

## High Blood Pressure - Natural Reduction Therapies

[http://www.Solutions-4-You.com/High\\_Blood\\_Pressure.aspx](http://www.Solutions-4-You.com/High_Blood_Pressure.aspx)

**Cheryl & I have been doing some recent research for family and friends who have uncontrolled high blood pressure - hypertension.** They're at a much greater risk for having a heart attack and/or stroke. We would like to share this information with your family, friends and you. ***Please pass it on!***

BTW - if you would like us to carry or help you find a certain product, call (800) 301-9911.

Over 50 million Americans have high blood pressure today. If you look at the total USA population that is about **1 in 7**, but if you consider that the majority of those people are over the age of 30, that is like **1 in 3**. This condition when left untreated can lead to very serious health threats, such as: heart attacks, kidney failure, strokes and even death. Yes, you can lower your blood pressure nicely by restricting your sodium (salt) intake. Sodium causes your body to naturally absorb more water in your arteries, and extra water in your arteries means more water pressure, plain and simple. Similar to a water hose when you have normal pressure in the hose but then, when you turn up the water pressure and do not let it out the other end...it builds up tremendous pressure! *Look OUT!!*

Yes, most *Americans eat two to three times* the amount of salt they need. So, we strongly endorse salt restriction as one way to drop your blood pressure quickly (along with trying to reduce alcoholic beverages, packaged and processed foods, tobacco, etc.). By doing some of these basic items daily you will also help to reduce your fat intake and gradually lose weight naturally. Another way to reduce blood pressure is to increase cardiovascular exercise – that is, exercise that increases your pulse and respiratory rate for 25 to 30 min. or more 3 to 4 times per week...or even better, daily.

***HINT - Gentlemen...***a Great Romantic Relationship between you and your wife will get your blood pumping and oxygen flowing in the right direction physically, along with the emotional stress relief that builds up in your body, heart and mind.

Heavy use of non-aspirin pain relievers does increase the risk for high blood pressure. In one ground-breaking study, women who took non-steroidal anti-inflammatory (NSAIDs), such as ibuprofen, 22 times a month or more were 86% more likely to have high blood pressure than those who did not take NSAIDs. Those taking acetaminophen were twice as likely to be hypertensive. Aspirin did not increase the risk. If you are at risk for high blood pressure or already have the condition, ask your medical professional what pain reliever is appropriate for you.

It seems that a daily regimen of aspirin decreases the risk of heart-related ailments. The best time to take a daily aspirin is at nighttime to protect your heart. In a recent study, people with mild hypertension who waited until bedtime to take an aspirin tablet lowered their systolic blood pressure by an average of 7 points after 3 months. Those who did not take an aspirin or who took aspirin in the morning showed no change in blood pressure.

On the following pages you will find several known Natural Reduction Therapies for high blood pressure. Of course, you should always check with a medical professional!

Chinese physicians have long used **celery** to dependably reduce patients' blood pressure. Doctors and scientists have discovered exactly why it works so well. Celery contains a unique oil that relaxes the muscles that regulate blood pressure, thus improving the flow, which naturally leads to lowering your blood pressure. Just 4 stalks a day or some celery juice seems to do the trick.

People have found **deep breathing** helps to reduce their blood pressure. Simply practice for 15 minutes daily, inhaling through the nose for a few seconds (taking a deep breath), holding it momentarily, and then exhaling through the mouth for a few seconds. Repeat!!

### **Organic Unrefined Apple Cider Vinegar or Apple Juice:**

In recent studies, drinking just a few ounces of **apple cider vinegar** or 12 ounces of **apple juice** a day reduced oxidation of LDL (bad cholesterol) by 20%, compared to just 9% in people who ate two whole apples a day. LDL cholesterol oxidation triggers the formation of plaque on coronary artery walls. Apple cider vinegar will help to alkalize your body while supplying it with potassium. So, drink an apple a day to help keep the doctors away.

### **Calcium (Liquid Plant) & Coral Calcium (Raw Powder):**

Studies are ongoing, but many hypertensive people have a lower daily calcium intake than individuals with a healthy blood pressure. Good natural sources for calcium are found in broccoli, collard greens, kale, mustard greens, nuts, salmon, sardines, turnip greens and watercress to name a few.

