

HELP FOR HIGH BLOOD PRESSURE

Follow the Good Healthy Diet daily. It is very important to get to the bottom of what may be causing your high blood pressure. Often times it is stress related. If your blood pressure was fine and has recently become elevated, find out what things have changed within your life that may be causing inappropriate amounts of stress. If possible, eliminate these things first, and begin to relax more through participation in relaxation hobbies, such as gardening where the fresh air mingled with low-stress activity helps your body to function well while you take deep breaths to soothe your body, mind, and heart. If stress is not a causative factor—then there may be something within your body that is not functioning properly. Often an insulin problem elevates blood pressure rapidly. Someone who is insulin resistant will see that as the insulin levels in their body rise, so will their blood pressure. This too can come on with age and other body changes, so be sure to have your insulin levels checked to rule this out along with other physical issues.

After realizing what may be causing or increasing your blood pressure, there are several things you can do to lower it and become healthier and feel better naturally. Most doctors will try and eliminate all salt in take; however, your muscles need salt daily or they will break down and collapse. You simply must be sure to use the right type of salt so that it does not increase your sodium intake. CELTIC SEA SALT is perfectly safe and healthy to ingest and your body actually needs a regular intake of this to function properly and remain healthy. All store bought salts and foods with high sodium content should be avoided.

Dietary Recommendations:

Increase your level of protein intake daily. You should get at least 100 grams of protein daily! AT LEAST! One chicken breast is only about 27 grams of protein and one turkey breast is 28. Keep this in mind as you decide what to eat in a day.

Fresh garlic – 6 cloves daily; chop or press the cloves (2 cloves, three times a day) and let them sit for 10 minutes (they are more potent after sitting) then place them in a tablespoon with a little water. Place in your mouth and chase quickly with 6 to 8 ounces of orange juice.

Eat a lot of fruits, vegetables, whole grains, poultry and nuts. Specifically you should eat one kiwi daily and at least 2 to 3 whole OVER-RIPE cucumbers (minus the seeds) daily as both are very well known in decreasing blood pressure. Add fiber to your diet daily—oat bran is one of the best sources (not a fiber supplement, but actual fiber that you will ingest in your foods.

You should definitely **add Omega 3 essential fatty acids** to your diet. Good sources of these are flax oil and cod liver oil. Even better is **fish oil**, which contains two essential fatty acids, DHA and EPA, which have been recently shown to **increase heart health**. These fatty acids are extremely helpful in promoting general health and well being. The best brand for Cod Liver and Fish Oil is Carlson's. Perhaps more expensive, but well worth every penny for their processing procedures and quality of oil. If you are interested in taking these supplements, do not hesitate to contact me and I can recommend the dosage based on your body weight.

Another must is Calcium/magnesium – You will need to take 10 capsules of Nature's Sunshine Calcium/Magnesium daily (I can also get this for you if you cannot find the brand locally). Take 3 capsules 3 times a day (lunch, dinner and before bed) and add an extra capsule with the bedtime dosage.

Other Herbal Recommendations:

Turmeric - a powerful East-Indian herb used in curry dishes, turmeric extract contains curcumin, which is a strong anti-inflammatory. Curcumin helps lower cholesterol and prevents clot formation. Its antioxidant ability improves blood flow and strengthens blood vessels. Turmeric also aids in liver metabolism.

Ginkgo Biloba - from the large tree indigenous to the mountains of China, ginkgo biloba improves blood circulation and dilates arteries, reducing blood pressure. Ginkgo also aids in improving memory and mental alertness due to increased blood flow to the brain.

Hawthorn Berry - Also known as the mayflower, hawthorn opens the coronary arteries and improves blood flow. Hawthorn berry for hypertension reduces artery hardening and strengthens heart muscle making it more effective in delivering blood to the body.

Maitake - from the Chinese mushroom, maitake extract acts to decrease both systolic and diastolic blood pressure. Maitake also lowers blood cholesterol levels.

Ginger Root - commonly used in Asian cooking, ginger acts to improve blood circulation and relaxes muscles surrounding blood vessels. Ginger is also a powerful digestive herb that helps alleviate uneasiness and nausea.

Olive Leaf- from the olive tree native to the Mediterranean region, olive leaf extract helps in lowering blood pressure and combats arrhythmia, or irregular heartbeat.

Skullcap- is another herb that can be taken in tea or tincture to help with chronic blood pressure problems.

In addition to herbs for high blood pressure, there are other nutrients that can help with high blood pressure and help your heart and circulatory system.

Coenzyme Q10 - a vitamin-like substance found naturally in the body, coenzyme Q10 is an essential nutrient for the well being and proper functioning of the heart. About 100 mg. per day is best.

Vitamin E - studies show Vitamin E may help reduce the risk of developing heart disease.

Vitamin C - used in conjunction with Vitamin E it may slow the progression of arteriosclerosis.

Vitamin B6, B12 & Folic Acid - when combined together there is evidence to suggest that these nutrients lower the risk of heart attack.

Exercise Recommendation:

Moderate exercise, **primarily aerobic such as fast walking or swimming** can reduce blood pressure. Exercise is important for helping blood flow and increasing metabolism. And always be sure to get plenty of rest!

Things to Avoid:

Avoid all processed foods and homogenized/pasteurized dairy products. If you have a need for dairy, use only fresh, raw milk preferably from goats. Avoid aged cheeses, aged meats, anchovies, avocados, chocolate, fava beans, and pickled herring.

Avoid all alcohol, caffeine, and tobacco products. Avoid white sugars found in anything with white or enriched flours. Eat only high, whole grain breads, pastas, and rice's.

Avoid all antihistamines as they can elevate blood pressure with someone who has a problem. Do not take supplements or ingest foods or drinks with the amino acids phenylalanine or tyrosine. This is especially true in all artificial sweeteners with aspartame (Equal, NutraSweet).