

HYPERTENSION

∞Hypertension Reversal Program∞

ATTENTION: Before making any change please contact your health care professional.

Hypertension is defined as a systolic blood pressure reading (the top number) consistently over 130, and/or a diastolic (the bottom number) reading of 85 or above. Based on the Framingham Health Study, for **optimal health, the level is less than 120/80.**

Blood pressure is the force of blood flow inside your blood vessels. When you check your blood pressure, you are given two numbers, such as 130/80 mmHg (one-thirty over eighty).

Both numbers are important:

- The first number is the pressure as your heart beats and pushes blood through the blood vessels. This is the "systolic" pressure.
- The second number is the pressure when the vessels relax between heartbeats. This is the "diastolic" pressure.

When your blood moves through your vessels with too much force, your heart has to work harder and this can cause you to have high blood pressure.

BLOOD PRESSURE CHART

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
NORMAL	Less than 120	and	Less than 80
ELEVATED	120-129	or	Less than 80
HIGH			
Stage 1	130-139	or	80-89
Stage 2	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS	Higher than 180	and/or	Higher than 120

WHAT IS HYPERTENSION?

Hypertensives are three times more likely to have a heart attack, five times more likely to develop heart failure, and eight times more likely to suffer a stroke than people with normal blood pressure. *Health Power p.40* It also raises your risk for diabetes, eye problems, and kidney disease.

There are two types of Hypertension. Primary and Secondary.

- Primary hypertension is not caused by other diseases whereas
- Secondary hypertension can be caused by Overproduction of Thyroid hormones, Adrenal gland fatigue, Kidney disease or infection, Diabetes, High cholesterol

SYMPTOMS

Is Hypertension A “Silent Killer”?

Medically, hypertension is called a “Silent Killer” because it is deadly and is said to have no early significant symptoms. However, this is not true. There are always signs of disease, we just are usually not listening to what our bodies are saying. The chart below shows the subtle indicators to look for in someone with high blood pressure.

In severe cases of High Blood Pressure when symptoms do appear, they may include:

- Feeling confused or other neurological symptoms
- Nosebleeds
- Fatigue
- Blurred vision
- Chest pain
- Abnormal heartbeat

Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal, these signs and symptoms typically don't occur until high blood pressure has reached a severe – even life-threatening – stage.

WHERE TO LOOK	WHAT TO LOOK FOR
Heart	Racing, palpitations, irregularity, pain
Kidneys	Aching lower back, changes in urine color or smell, urination patterns, night sweats
Hands	Slight swelling at the fingertips, signs of poor blood flow, water retention, tingling
Legs and Feet	Swelling, signs of poor blood flow, water retention, aching or tingling, varicose veins
Head	Headaches, light-headedness, dizziness, ringing in ears, blurry vision
Bowels	Constipation, bloating or gas
Lifestyle	Sedentary, stressful, financial or family issues, illness, remorse, guilt, unconfessed sin
Testing	

CAUSES

Certain traits, conditions, and habits—known as risk factors—can raise your risk for High Blood Pressure. Some major causes are:

Adrenal Gland Fatigue

Adrenal gland fatigue increases adrenalin and this causes inflammation in the arteries.

Chronic Kidney disease

Kidneys help to regulate blood pressure. When the kidneys are affected, the blood pressure can increase. If the kidney filters less water it increases the pressure in the arteries.

Diabetes

Diabetes adversely affects the arteries, predisposing them to atherosclerosis (hardening of the arteries). Atherosclerosis can cause high blood pressure, which if not treated, can lead to blood vessel damage, stroke, heart failure, heart attack, or kidney failure. www.webmd.com/hypertension-high-blood-pressure/guide/high-blood-pressure retrieved 20-Jan-12

Increased cortisol

While cortisol hormone is good to give us the energy we need. Too much cortisol causes inflammation in the arteries, which will lead to an increase in blood pressure. Staying awake after 10:00pm can cause an increase in cortisol.

High salt intake

While sodium is essential for body metabolism, too much sodium can cause body tissues to hold water. This swelling causes the blood pressure to rise.