If you are going to retrieve it from dairy products, you want to make sure that you drink or eat **only fresh raw cheese & milk** from grass fed cows without the use of any antibiotics or hormones, and not pasteurized cheese and milk that is in the supermarket even if it is labeled "Organic". This is nothing but "Putrefied PUSS"! It does not have ALL of the live good bacterias and enzymes that God created for us to have.

Coral calcium (liquid plant source or raw powder) will help to alkalize your body instantly and repair your DNA. It will help to strengthen your overall body and bones. If you follow the FDA's recommended allowance of 1200 mg per day, then you should take 400 IU of Vitamin D to help with the absorption. Or, if you want the absolute best and cost effective (free) source of Vitamin D, then simply go outside and lay, sit, walk in the sunlight. Again, only purchase the best products with no cellulose, dyes, fillers, and preservatives, etc. We have been using 10 times to 20 times the government's RDA. We do carry the best **raw powder** with no additives, fillers or heat treatments.

<http://Solutions-4-You.com/CoralCalcium.aspx>

### **Cayenne (Capsicum) Liquid Preferred:**

Capsicum, also known as cayenne pepper, contains capsaicin – the compound that will produce the “hot” in hot peppers. Cayenne peppers have been used for centuries as a folk medicine for stimulating circulation, aiding digestion and relieving pain (topically). When used in drinks and foods, cayenne extracts help to increase metabolism and remove parasites in your body, while reducing the risk of atherosclerosis, which can lead to you having high blood pressure - hypertension.

Most cayenne peppers purchased in the general stores or health food stores only have a heat index of 30,000 to 90,000 IU. They are sold in liquid or powder form. Only use the powder form in cooking and sauces, otherwise the powder has a tendency to not dissolve in liquids and sticks on the back of your throat. The best is liquid; it generally is more potent and does not leave a burning aftertaste. We actually manufacture our own and we start at 250,000 IUs. Now this is **HOT**. But...if you want **really, really HOT**, try our liquid Habanera juice-tincture - it is the hottest pepper known. It makes Cayenne... CRY!

### **Chrysalis Growth Factor – (Plant Based Growth Hormone):**

Chrysalis is a plant-based oral spray that had a very good clinical trial study done with the Bushard Medical Group in Los Angeles, CA. Though it did not address lowering one's blood pressure, it was a clinical trial that assessed 200 patients for their IGF-1 level, HDL and LDL levels, and Triglyceride levels over a 6 month period. It definitely helped them. [http://Solutions-4-You.com/pdf\\_files/CHRYSALIS\\_Clinical\\_Tests.pdf](http://Solutions-4-You.com/pdf_files/CHRYSALIS_Clinical_Tests.pdf)

### **Coenzyme Q10 (CoQ10):**

This is a nutrient that naturally occurs in our bodies and has shown good results for hypertensive people. One double-blind study showed that a hypertensive group who took 50mg of CoQ10 twice a day for 10 weeks, at the end of the double blind study, their systolic blood pressure had dropped from an average of 165 to 147, and diastolic blood pressure dropped from 98 to 86.

CoQ10 is widely recommended to help boost the overall function of the heart, and to help in repairing the heart, as well as in the preventative use to help safeguard against heart attacks, strokes and valve damage.

### **Fish Oil (Wild Alaskan Sockeye Salmon – Omega 3 Fatty Acids):**

Fish oil seems to offer numerous benefits for lowering blood pressure and reduce the risk of heart disease. Do NOT go out and just purchase the cheapest brand you find; like everything, it is in the process of manufacturing and the quality of the type of Wild Alaskan Sockeye Salmon oil. [http://Solutions-4-You.com/Vitamin\\_Supplements.aspx](http://Solutions-4-You.com/Vitamin_Supplements.aspx)

### **Folic Acid – (Folate – Homocysteine Control Spray):**

Folate (B-Vitamin) helps to lower your blood levels of amino acid homocysteine. A high level of homocysteine (above 10) is a risk factor for heart disease and strokes. A recent study of more than 9,000 Americans shows that people with the highest dietary intake of folate (400 mcg - micrograms) a day, have an 86% lower risk for heart attack and a 79% lower risk for stroke than those with the lowest intake of (100 mcg). We have a good health starter package with B-vitamins and/or the Homocysteine Control Spray on our website. [http://Solutions-4-You.com/Nutritional\\_Packages.aspx](http://Solutions-4-You.com/Nutritional_Packages.aspx)

### **Garlic – (Nature's Chemotherapy):**

There are so many different types of garlic, yet we always recommend that you purchase it fresh, natural or organic grown in North America. Heck you can even grow it yourself...it's easy and fast to start your own little "herb garden". Garlic helps to reduce cholesterol as well as blood pressure. In a 1993 study, people with high blood pressure consumed just one clove of garlic a day for 12 weeks. At the conclusion of the study, they demonstrated significantly lower diastolic blood pressure and cholesterol levels. It is also known to help in reducing certain types of cancer cells. If you already take a blood thinner medicine, a lot of garlic could have a damaging effect, so check with your medical professional and nutritionist.

