

# SUNSHINE SHARING

Vol. 14 No. 12

\$1.95

## Tips for Lowering Blood Pressure Naturally

- ◆ Consume **garlic**, onions, **capsicum**, **ginger** and other pungent herbs. Pungent herbs have been shown to help reduce cholesterol, triglycerides, and blood pressure.
- ◆ Eat the right kind of fats. Avoid shortening, margarine, hydrogenated oils, and fried foods. Use olive oil for cooking. Take **Omega-3 EPA**. It has been shown to help the body produce chemical messengers that reduce blood pressure and inflammation.
- ◆ Improve stress management through meditation, relaxation, deep breathing, or other stress management techniques of your choosing. Use adaptagens like **Suma Combination** and **Eleuthero Root** to reduce the body's production of stress hormones.
- ◆ Supplement the diet with extra magnesium. **Magnesium Complex** can help relax arterial walls to reduce blood pressure.
- ◆ Avoid caffeine, tobacco, alcohol, and other stimulants. Nervine herbs like **lobelia**, **black cohosh**, and **valerian** may be helpful in counteracting tension and helping arteries to relax.
- ◆ Exercise. Moderate, gentle exercises are best, such as walking, swimming, and cycling.
- ◆ Dietary fiber, such as **LOCLO** or **Nature's Three**, along with liver cleansing herbs like **Ho Shu Wu** or **Liver Balance** can reduce cholesterol and blood pressure.
- ◆ Other supplements that may help include **Potassium**, **Co-Q 10**, and **Blood Pressurex**.

## Relieving the Pressure Natural Remedies for Hypertension



How many people do you know who have cured high blood pressure by taking drug medications? Probably none. That's because high blood pressure medicine isn't designed to cure hypertension. In fact, the whole issue of hypertension is a perfect example of the major shortcoming of modern Western medicine. Modern medicine focuses on symptom management, but does little to address the causes of most diseases, including high blood pressure.

High blood pressure is a problem associated with lifestyle. It is virtually unknown in undeveloped areas of the world where people are living on their traditional diets. For example, high blood pressure is not found in Africa among natives living a traditional lifestyle, even among the elderly. In contrast, a high percentage of Americans have this problem—about 60 million.

Hypertension greatly increases the risk of other diseases. It increases the risk of heart attack, stroke, and kidney failure. Research done by insurance companies has shown that even slight increases in blood pressure can result in decreased survival rates. Clearly, solving the problem of high blood pressure is important, but 90% of all cases are treated with drugs that only address the symptoms without examining the causes.

About 80% of all hypertension cases involve mild to moderate symptoms and can be effectively managed with dietary and lifestyle changes accompanied by herbs and dietary supplements. For example, all of the following have been scientifically demonstrated to reduce blood pressure: increasing dietary fiber, losing weight, reducing salt consumption, eliminating caffeine, alcohol and tobacco, exercising, consuming Omega-3 essential fatty acids, and balancing intake of calcium and magnesium. These are all options individuals can utilize. In addition, they can examine the specific causes of hypertension and choose other supplements and diet and lifestyle changes which address their individual situation.

High blood pressure is a symptom of other imbalances, not a disease in itself. The job of the heart is to pump blood throughout the body. The blood has to reach every part of the body, including the fingers and toes. When the heart is beating harder, raising the blood pressure, it is usually a signal that something is restricting the flow of blood to the extremities of the body. Using a medication that decreases the pressure does not remove the obstructions interfering with blood flow. The result is decreased blood pressure with poor circulation to the extremities. We have simply traded one health problem for another.

The purpose of this issue of Sunshine Sharing is to identify the causes of high blood pressure and discuss what can be done to fix them naturally. As the 19th century herbalist Samuel Thomson said, "Remove the cause and the effect will cease."

# Causes of and Remedies for High Blood Pressure

If we can determine why the heart is pumping harder and increasing the blood pressure, then fix the cause, the heart will stop pumping harder. If we can make it easier for the blood to flow to the extremities, the blood pressure will automatically drop. So, let's examine some of the factors that impair circulation and cause the blood pressure to rise. At the same time, we'll discuss remedies that can correct these problems, thus lowering blood pressure.

