



Wellbeing Clinic Newsletter

Today's Focus:

TCM TREATMENT FOR HYPERTENSION (HIGH BLOOD PRESSURE)

Following multiple queries from our customers on the subject of high blood pressure and our treatment recommendations for hypertension, we have decided to explore this matter in more detail. This newsletter aims to shed some light on the underlying causes of hypertension, treatment methods used in TCM versus those applied in conventional medical practice and their respective merits, as well as our expert treatment recommendations for this condition.

September 2025

What is hypertension and its causes?

Hypertension or high blood pressure is a medical condition in which the blood pressure remains consistently too high (130/80 mmHG or higher). Untreated hypertension carries a risk of several significant health issues including heart attack, stroke or damage to multiple organs.

A very high blood pressure may be a health emergency and require immediate medical intervention. Common signs of hypertension include headaches, shortness of breath, chest pain, confusion, dizziness, nosebleeds, blurred eyesight, tiredness and fatigue, nausea, vomiting. However hypertension may have no noticeable symptoms and some people may not even be aware that they are affected by this problem, therefore it is important to carry out regular medical health checks for this condition.

There are certain factors which are considered to contribute to high blood pressure including age, unhealthy diet, lifestyle choices such as smoking, drinking alcohol, excessive caffeine intake as well as persistent stress.

Conventional medical approach to treatment of hypertension vs. TCM approach

Conventional, pharmacological treatment options for this condition focus primarily on, somewhat unsurprisingly, reducing the blood pressure. This is achieved by either reducing the volume of the blood in the body, relaxing and/or widening the blood vessels to ease the

blood flow or by slowing the heart rate and reducing the force of heart contractions.

Unfortunately these methods are associated with significant side effects and long term health complications, including added stress to the heart and, in time, potential damage to the heart or other organs. This in turn leads to further medications or medical interventions being required and carries the risk of further side effects and medical complications. Another major drawback of this type of therapy is that it only controls the condition rather than healing it, which means that patients cannot safely stop taking these drugs and will most likely rely on their blood pressure control medication for the rest of their lives.

TCM holistic treatment methodology is fundamentally different compared to that of the conventional medicine. Rather than focusing solely on controlling the blood pressure itself, TCM looks more deeply into the health of the major organs which control the blood pressure – the heart, the kidneys and the liver.

If we were to use some mechanical comparisons here, the heart plays the role of a “pump” which, quite literally pumps the blood and sustains its circulation around the body. Kidneys on the other hand play a role of a “filter”, which, among others, filters out excess of fluid, waste and toxins from the blood. This allows the blood to remain healthy and chemically balanced. Kidneys also produce important hormones which control the blood pressure.

Wellbeing Clinic

369 Upper Richmond Road West, SW14 7NX London

E-mail: info@wellbeing-clinic.uk www.wellbeing-clinic.uk



Wellbeing Clinic Newsletter

Today's Focus:

TCM TREATMENT FOR HYPERTENSION (HIGH BLOOD PRESSURE)

Following multiple queries from our customers on the subject of high blood pressure and our treatment recommendations for hypertension, we have decided to explore this matter in more detail. This newsletter aims to shed some light on the underlying causes of hypertension, treatment methods used in TCM versus those applied in conventional medical practice and their respective merits, as well as our expert treatment recommendations for this condition.

September 2025

Liver is also an organ performing a "filtration" function in the body and, among others, contributing to creation of important blood proteins and fat metabolism. Blood circulation blockages in the liver may significantly contribute to hypertension resulting in damage to blood vessels, internal bleeding and other significant cardiovascular health issues.

Weakness or dysfunction in these important organ systems is seen in TCM as leading underlying causes of hypertension and a key factor to be dealt with in an effective treatment of hypertension. Such dysfunction may be a result of an illness, age or lifestyle.

Prior to treatment of hypertension the TCM practitioner will therefore begin by establishing whether the hypertension can be attributed to the heart's or kidneys' issue and the treatment will be differentiated accordingly.

Let us now explore these two treatment paths a little more closely:

Heart related hypertension

Whilst in conventional medicine it is acknowledged that it is the hypertension that causes damage to the heart, TCM believes that it is the weakness or dysfunction in the heart that may lead to hypertension in the first place. Unfortunately, pharmacological drugs which aim at decreasing the blood pressure actually risk causing further strain or damage to the heart and making the initial problem even worse. TCM therapy for heart related hypertension focuses primarily on strengthening and

supporting the heart whilst also promoting a healthy blood circulation and sustaining a healthy liver function.

Our expert recommendation for this type of hypertension is a combination of three trusted TCM remedies [Sheng Mai Yin Pian](#), [Jiang Ya Wan](#) and [Tian Wang Bu Xin Dan](#) aiming at supporting a healthy heart, overall cardiovascular health and a healthy liver function.

Kidney related hypertension

With kidneys playing such a critical role in maintaining a healthy blood pressure, a weakness or dysfunction of kidneys due to for example ageing or inflammation may also cause hypertension. In such scenario TCM treatment will primarily focus on healing the kidneys and in supporting their healthy function.

Our treatment recommendation for kidneys' related hypertension is a combination of these natural herbal remedies [Jin Gui Shen Qi Wan](#), [San Jin Pian](#) and [Jiang Ya Wan](#) which aims at supporting the healthy functioning of the kidneys, healing kidneys' inflammation, maintain a healthy blood pressure and supporting liver health.

Based on our experience, a prolonged treatment by these remedy combinations can be used to achieve a long term or permanent healing of hypertension and eventually eliminate reliance on pharmaceutical blood pressure medication.

Wellbeing Clinic

369 Upper Richmond Road West, SW14 7NX London

E-mail: info@wellbeing-clinic.uk www.wellbeing-clinic.uk