bicep or any muscle works in your body.

It happens because of magnesium and calcium. If you don't have enough magnesium, the muscle can squeeze but can't relax, so it stays squeezed.

Think about a garden hose. If you gently squeeze it, the water comes out faster, right?

That's because when you reduce the space inside the hose, the pressure increases. Similarly, when the arteries collapse due to low magnesium, the blood pressure goes up.

So, if you want to avoid high blood pressure…"