

BLOOD PRESSURE - HIGH (Hypertension)

Pressure exerted by the blood against the walls of the blood vessels, especially the arteries. It varies with the strength of the heartbeat, the elasticity of the arterial walls, the volume and viscosity of the blood, and a person's health, age and physical condition.

PRIMARY FORMULA:

- BLOOD PRESSUREX - Maintain blood pressure already in normal range

CIRCULATION:

- GC-X - To stimulate blood circulation to reduce pressure
- CAPSICUM & GARLIC w/PARSLEY, CAPSICUM or GARLIC, HP
- MEGA-CHEL (Oral Chelation) - Often a permanent solution
- CARDIO ASSURANCE - To normalize blood flow
- NATTOZIMES PLUS - To support the circulatory system
- CoQ10 - For circulation and to oxygenate the cells
- HS-II, HAWTHORN BERRIES or HAWTHORN BERRIES Extract
- CORDYCEPS - To lower pressure and reduce platelet aggregation

GENERAL:

- GRAPINE, HIGH-POTENCY (Powerful Antioxidant)
- POTASSIUM COMBINATION - For correct potassium/sodium balance
- OLIVE LEAF EXTRACT - To lower pressure and increase blood flow
- IGF-1 - To improve hypertension
- 7-KETO - For stress-induced high blood pressure
- GREEN TEA EXTRACT - Has been known to lower blood pressure
- SUGAR-REG, PRO-PANCREAS or CHROMIUM GTF
- SUPER ALGAE - Has been known to lower blood pressure
- SKELETAL STRENGTH or HERBAL CA
- CORNSILK, HYDRANGEA or DANDELION - As a diuretic
- KRILL OIL or SUPER OMEGA-3 EPA

ESSENTIAL OILS: YLANG YLANG, LAVENDER, LEMON BIO, CLOVE BUD,
MARJORAM Avoid Rosemary

Blend #1: LAVENDER + YLANG YLANG or HELICHRYSUM

Blend #2: LAVENDER + LEMON + YLANG YLANG

PEPPERMINT - For peripheral blood pressure

NEROLI - A general heart tonic

DIET: Use STEVIA POWDER EXTRACT instead of sugar to lower blood pressure. Eliminate coffee. Reduce salt by replacing opened capsules of CAPSICUM & GARLIC w/PARSLEY. Drink plenty of lemon water.

OTHER: Being overweight can be an important factor; a weight loss program should be considered. Consider the kidneys and liver. Reduce water retention (edema).

See: *Circulatory System, Kidney, Liver, Weight Loss, Water Retention*

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