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Thank you!  
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How to Control Your Blood Pressure

### **Synopsis**

High blood pressure can be dangerous if left unmonitored. The first thing you should do is to gradually lower your blood pressure over a period of time. Here are some useful tips that you can use as a guide to lowering your blood pressure slowly and effectively.

### **Article**

People with high blood pressure should take precautionary measures to not only control their blood pressure, but they should take steps to lowering their blood pressure through fitness programs, nutrition and dietary schedules and taking proper medication throughout a certain period of time.

The medical term for high blood pressure is 'hypertension' and high blood pressure is a result of the force of blood pressing against artery walls. In actual fact, everyone's blood pressure goes up and down throughout the day. But in people with high blood pressure, the blood pressure stays consistently high throughout the day.

Although high blood pressure is what doctors consider to be a hereditary condition that can be passed down from generation to generation, there are lots of high blood pressure factors that you **CAN** control easily, for example, cholesterol level in food, smoking, diabetes, weight and physical activity. In order to control your blood pressure, the first thing you **MUST** control is your food intake because the type of food that you take has a direct relation to the high blood pressure that you're experiencing. The more cholesterol you consume, the more uncontrollable your high blood pressure condition will become.

One thing that you can do at home is to learn how to monitor your own blood pressure at home. The doctor, of course, has all the equipment needed to measure and monitor your blood pressure, but if you want to lower your blood pressure, you'll need to learn how to monitor your own blood pressure at home.

The more obese and overweight you are, the higher your blood pressure will be, therefore, develop a weight-loss program that you can stick to. But we're not talking about a crash diet. We're referring to a consistent weight-loss program that can help you lower your blood pressure.

The second thing you need to do if you want to lower your blood pressure is to engage in physical activities for at least 30 minutes 3-5 times a week. It need not be strenuous exercise, but moving around actively will help lower your blood pressure. And if you are serious about lowering your blood pressure, you should monitor what you eat too.

You should work closely with your doctor to come up with a feasible plan to lower your blood pressure slowly over time. Your blood pressure have a direct impact on the kind of lifestyle you live, the sooner you lower your blood pressure, the better your life will be. So, make lowering your blood pressure a focus and your goal.

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## **The Latest in Contact Lenses and Designs**

### **Synopsis**

The market demands it – the latest innovation in the eye care industry provides contact lens wearers with alternative to contact lenses and contact lenses that contains self-moisturizing properties. Contact lenses today are also more comfortable and suitable for extensive wear.

### **Article**

There is vast development and growth in the eye care industry today, particularly the contact lens sector, mainly because more and more people are starting to develop sight problems (because of consistent computer use and lengthy hours in front of the television set). Those with sight problems have two options, i.e. to wear glasses or to wear contact lenses.

There are problems to both of these options. Eyeglasses are not irritating to the eyes but it is definitely cumbersome because it can be bulky and inconvenient, i.e. showering, exercising, gym, swimming, etc. In the meantime, there's the other alternative to eyeglasses, contact lenses. Some kids as young as 12-years-old have started wearing contact lenses instead of spectacles because they want to look good.

As the demographics of contact lens users grow, contact lens designers and developers are scampering around for a more effective method of correcting the sight of short-sighted, long-sighted people and people with astigmatism.

Bauch & Lomb recently came out with an ALTERNATIVE to contact lens. Instead of wearing contact lenses when you're awake and removing them when you're sleeping, the new Bauch & Lomb contact lens enables users to wear the contact lenses when they **sleep** and remove them when you're **awake!** This revolutionary method of correcting sight is indeed the first of its kind and Bausch & Lomb called it the **Vision Shaping**

**Treatment.** The Vision Shaping Treatment is one of the first in the field of overnight orthokeratology. When the user wears the lens to sleep, overnight, the lens reshapes the patient's corneas overnight so that they can enjoy crystal clear vision throughout the day without having to wear contact lenses. But because each of those lenses is custom-made to suit the wearer, the cost of obtaining the vision correctional lenses can be quite hefty on the wallet for now. And since the effect is not permanent, the effect of the process wears off after some time, therefore, by nightfall, you may start needing your contact lens or glasses again.

One of the biggest problems associated with wearing contact lens is that the wearer will start feeling uncomfortable because the contact lens will start to feel a little dry, causing irritated, red eyes. The latest line of contact lenses contains self-moisturizing properties that helps keep dryness away. New contact lenses developed by ACUVUE also provide innovation that makes contact lenses suitable for people with high astigmatism. ACUVUE recently came up with a line of contact lenses that gives the contact lens wearer excellent vision and long-lasting comfort, making extended wear more comfortable. With innovation in design, the contact lenses today also provides better fitting to prevent the contact lenses from slipping around in the eye throughout the day – which is a common complaint.