## Hardening of the Arteries

Arterial plaque creates obstructions in the blood vessels. Like hard water deposits in a water pipe, these deposits reduce the size of blood vessels and restrict blood flow. As a result, the heart is forced to pump harder to get the blood through the narrower "pipes."

When hardening of the arteries is the cause of high blood pressure, there

### Be Cautious When Dealing With High Blood Pressure Medications



While it is completely possible to wean people with mild to moderate hypertension completely off drug medications through diet and lifestyle changes, it is very important never, ever to have someone quit taking blood pressure medications abruptly. This can have extremely negative consequences. Rebound heart attacks have been reported among people who have suddenly discontinued beta-blocker medications.

The wisest approach is to begin a program of supplementation, dietary and lifestyle changes and to monitor the blood pressure frequently, preferably through regular consultation with a medical doctor. As the dietary and lifestyle changes gradually begin to take effect, the individual, with the aid of the doctor, can begin gradually reducing the dose of his or her prescription medication.

is a very effective solution—oral chelation using **Mega-Chel**. Mega-Chel contains a variety of nutrients reduce arterial plaque.

The oral chelation program involves starting with one tablet of Mega-Chel twice daily and working up to a full dose of 4-6 tablets twice daily over a period of weeks. The person stays on this full dose for at least one month for every ten years of their age, then tapers off slowly over a period of several weeks.

Mega-Chel works best when taken with minerals, such as Mineral Chi Tonic. It can also be combined with other circulatory remedies for enhanced effectiveness. A handout is available that provides complete instructions, which you can obtain from the person who gave you this newsletter.

When using Mega-Chel, it is also important to understand that a person's cholesterol often rises quite dramatically during the program. This is because cholesterol is being released from the arterial plaque into the bloodstream so it can be eliminated. This is normal and will not damage your health.

You can flush the cholesterol being released from the arterial plaque out of the body more rapidly by increasing dietary fiber and taking herbs that increase bile flow. **Liver Balance (LIV-C)** or **Ho Shu Wu** along with **LOCLO** or **Nature's Three** will help eliminate this cholesterol. Even without taking Mega-Chel, many people have found that cleansing the liver and adding fiber with more water to the diet will help reduce blood pressure.

## Vasoconstriction

Blood vessels have muscular walls which can either tense or relax. When they tense, there is vasoconstriction. It's very similar to the problem asthmatics have when the bronchial "pipes" constrict, reducing the flow of air into the lungs. They begin gasping for oxygen. Vasoconstriction does the same thing to the arteries. The constricted artery walls limit the flow of blood, and the heart pumps harder trying to

force the life-giving blood through the constricted vessels. There are several root causes of vasoconstriction, each with its own remedies.

**Stress.** In response to stress, real or perceived, the sympathetic nervous system becomes more active and the body tenses. We've all felt the results of this fight-or-flight response when someone suddenly startled us and adrenaline started pumping. The heart started beating harder and blood pressure rose as the body went on "red alert." This sensation is due to the release of a hormone and neurotransmitter called epinephrine (or adrenaline).

Nerve receptors which react to epinephrine are called adrenergic receptors. There are two types, alpha and beta. When the *beta* adrenergic receptors are stimulated, they cause blood vessels to contract and the heart to beat harder. Perhaps you've heard of *beta blockers*. These are drugs that help to lower blood pressure, and they work by blocking these beta adrenergic receptor sites.

### Caffeine and other stimulants.

Caffeine stimulates the sympathetic nervous system and causes the release of more epinephrine. So excessive caffeine consumption increases stress responses and raises blood pressure. Other substances which trigger a sympathetic nervous reaction and stress response include alcohol, tobacco, chocolate, cheese, sugar, alcoholic beverages, and cured pork products such as ham and sausages. All of these substances can contribute to hypertension.



