

# Postural Hypotension Testing

This test is a simple, non-invasive, blood pressure test set. First the patient lies on a table for approximately 5 minutes to normalize blood pressure. The BP is taken followed by an additional 5 minute rest to stabilize the BP. The patient then stands up quickly and the BP is taken immediately.

Normally, systolic blood pressure (the first or top number in the measurement of blood pressure) is approximately 10 points higher when you are standing than when you are lying down. If your blood pressure reading is lower after you stand up, suspect reduced adrenal gland function.

The degree to which the blood pressure drops upon standing is often proportionate to the degree of hypo-adrenalism.

Malfunctioning adrenal glands have a dramatic impact on overall health. Once adrenal factors have been determined a proper ratio of diet, exercise, herbs and rest can be determined. A proper strategy can reestablish proper adrenal function in a relatively short period of time.