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### **Nurse your credit rating with debt counseling**

The most important first step you should take is to admit that you have a financial problem. As soon as you do that, you have taken a very big leap towards positive debt counseling and will soon recover from your debt problems. As they always say, the biggest obstacle to debt recovery or debt consolidation is denial. As long as you refuse to face up to your debts and financial problems, you'll remain stuck in your predicament.

Debt counseling is a kind of service that you can make use of in order to understand your future financial plans and to plan ahead with adjusting your lifestyle and spending in order to recover from your financial crisis. Debt counseling is often advertised as non-profit, but let me tell you something, they are not non-profit. But if the debt counseling service can help you leap over this financial problem, what's paying a little bit of money to get professional advice, right?

Some people refuse to visit a debt counseling company because they fear that it will affect their credit rating, or make it even worse. The good news is that credit counseling companies rarely report your visits and reveal your personal financial information to the credit bureau. However, even if they do report your counseling service to the credit bureau, which is better – continue to sink into your financial debts or get professional debt counseling services so that you can avoid bankruptcy?

If you want to work on debt consolidation and restoring your financial health, we recommend using a debt counseling service because these are

people who are trained to work at the numbers and provide you with alternatives. It's far better than not using debt counseling and doing it yourself blindly – especially if you're not sure how all this debt counseling and debt consolidation things work. Let the debt counseling people handle all the nitty gritty details for you. All you need to do is to ensure that you have a budget and use every single ounce of your will power to resist overspending.

In most cases, there is no such thing as a better debt counseling agent and the worse debt counseling agent. They are, essentially, the same. The cost of using a debt counseling agent may, however, be different. However, the debt counseling agent will take about 6 months to work out your proposal and getting it accepted by all the creditors (depending on how many creditors you have and how much money you owe them). But the work of a debt counseling agent is to help the creditors see that this is the best that you can afford. If the creditors refuse the proposals, they may see **NOTHING** at all.

If you're wondering if you can actually do this yourself, the answer is 'yes'. But if you asked me, I would say that all this legwork is better left to the debt counseling professionals. As it is, budget watching and paying is already a big enough job.

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## **The Different Depression Medications Available Today**

### **Synopsis**

Being depressed is not an uncommon thing. In every 5 person in the United States alone, 1 suffers from depression. With so many different types of antidepressants out there in the market, and more being developed, depression and mental illness is no longer viewed as a problem in our society. It's almost like it's every day life...

### **Article**

Depression and mental illnesses are extremely common in the world that we live in today. In every 5 American adult, at least 1 of them is suffering from either depression or mild mental illness in any given 6 months' period. However, a point to note...the National Institute of Mental Health reveals that although there are a lot of people who are suffering from depression and mental illness today, 90% of these cases can get treatment and their condition is often reversible. With proper medication, people suffering from depression and mental illness will improve over time.

Abilify (aripiprazole) is a psychotropic drug that helps treat schizophrenia. Abilify is available in tablet form for oral administration. Abilify not only helps treat depression and mild mental illness, it is suitable for people with bipolar mania.

In the meantime, BuSpar (buspirone hydrochloride) is kind of medication for people who are easily anxious. Yes, BuSpar is a form of anti-anxiety drug containing anxiolytic properties, belonging to class of compounds known as the azaspirodecanediones.

Amitriptyline (Elavil) is an antidepressant that many people rely on in the United States alone. This antidepressant is very useful in treating depression and

sometimes helps towards eliminating chronic pain and other conditions too. As for what other types of conditions, this would have to be prescribed and determined by your doctor. Amitriptyline has a very sedative effect on its users, therefore, a popular antidepressant drug.

Amoxapine (Asendin) is known as a tricyclic antidepressant. A tricyclic antidepressant means that it is a cocktail of drugs that are safe and effective for up to 80% of the people with depression. Prescription of tricyclic antidepressants like Amoxapine is common because it helps people beat the feeling of fatigue, feeling of hopelessness, guilt, helplessness, inability to feel pleasure or physical pain, unintended weight loss, etc.

On the other hand, MAO inhibitors are prescribed for people who find tricyclic antidepressants unhelpful. For these people, they often feel anxiety, excessive sleepiness and fatigue, specific phobia, obsessive-compulsiveness, etc. There have been progressive developments over the years to develop more effective drugs to help those who found the aforementioned medication not helpful. Newer antidepressants such as the serotonin reuptake inhibitors have recently been made available to the public. And even as you're reading this article, newer antidepressant drugs are being researched on and being developed to help people with depression and mental sickness. The newer drugs can help those who are not responsive to traditionally prescribed antidepressant drugs or experience adverse side effects when they take the prescriptions.

With so many plans and research being made and done on coming up with faster and more efficient antidepressant drugs, we no longer have to think that being depressed is an illness that we have to be ashamed about.