**Magnesium Deficiency.** Contrary to what most people believe, the number one mineral deficiency in most Americans is not calcium—it is magnesium. When muscles contract, calcium ions flow into the muscle cells; as the muscle relaxes, there is an exchange of magnesium for calcium. In other words, calcium helps muscles contract and have tone, while magnesium helps muscles relax.

This is why *calcium channel blockers* are sometimes used to lower blood pressure. These drugs block calcium from entering the muscle tissues, causing them to be more relaxed. Taking extra magnesium usually creates the same results. It helps blood vessels relax and increases blood flow.

**Magnesium Complex** can be used in conjunction with vasodilative herbs to dilate blood vessels and reduce blood pressure. **Hawthorn** and **ginkgo** have both been found to dilate peripheral blood vessels and improve blood flow to the extremities, thus reducing hypertension. They can be taken together in the formula **Ginkgo/Hawthorn**.

Numerous studies have also shown that **garlic** can reduce blood pressure. Taken regularly, garlic will usually reduce blood pressure by 10-15 points. Besides having a vasodilative effect, it also decreases blood cholesterol and triglycerides. Onions also have this effect, as do many pungent spices and herbs, which can all be safely consumed as part of the regular diet.

Garlic is the key ingredient in an herbal blood pressure reducing formula people have been using successfully for many years — **Capsicum~ Garlic and Parsley**. These herbs are also found in **GC-X**, another traditional blood pressure-reducing formula from the famous herbalist, Dr. John Christopher.

Where stress is the primary problem, nervines and adaptagens may be helpful. Nervines like **valerian**, **passion flower**, **kava kava**, **black cohosh**, and **lobelia** have helped in some cases of high blood pressure, especially when combined with herbs like garlic and hawthorn.

Lobelia contains a compound called lobeline which acts as a natural beta blocker. It combines well with capsicum and a small amount of black cohosh to reduce cardiac stress and angina, improve circulation to the heart, and lower blood pressure caused by tension.

Two more formulas that may be helpful in reducing stress contributing to hypertension are the Chinese formula, **Stress Relief**, and **HVP**, a

*Continued on page 4*

## Blood Pressurex

The formula **Blood Pressurex** is designed to promote vasodilation and reduction of blood pressure. The ingredients in this formula help lower blood pressure in the following ways:

*Coleus forskohlii* is used as a cardiac herb in Ayurvedic medicine. It has a number of documented effects on the circulation. It relaxes smooth muscle, dilating blood vessels and reducing blood pressure. It also increases blood flow to the brain. It increases levels of cyclic adenosine monophosphate (cAMP) which assists the body in making messenger chemicals that help dilate arteries.

**Olive leaf**. Olive oil has been known for years to benefit the cardiovascular system, but the leaves of the olive tree have also been found to benefit the cardiovascular system. Olive leaf is an antioxidant for the cardiovascular system. Oxidative damage causes arterial plaque to form, so preventing this damage reduces the risk of hardening of the arteries. Olive leaf also has diuretic and blood pressure-lowering effects.

Hawthorn berries have been extensively researched as a cardiac tonic. One

of the many benefits of hawthorn is its ability to dilate blood vessels, reducing blood pressure. It dilates both peripheral blood vessels and the coronary arteries that feed the heart. It also tones the heart muscle, increases cardiac efficiency, and slows the heart rate.

Goldenrod is a diuretic herb that reduces fluid retention. It strengthens the urinary system, supporting blood flow through the kidneys.

**L-Arginine**. Cells in the lining of the blood vessels produce nitric oxide as a messenger chemical to cause vasodilation. Nitric oxide requires arginine for synthesis, so if levels of arginine are low, then vasoconstriction will occur. Arginine helps stimulate nitric oxide production and vasodilation.

Blood Pressurex also contains two antioxidants that help prevent free radical damage to blood vessels: vitamin E and grape seed extract

Blood Pressurex has a slow, cumulative effect, and should be taken for at least 2-3 months to allow it time to work. It should be used in conjunction with lifestyle changes for maximum benefit



## Go With the Flow...

It would be wonderful if a person could just swallow a pill and make the problem of high blood pressure go away, but this just isn't going to happen.

