

How to Lower Your Blood Pressure

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Latest research estimates indicate more than thirty-six million Americans have hypertension. If your doctor just told you that you have high blood pressure, you are not alone. There are many factors that predispose a person to develop the condition of high blood pressure.

There are several factors that are causes of high blood pressure; number one is smoking or constantly being exposed to second hand smoke. Constant stress, anger, feeling trapped in an irresolvable situation, caffeine intake, excessive salt intake, obesity and of course, genetics has a strong influence on your overall physical and mental makeup.

There are some unusual instances however, in which the high blood pressure may be caused by kidney disease, tumor or some other identifiable cause. This is known as secondary hypertension. In this case, treating the underlying cause will usually cure the high blood pressure. The health of every single cell in your body depends on the health of your blood vessels that supply them. Your brain and body are as healthy as your blood supply.

Common Characteristics

High blood pressure, or hypertension, is defined as blood pressure that is persistently higher than normal. It is often referred to as "the silent disease" because it has no symptoms until it reaches an advanced state. Most often, it is detected during a routine doctor's visit or a yearly physical. Even then, several measurements may be needed to make a definite diagnosis of hypertension.

Blood pressure is the force that the blood exerts against the vessel walls. It is measured with a sphygmomanometer, a simple instrument consisting of an inflatable cuff that wraps around the upper arm and a column of mercury on a pressure dial. When the cuff is inflated, it tightens around the arm and momentarily blocks the blood flow through the arm's main artery. As the cuff is slowly released, the person taking the blood pressure uses a stethoscope to listen to the returning blood flow. The systolic pressure, the higher of the two numbers in a blood pressure reading, is determined when a sound signals the maximum blood force of each heartbeat. The diastolic pressure, the second or lower number, reflects the lowest amount of pressure that occurs between heartbeats.

Everyone's blood pressure varies during the course of a day, and even, one arm to the other. As would be expected, it is usually lower during rest or quiet activities, and it may spurt up during a sudden burst of activity, such as running to catch a bus, exercising, or prolonged stress. Age also affects blood pressure. It is generally lower in children and gradually rises, as we grow older. Although

there is some disagreement over how high is too high, the average normal blood pressure for healthy children is about 90/60, while the normal adult average ranges from 100/85 to 135/90. A diastolic pressure over 95 in an otherwise healthy adult is regarded as suspiciously high, and a reading of 140/100 usually would be diagnosed as an indication of hypertension that should be treated. Many experts feel that any diastolic pressure consistently over 95 should be treated. If you suspect you have high blood pressure, have it checked by a qualified professional. The machines in drug stores are not always accurate, and you can get a wrong reading. If you cannot see your doctor ask her R.N. to take it, and note it in your chart for your doctor. If she sees a problem she will call you. A systolic blood pressure between 120 and 140 is considered pre-hypertensive.

Major Concerns

High blood pressure or hypertension may promote a plaque buildup in the heart. There are other major organs that are in danger: including the brain, heart and kidneys. In the brain, the problem could be a stroke. If you have neurological symptoms that resolve, this is known as a Transient Ischemic Attack (TIA). This usually comes from showers of small clots and can cause temporary blockages to arteries without producing permanent damage. TIA's are the *primary warning* of underlying atherosclerosis.

High blood pressure or hypotension can affect the heart in many ways. Buildup of plague in the coronary arteries that can cause chest pain is known as Coronary Insufficiency or Angina Pectoris. If you get a progression of plague it can obstruct the coronary arteries. This can be followed by a heart attack or heart failure. Remember, diuretics cause a silent loss of potassium.

Summing Up

High blood pressure is the most serious disease in the U.S. Once diagnosed, however, most cases can be brought under control through the use of anti-hypertensive drugs and through lifestyle changes such as stopping smoking or losing excess weight. Treatment is usually for life; however, if high blood pressure is brought down to a normal level and maintained, the patient can expect to live a normal life with no major interference with everyday activities.

If you smoke, you must stop! Your risk of a heart attack one year after you quit smoking is just 10 percent greater than a nonsmoker; after five years of abstinence, your risk factor becomes the same as a nonsmoker.

Reduce sugar, salt and coffee intake, and eat a low fat diet. Individual dose will depend on each person's age, weight, general condition of health, and of course, particular circumstances. Consult a nutritional medicine professional for long term care and assistance with a supplement program.

I strongly recommend reading *The Magnesium Solution for High Blood Pressure* by Jay Cohen, M.D., especially if you have a lot of anxiety and fear. Learn to relax. You will live longer and feel better.

Suggested Nutrients For A Healthy Heart And Blood Pressure

CoQ10** – 90 to 120 mg as a preventive in cardiovascular or periodontal disease and for patients taking statin drugs; 120 to 240 mg for the treatment of angina pectoris, cardiac arrhythmia, high blood pressure and moderate gingival disease; 240 to 450 mg for congestive heart failure and dilated cardiomyopathy.

DHEA – 25 to 50 mg in morning upon rising. Have your DHEA Sulfate level checked to establish dose.

L-T (L-Theanine) – 2 capsules twice daily. Clinical studies show L-T is effective for lowering blood pressure.

Anxiety Control – 2 capsules, twice daily. If anxiety is severe a maximum of six capsules may be taken daily.

Mag Link – 2 capsules twice daily OR **MagChlor**, 15-20 drops in fruit juice. If you weigh over 200 pounds, take 6 capsules daily, divided. If you experience loose stools or diarrhea, spread out time between doses before reducing dose until you are bowel tolerant.

Green Tea Extract, 500 mg – 1 capsule twice daily to guard against heart disease by lowering cholesterol.

Serrapeptase – 2 capsules twice daily to provide support for clean arteries.

Taurine – 1,000 mg three times daily. Taurine is the most abundant amino acid in the heart tissues. Taurine increases left ventricle function without changing the blood pressure, and helps balance the calcium and potassium in the heart.

Total Vite – 1 capsule every morning. This will provide you with the needed B vitamins.

Vitamin E – If you are over 40 take 800 IU's daily.

Ester C – 2000 to 3000 mgs daily in divided doses.

Deluxe Scavengers – 3 capsules daily

Rodex B6 Forte – 1 time released capsule every morning.

Sleep Link* - if you are having trouble sleeping take 1 or 2 capsules 30 minutes before bedtime.

***Caution:** *DO NOT* take with SSRI or MAO antidepressants, or if pregnant or lactating.

**** Dr. Stephen Sinatra's** daily recommendations are from *The Coenzyme Q10 Phenomenon*, Keats, 1998.

Resources

American Heart Association

Rodgers, Sherry A., M.D. *The High Blood Pressure Hoax!* Sarasota, FL: Sand Key Company, Inc., 2005.

Sahley, Billie J., Ph.D. and Katherine M. Birkner, CRNA, Ph.D., *Heal With Amino Acids and Nutrients*. San Antonio, TX: Pain & Stress Publications, 2005.

Sinatra, Stephen, M.D., *The Coenzyme Q10 Phenomenon*. Los Angeles, CA: Keats Publishing, 1998.

Werbach, Melvyn R. M.D. *Nutritional Influences on Illnesses*. Tarzana, CA: Third Line Press, Inc., 1988.

Whitaker, Julian M.D., *Dr. Whitaker's Guide to Natural Healing*. Rocklin, CA: Prima Publishing, 1995.

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