### **Hawthorn:**

Taking 300 mgs 3 times daily of this herb will help you to dilate your arteries and improve your coronary blood flow while reducing your blood pressure. Hawthorn helps to widen the blood vessels, especially the coronary arteries. Some of the flavonoids in hawthorn help to prevent the narrowing of blood vessels. It's a mild diuretic that will help to reduce your blood volume. Most people who take hawthorn have a drop in blood pressure of 10 to 15 points over 8 weeks. Once your blood pressure is down, you may want to reduce the dosage or stop taking the herb altogether. Recently, hawthorn has been used mostly as a cardio-tonic, to help strengthen the heart muscle and promote forceful contractions.

### **Kava-Kava Root (not leaves or stems):**

This is a root from a pepper plant used by Pacific Islanders (Fiji, Hawaii, etc.) for centuries as a ceremonial intoxicant to help people relax and socialize. More recent uses suggest a role for kava-kava in relieving anxiety and tension. This remarkable ability to promote relaxation without loss in mental sharpness makes it a perfect herbal supplement for today's too-busy-to-relax lifestyles, and it's safe! Yet safety concerns have been raised over liver toxicity, largely due to the use of leaves and stems by supplement manufacturers. The root has been used for many centuries by the people of the South Pacific islands, who have the reputation of being some of the friendliest and happiest people in the world. Best of all, kava-kava is free of addictive properties and the side effects that are common to anti-anxiety drugs.

### **Kudzu:**

AHH...a true South Carolina problem! ;-))) Kudzu contains a chemical (puerarin) that has decreased blood pressure by 15 percent in lab animals. In addition, puerarin has many times the antioxidant activity of Vitamin E, helping to reduce the risk of certain types of cancer and heart disease. It is also high in proteins. Kudzu is great for many issues, yet this is one plant that we do not recommend growing in your backyard.

### **Magnesium – (320 mg Women & 420 mg Men):**

Taking 250 mgs twice daily will help to relax artery walls and increase blood flow throughout your body. It helps to reduce fatigue and promotes weight loss by helping the body to convert food into energy. Good natural source for magnesium are found in beans (kidney, lima, soy), bran, fish, fruits (banana types), green vegetables, molasses, nuts (like almonds, cashews and pecans), oats, potatoes, rice, wheat germ to name a few. Careful which one you buy, otherwise it is going to help in the area of bowels and constipation.

### **Oat Bran or Oat Meal:**

Mother Nature's natural medication for lowering cholesterol; great for fiber too!

### **Onions – (Ramps):**

Onions, like garlic, are recommended for your blood and hypertensive disorders. In a recent study, 2 to 3 tablespoons a day of essential onion oil lowered the participants' blood pressure in 67 percent of people with moderately high blood pressure. Along with their diastolic levels falling 15 points, their systolic readings were lowered an average of 25 points. It is very difficult to find essential onion oil, so of course the next best thing is to eat and grow onions that agree with you.

NOTE – if you have never had the pleasure of eating or tasting ramps, this is the most powerful onion I have ever tasted. It is grown primarily in the mountains of West Virginia, and they even have an annual Ramp Festival. So Live a Little Longer & Try It!

### **Orange Juice – (Fresh Organically Squeezed):**

“The Experts” say that drinking a glass of any type of orange juice twice a day will significantly reduce both your diastolic and systolic blood pressure. **We** venture to say that drinking one glass of **organic freshly-squeezed orange juice**, not pasteurized (which destroys most of all your live enzymes and nutrients), is far better than drinking a whole half gallon of concentrate or pasteurized orange juice. It greatly improves blood vessel function, a measure of elasticity of the blood vessels.

**HINT - Gentlemen...**try drinking one glass or eating one big orange an hour before you decide to retire for the evening. It does wonders for the body, heart and mind.