Low potassium intake

Potassium helps balance the amount of sodium in your cells. If you don't get enough potassium in your diet or retain enough potassium, you may accumulate too much sodium in your blood.

Overweight

High blood pressure is twice as common in adults who are overweight than in those who are of a healthy weight.

Narrowed or plugged arteries

If the arteries are narrowed, the blood will move through your vessels with too much force. Therefore, your heart has to work harder when blood pressure is high.

Lack of exercise

People who are inactive tend to have a higher heart rate. The higher your heart rate, the harder your heart must work with each contraction — and the stronger the force on your arteries. www.mayoclinic.com

Low Estrogen

Estrogen helps to keep the blood vessels flexible and to modulate other hormone activities that can contribute to regulating high blood pressure. As levels of estrogen decrease, a woman's risk of developing high blood pressure increases.

Smoking

Smoking 1 **Cigarette** - elevated blood pressure for the next 30 minutes.

Nicotine in cigarette smoke causes large and small blood vessels to narrow and become hard, resulting in reduced blood flow to the rest of your body.

Alcohol

1 – 2 ounces **Alcohol** significantly elevates blood pressure.

Too much alcohol can raise your blood pressure to unhealthy levels.

Caffeine

One cup of coffee per day will raise the blood pressure **by 5 to 6 points**.

If consumed before or during exercise can raise blood pressure and **increase heart rate**.

Increases risk of a **cardiovascular event during exercise**.

Chocolate, Cocoa Powder has the same effect

Stress

Stress elevates the systolic (top) number in blood pressure

High levels of stress can lead to a temporary, but intense, increase in blood pressure.

Too little vitamin D

Vitamin D may affect an enzyme produced by your kidneys that affects your blood pressure. Getting vitamin D from sunlight will allow your blood vessels to expand thus increasing efficient blood flow and lowering blood pressure.

****You can also get High Blood Pressure from the use of drug medication.****

DIET

- Cut out all **flesh foods** (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) Meats are high in sodium; contain hypoxanthine (caffeine) and increases cholesterol, which narrows or clogs the arteries, thus increasing the blood pressure. If one so desires to use milk, non-harmful substitutes can be made from a variety of nuts (i.e. almonds, cashews, etc.)
- Use **nuts, seeds, peas, and beans**. All forms of **Beans** and **Whole Grains**. The body converts the amino acid in these foods called L-Arginine into nitro oxide, which relaxes the blood vessels. Also a handful of walnuts or almonds are excellent in lowering high fat in the meal.
- **Fried foods**, highly processed foods, and all free oils should be avoided and/or eliminated from the diet.
- Eating **fresh fruit** daily especially savory fruits (3-5 servings) is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber need for regularity; juice is robbed of that essential fiber.
- Increase **green leafy vegetables** daily (3-5 servings) as this would increase calcium and lower blood pressure.
- Increase **potassium** levels with the use of beans – kidney, lentil, garbanzo, black or pinto or squash, spinach, nuts, avocados are great sources.

- Use of the right kind of **salt** will support the adrenals which normalizes blood pressure. Use Pink Himalayan Sea Salt with potassium, iodine and 82 other trace minerals that provides all the minerals you need.
- **ALL white** bread, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items.
- Eliminate **Sugar**. Fructose breaks down into a variety of waste products that are bad for your body, one being uric acid. Uric acid drives up your blood pressure by inhibiting the nitric oxide in your blood vessels. Nitric oxide helps your vessels maintain their elasticity, so nitric oxide suppression leads to increases in blood pressure. In fact, 17 out of 17 studies demonstrate that elevated uric acid levels lead to hypertension. J Am Soc Nephrol. 2010 Sep;21 Foods which rapidly break down into sugars include: breads, pasta, white rice, cereal and potatoes. Foods high in Fructose include: processed and packaged foods, agave, corn syrup, sodas and fruit juices.
- Avoid **excessive use of Tyramine** foods (aged, fermented, spoiled- e.g. meats, pork, cheese, chocolate, caffeine teas, alcohol beverages, overripe avocados, overripe bananas, overripe bread fruit) it is a stimulant and will elevate the blood pressure. In addition, when the diet is high in Tyramine, be careful with the use monoamine oxidase inhibitors such as antidepressant medications: Nardil, Marplan, Zelapar or Eldepryl or herbs such as syrian rue, ayahuasca, passion flower, nutmeg, turmeric and kava as this combination can cause a hypertensive crisis.
- Avoid **alcohol**, vinegar, apple cider, nutmeg, cinnamon, hot peppers, remember anything that stimulates will elevate the blood pressure.
- At least 8 glasses (64oz) of **water** should be drunk each day. 16oz to 32oz (2 – 4 glasses) of warm water should be taken before breakfast, one of which can have 1 tablespoon of lemon juice to 1 glass of water – always use a straw when drinking lemon juice to protect the enamel of your teeth. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.

