

## Lower Blood Pressure Naturally

WZZK

11/16/2010

### BIG PROBLEM:

1 in 3 over age 20 have HBP > Half between age 65-74 Over 60 million Americans

HBP is the greatest risk factor leading to strokes (75%) and resp for 50% of coronary artery disease

30% have no idea (aka "Silent Killer")

Blood vessels do not have nerves, so symptoms are not felt until condition becomes severe

Important to get BP checked routinely

### WHAT IS HBP OR HYPERTENSION?

Something in the body has become unbalanced leading to a consistent elevation in blood pressure

BP is the resistance each time the heart beats & sends blood coursing through the arteries.

Between beats, the heart relaxes & pressure drops

2 measurements – Heart Beat (Systolic) & Heart Rest (Diastolic) 120/80 = normal

Classes = Borderline, Mild, Moderate Severe = 160/115 and over

### WHAT IS THE SOLUTION?

Drugs?

Recent study in Amer J of Hypertension:

945 patients over 17 years - most common bp RXs (diuretics & beta-blockers actually make problem worse (side effects – ha, fatigue, reduced libido) & even > risk of heart ds

Difficult to get off once body has grown accustomed to them (always consult Dr)

Advisable to avoid need for drugs until it becomes absolutely necessary

Better way – instead of just suppressing the symptoms, healthy lifestyle choices can bring body back into balance eliminating the symptom of HBP and therefore eliminating the need for drugs:

**Study** – In cases of Borderline to mild HBP, healthy lifestyle changes (we will discuss) have proven superior to drugs in head-to-head comparisons

**Study** – Healthy Lifestyle has bigger Impact on CV Health than Genetics

Bottom Line - Bad health like CV disease is not bad luck or bad genes – it is bad choices!

## LIFESTYLE CHANGES:

### #1 QUIT SMOKING

### #2 ACTIVE / EXERCISE

Health is a verb – active participant

### #3 LOSE WEIGHT

loss 10lbs cuts risk by 2/3

### #4 REDUCE SODIUM

1,500 mg MAX - Most get 3x that daily

5% nat in foods 90% in processed/added

Cutting sodium alone may not help KEY – salt to potassium ratio

Most consume 2x sodium as potassium

Nat foods like FR & Veg have 50x more potassium than sodium

**Study** – avg age 75 w/ Severe HBP – 2.5g pot/day for 4wks

Lead to a 9-7pt drop in BP – comparable to drop found with drugs but W/O side-effects

**Study** – Less salt in teenager's Diet may Improve Heart Health

### #5 DIET / SUPPLEMENTATION

KEY – nutrient-dense, high fiber, low calorie diet

INCREASE - daily intake of Plant Food, Whole Grains & Healthy Fats

KEY – Animal protein sources should include lean meats like fish & chicken and eggs

AVOID – Processed & fast foods, low complexity carbohydrates, saturated & trans-fats

- Beet Juice (250ml/2 9oz glasses)

**Study** - AHA Journal / high nitrate content – body converts to nitric acid = signals vessels to relax W/IN 1 HR!

- Magnesium relaxes cv system (populations w/ “hard water” have dec HBP)
- C study - in 25% HBP cases the researchers found low levels of C
- Cayenne Pepper 1tsp in ½ cup warm water (salt substitute)
- Hawthorne Berries “food for the heart”
- Walnuts / Walnut Oil 1.3oz = 9 / 1tbsp
- Garlic/Onions great source of sulpher
- Green Tea
- Primrose Oil at bedtime

- Omega-3 EFA's                      Eat cold water fish (tuna/salmon/mackerel) / Fish Oils or Flax

**Study** – 1 TBSP flax/day can lower both S & D readings by 9pts

**Study** – high O3 levels in populations = low risk for CV disease

- Celery                                      4 stalks/day (3-n-butly-thalide)
- Papaya                                      eat daily on an empty stomach 1 month

## HEALTHY HEART JUICE RECIPE:

- JUICE:      2 carrots / 3 celery stalks / 1/2 cucumber / 1 beetroot
- ADD:        1 tsp Cayenne Pepper / 1tbsp Walnut Oil

“Toast to good health”