### **Potassium:**

The elderly (over the age of 65) often do not fully respond to blood pressure lowering drugs, which will make the use of natural potassium supplementation especially beneficial in lowering high blood pressure for hypertensive people. Good natural sources for potassium are found in beans, fruits (apple juice, bananas, oranges, and tangerines), green vegetables and herbs, nuts and potatoes to name a few.

### **Saffron:**

Saffron is a spice derived from the flower of the Saffron Crocus (*Crocus sativus*), a species of crocus in the Iris family (*Iridaceae*). A *Crocus sativus* flower bears three stigmas, each the distal end of a carpel. Together with their styles, stalks, and connecting stigmas to their host plant, stigmas are dried and used in cooking as an agent for color and seasoning. Saffron, long the world's most expensive spice by weight, is native to the Southwest Asian rim. It contains a blood pressure lowering chemical called *Croce tin*. It is speculated that the low rate of heart disease and strokes in Spain is due to the high rate of consumption of saffron by Spaniards.

### **Vitamin C:**

The natural use of vitamin C supplementation (2,000 mg a day) has been shown to reduce cholesterol along with a modest blood pressure lowering effect in people with mild hypertension. One way vitamin C may support healthy blood pressure is by helping the excretion of lead in the body, which is linked to hypertension. Good natural sources for vitamin C are found in berries and fruits (wide range), green vegetables (few), but the absolute best is found in the plant source of the Kakadu Plum (3100 mg per 100g), the Camu-Camu (2800 mg per 100g), and Rose Hip (2000 mg per 100g).

### **Valerian or Valerian Root:**

Valerian or valerian root has been used for centuries, going back to the Romans. It has been used for many medicinal and non-medicinal things such as: anti-anxiety herb, headaches, pain reliever, sedative, teas, etc. However, most "Scientific Research" has found most studies to be incomplete or ineffective in these uses. The dried roots of the plant are used in capsules, tablets and tincture form. It has been shown to promote higher levels of Gamma-Amino-Butyric-Acid (GABA) in the body. GABA helps regulate your blood pressure levels; in addition, if valerian root has sedative activity, it would tend to have a beneficial impact on lowering over-all blood pressure.

## **YOUR BLOOD PRESSURE MEASUREMENT**

Blood pressure is a measurement of the force applied to the walls of the arteries as the heart pumps blood through the body. The pressure is determined by the force and the amount of blood pumped and the size and flexibility of the arteries.

The top number in your blood pressure reading is called the **Systolic** pressure; it shows the pressure in your arteries when your heart is forcing blood through them. The bottom number is called the **Diastolic** pressure; it shows the pressure in your arteries when your heart relaxes. The top number will read anywhere from 90 up to 240, and the bottom number will read anywhere from 60 to 140. Your blood pressure is measured in millimeters of mercury, which is written down as: mmHg.

Blood pressure in the body is continually changing depending on your activities, diet, emotional state (stress), medication use, physical state (posture), and temperature.

Blood pressure is checked typically while the patient is seated. To have the most accurate reading, blood pressure should be tested in both arms, preferably with the patient lying down. If blood pressure differs by 15% or more between arms, there may be some blockages in the large blood vessels. However, pulse pressure may predict heart disease more accurately than systolic and diastolic readings. Pulse pressure is the numerical difference between systolic and diastolic pressure.

Pulse pressure – Some researchers believe that pulse pressure is more important than systolic pressure in determining long-term health risks. A pulse pressure below 50 indicates that the arteries are elastic and healthy. Yet when arteries are inelastic and stiff, systolic pressure rises and diastolic pressure falls. This increases pulse pressure to 60 or greater. For the average blood pressure readings, refer to the chart below!

<b>CATEGORY</b>	<b>SYSTOLIC</b>	<b>DIASTOLIC</b>
High – Stage 2	160 and UP	100 and UP
High – Stage 1	140 to 159	90 to 99
Pre-hypertension	121 to 139	81 to 89
Normal Range	120 or Less	80 or Less

Again, we hope you find this information useful; it is a collection of information found in AMA journals, medical reports, nutritional websites, and Wikipedia.

***Please pass it on!***

Thank-You & Have a Blessed Day in the Lord,

Paul G. Tima / CEO  
SOLUTIONS-4-YOU®  
<http://www.SaferSoaps.com>  
<http://www.Solutions-4-You.com>