Since hypertension is a disease associated with lifestyle, the only way to effectively and permanently deal with the problem is to alter one's lifestyle.

The place to start is learning to manage stress more effectively. Research has shown that relaxation and meditation can dramatically lower blood pressure. Here's a simple way to accomplish this.

Sit upright in a comfortable chair or lie down on the floor. Starting at your toes and working your way up to the top of your head, focus on each part of your body and allow it to relax. Picture each body part becoming

warm and heavy and sinking towards the floor.

As you become more relaxed, breathe slowly and deeply. Count your breathing as you inhale and exhale, "in-two-three-four, hold-two-three-four, out-two-three-four, hold-two-three-four." Focus on your breathing and counting and keep your mind focused on making your breathing match the counting.

After about 10-15 minutes of doing this you should be noticeably more relaxed. If you take your blood pressure before and after this exercise, you may be pleasantly surprised to see how much your blood pressure has dropped.

If this technique doesn't seem right for you, find a method that will help you find the calm, relaxed, and centered place inside of yourself. It will not only improve your blood pressure, it will improve your overall health.



## Causes and Remedies

*Continued from page 3*

combination that helps people relax and sleep better.

Adaptagens can also help to reduce blood pressure. These include **eleuthero root** (formerly known as Siberian ginseng), **American and Korean ginseng**, schizandra (found in **Nutri-Calm** and **HS-C**) and **SUMA Combination**.

## Water Retention and Kidney Function

When the tissues of the body are filled with fluid, this will put pressure on the blood vessels, again constricting blood flow. The kidneys also have an influence on the heart, so problems with the kidneys can also cause the blood pressure to rise. This is why diuretics are sometimes be used to bring down blood pressure. Where fluid retention is a problem, diuretics like **parsley, dandelion, K-C, or K** can use used as part of a blood pressure lowering program. Reducing salt consumption can also help reduce fluid retention.

## Excess Weight

Excess weight alone can increase blood pressure simply because there are blood vessels the heart has to pump blood through. There is also a link between excess insulin production, which contributes to excess weight, and imbalances in messenger chemicals that cause arterial constriction.

The best way to remedy this problem is to eat a zone balanced diet. This means eating meals with about 30 percent of calories coming from high quality fats, about 35 percent from protein, and the final 35 percent from complex, or low glycemic, carbohydrates.

Refined carbohydrates (white flour, pasty, bread, sugar, white rice and other high glycemic carbohydrates) should be eliminated. Low glycemic carbohydrates such as zucchini, lettuce, chard, green beans, broccoli, apples, berries, and other non-starchy vegetables and low-sugar fruits should be consumed as much as possible.

Most of the fats consumed in the diet should be monounsaturated fats like olive oil, avocados, and nuts. Extra virgin olive oil is wonderful for salads. Plain olive oil is better for cooking. Hydrogenated oils, shortening, and margarine should be avoided as much as possible. The diet should also be supplemented with omega-3 essential fatty acids from **Omega-3 EPA, Super GLA, or flax seed oil**.

For more information on the zone diet consult some of the references listed under sources. Zoning the diet will not only help a person lose weight, it will also help reduce blood pressure.

Besides the supplements previously mentioned, the following may also help with high blood pressure: **Co-Q 10, Combination Potassium, alfalfa, L-Arginine** and **Nerve Eight**.

## Sources

For more information about hypertension, talk to the person who gave you this newsletter. His or her name should appear below. You can also consult some of the sources listed below for additional information.

*The Anti-Aging Zone* by Barry Sears.

*Alternative Medicine: The Definitive Guide* by The Burton Goldberg Group

*McDougall's Medicine: A Challenging Second Opinion* by John A. McDougall, M.D.

*High Blood Pressure Herbal Hour Video* by Tree of Light Publishing.

*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch

"Herbs and Hypertension" by Paul Bergner, *Medical Herbalism*, Vol. 3. No. 1

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