



Blood Pressure

Natural remedies can keep your blood flowing freely

Blood pressure is a measurement of the force applied to the walls of the arteries as your heart pumps blood through the body. This pressure is determined by the force of the heartbeat, the volume of blood pumped, and the size and flexibility of the arteries. Blood pressure changes continually depending on your level of activity, temperature, diet, emotional state, posture, physical state and medication use.

Blood pressure readings are usually given as two numbers: for example, 110 over 70 (written as 110/70). The first number is the systolic blood pressure reading, and it represents the maximum pressure exerted when your heart contracts. The second number is the diastolic blood pressure reading, and it represents the pressure in your arteries when your heart is at rest. In adults, the systolic pressure should be less than 120 mmHg, and the diastolic pressure should be less than 80 mmHg.

Most people cannot sense if their blood pressure is high (hypertension) because there are usually no symptoms. High blood pressure results from high levels of pressure in the arteries, causing the heart to have to pump harder. This increases the risk of heart failure, heart attack, stroke and kidney failure. Testing blood pressure frequently is a way for people with high blood pressure to monitor the effectiveness of medications and dietary modifications.

Although not as widely recognized as a problem, blood pressure can also be too low. Low blood pressure can be a sign of a variety of illnesses, including heart failure, infection, glandular disorders (especially adrenal exhaustion), and dehydration.

Some general aids for high blood pressure include Garlic, Capsicum, Garlic and Parsley formula, and Blood Pressurex. These formulas work to enhance blood flow through the body and balance blood pressure. However, to be more precise in the selection of remedies, one must look at the root causes of high blood pressure and address them. Here are five things to consider.

First, high blood pressure may be caused by hardening of the arteries. Plaque on the inside of arterial walls obstructs circulation and must be removed to restore normal blood flow. The MegaChel oral chelation program can be used to help the body remove this plaque and restore normal blood flow.

Fluid retention or edema will also cause the blood pressure to elevate. This can be caused by inflammation of damaged tissues or because of a problem with lymphatic drainage or kidney function. This fluid can be removed from the tissues using diuretic herbs, either irritating formulas that stimulate the kidney to work harder, like Juniper berry, buchu or uva ursi, or nourishing

(non-irritating) diuretics like Potassium Combination, Urinary Maintenance and KB-C. The Kidney Drainage and Lymphatic Drainage formulas can also be very helpful when taken together. Occasionally, edema is also caused by cardiac problems and in this case, a cardiac remedy like CardioAssurance or Co-Q10 may be necessary along with diuretics.

Stress will also cause nervous tension that will elevate blood pressure. It is an established fact that most people's blood pressure rises the moment they step into the doctor's office. Adaptagens such as Suma Combination, AdaptaMax, Eleuthero root and American ginseng have been helpful in relieving some cases of high blood pressure. Other stress-reducing remedies that may help include Magnesium, NutriCalm and Passion Flower.

Excess weight is a cause of high blood pressure because adipose tissue adds more blood vessels that the heart has to pump the blood through. Weight loss is therefore very important to normalizing blood pressure.

Hyperinsulinemia or Syndrome X is a hidden contributing factor to high blood pressure and the development of arterial plaque. In this condition, the body overproduces insulin in response to a diet full of simple carbohydrates, causing inflammation which has been linked to diabetes and heart disease. This problem also contributes to weight gain. Treating this condition by exercising and replacing simple carbohydrates with proteins and complex carbohydrates has resulted in dramatic reduction in blood pressure. Herbal formulas such as AS with Gymnema, CLA, HY-C, Licorice Root, Stevia and Omega-3 Super EPA have also been helpful.

A study published in the prestigious British medical Journal, *The Lancet*, in late 2004 conclusively demonstrated that lifestyle factors are the most important determinants of high blood pressure and heart attack. The study cited smoking, psychological stress and low intake of fruits and vegetables, as well as lack of exercise and a sedentary lifestyle as the most important determinants of high blood pressure.

If low blood pressure is a problem consider glandular tonics like Adrenal Support, Licorice Root, Thyroid Support and Master Gland. Capsicum, Garlic and Parsley can also help because it balances blood pressure (both high and low).

These are just a few of the many remedies that can help with blood pressure problems. For additional information on dealing with blood pressure naturally, consult your local herb specialist. Additional information on these problems can also be found in *The Comprehensive Guide to Nature's Sunshine Products* and *The ABC+D Approach to Natural Health*.

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2005 May be reproduced provided it is not altered in any way.

Distributed by: