



Optimal Health Hub

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SUGGESTED HELP FOR HYPERTENSION

High Blood pressure is not a disease. It is a symptom of your lifestyle that can lead to disease, such as, stroke, heart attack and kidney failure. If you choose to do nothing about it, it will get worse. Taking tablets only alleviates the problem, it does not eliminate the problem. Long-term drug use does not remedy the problem.

More than 43 million Americans have high blood pressure (hypertension), but less than one third of them have achieved targeted levels of blood pressure. Even among the 23.4 million who take antihypertensive medications, only 42.9% of these patients actually get their blood pressure down to acceptable levels. This failure to adequately treat high blood pressure could cost \$1 billion in excess health costs due to stroke, heart disease, diabetes, kidney failure and other illnesses, according to the study. Source: Meeting of the American Society of Hypertension May 2000.

Here are some helpful tips and remedies to help with hypertension:

1. Increase the consumption of oats.
2. Garlic, curry, onions and ginger in cooking should be used more often.
3. Reduce the intake of animal protein.
4. Check blood cholesterol and blood sugar as these are usually elevated in hypertension. If elevated, treat accordingly.
5. Increase intake of magnesium (the malate or glycinate form) bioflavonoids and manganese.
6. Decrease salt intake and increase intake of potassium and magnesium rich foods.
7. Increase excretion of cadmium and lead by supplementing with zinc, selenium, calcium and vitamin C. Consider detoxification protocols – many are available.
8. Some Herbs are an excellent source for lowering blood pressure. Ask us about herbal teas!
9. Niacin, nattokinase, betaine hydrochloride, vitamin E and fish oils reduce blood viscosity and hence blood pressure.
10. Taurine, an amino acid, and Co Enzyme Q10 supplementation often results in a significant drop in blood pressure.
11. Vitamin D supplementation in women can significantly drop blood pressure.
12. Potassium-rich foods or supplements should be increased to reduce risk of a stroke.
13. Copper supplementation may lower blood cholesterol.
14. Avoid smoking.
15. Increase fiber consumption.
16. Increase aerobic exercise, swimming, walking, cycling. Do not solely do isometric exercise eg. weight lifting.
17. Reduce weight. Avoid deep fried foods and food additives.
18. Reduce stress, through yoga. Stress can also produce a craving for salt.
19. Reduce or avoid all tea, coffee and alcohol.
20. If cheese is eaten, fresh cheese is preferable to aged cheeses.
21. Fish oils lower serum lipids. Therefore fish intake should be increased to at least 4 times a week.
22. Use a high potassium salt substitute. Eat plenty of fruits and vegetables as potassium lowers blood pressure.
23. Avoid use of oral contraceptives. They increase the need for vitamin B6.

24. Increase vitamin B6 intake. For some, P5P (the active form of B6) is needed. Also, supplementing with Quantum Blood Pressure Complex can be very effective.

25. Celery and cucumber can be effective for the type of hypertension associated with the liver. They can be juiced and mixed with equal amounts of honey. About 8 ounces can be taken orally three times each day for up to 1 week.

26. *DRINK LOTS OF PURE WATER!* At a minimum, drink six glasses a day. Drink ½ your body weight in ounces each day.

For more information,