LIFESTYLE

- One of the most effective ways to lower your blood pressure is through **exercise**. A regular Exercise program is very essential to good health and blood circulation. Walking is superior to other forms of exercise as the entire body is in motion. You should walk 21 miles per week, which is approximately 3 miles per day seven days per week or at least one continual hour daily.
- **Reduce your stress** – Stress, including unresolved emotional issues, can contribute to hypertension in some people. Prayer is also a useful technique to keep your stress levels under control.
- You should go to bed by 9:30pm or before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. In addition, the later you go to bed the greater the risk of increasing your blood pressure as too much cortisol is released in the body.
- **Sleep** is important in preventing high blood pressure and heart problems. The sleep producing hormone, melatonin, is released around 9:00pm and this gives the body restful sleep at night. Also, for every hour of sleep before midnight, the body doubles the amount of rest received.

Testimony: *We had a chance to work with a Health Leader at one of the local churches and his Blood Pressure was running 181/104 and we put him on the plan and in one day his Blood Pressure dropped to 117/77. We found out that this gentleman was going to bed between 1:00 am – 2:00 am nightly for the last 3 weeks and this was the main cause of the increased pressure. So we had him go to bed by 9:00 pm and the pressure dropped with a good night's rest.*

- Carefully read labels and select items low in salt, sodium and soda.
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten at least 5-6 hours apart.

Vitamin D - when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. **For lighter-skinned individuals, 7 ½ to 30 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 10:00am and 2:00pm** when the UVB rays is at the highest. When the sun hits the skin, it produces **nitric oxide**, which **dilates the blood vessels** and lowers the blood pressure.

Do get tested. In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage of supplemental vitamin D or the equivalent of 10,000iu daily for 7 days, then you can resort to the 5000iu daily. (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat soluble vitamin).

Here is another option: If there is a chronic deficiency in vitamin D, It would be recommended to use as much as 10,000iu daily for 3 months.

HERBAL REMEDIES

- **Garlinase** 2 tablets twice a day with each meal (high blood pressure/ cholesterol/ diabetes) or 4 cloves of cooked garlic daily.
- **Flax seed** take 2 tablespoons freshly ground daily. Rich in Omega 3.
- **Pumpkin seeds** take 1 handful of pumpkin seeds daily (unsalted)
- **Lecithin** granules 1-2 tablespoons daily
- **Hawthorn Berries** - 1 capsule per meal
- **Cornsilk** - 1 handful of organic cornsilk in 32oz of hot water. Steep for 3 hours and drink as water daily. Use tea for 90 days then one month off then repeat until condition is resolved.
- **Bayleaf** (7 leaves steeped for 3 hours in 32oz hot water daily) *unsweetened*
Other leaves: **Soursop, Avocado, Breadfruit**
- **Linden tea** drink 32oz daily (unsweetened)
- **Unsulphured Blackstrap molasses** - 2 tablespoons daily (do not use if you are Diabetic)

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
Drink as water through the day.

HYDROTHERAPY **Hot Arm Bath**

Submerge both arms at the same time in a container with warm water.

Gradually increase heat for effectiveness.

This helps to bring down blood pressure and there is no risk of cardiac collapse.