

Hypertension

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Hypertension is often referred to as high blood pressure or even just high BP.

We know that hypertension is affected by other conditions such as obesity, smoking, and intake of caffeine just to name a few. It's also more common for people who live with stress in their life to have high blood pressure. Unfortunately, hypertension can lead to more serious conditions such as stroke and cardiovascular disease. Did you know that cardiovascular disease is the number one killer of both males and females in the United States? Just think, if you can get your high blood pressure under control, half the battle is won. There is a way to do it without the side effects of other drugs.

In many cases there are no symptoms associated with hypertension, however the following may be indicators of high blood pressure and should not be ignored.

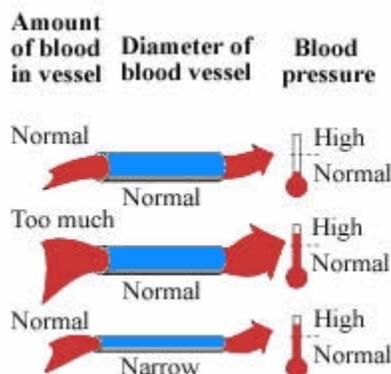
(Have you or a loved one had one or more of the following?):

- Nosebleeds
- Racing or Irregular Heartbeat
- Headaches
- Dizziness

Don't let your high blood pressure go unchecked, seek professional advice if you have or you think you may have high blood pressure.

Did you know that people with high blood pressure left out of control are 7 times more likely to have a stroke, 6 times more likely to have congestive heart failure and 3 times more likely to have a heart attack?

By helping the heart beat at a slower pace and with less force your blood pressure can drop and the heart does not have to work as hard. Many have found this increases their ability to exercise, which can be a tremendous benefit in reaching your blood pressure goals.



How blood flow and diameter of vessel affect blood pressure.

Herbal products that are known to help with high blood pressure;

Garlic Deodorized (10:1)

Garlic provides the body with protection against cardiovascular sluggishness and has platelet-inhibiting properties. Garlic is one of nature's most studied and helpful herbs. Scientific trials reveal that it can lower cholesterol and triglyceride levels, raise high-density lipoprotein levels (HDL, the good cholesterol), reduce the formation of plaque in carotid arteries and provide protection against aging in the all-important aorta—the cardiac blood vessel responsible for maintaining blood flow and pressure with every heartbeat.

Dandelion Leaf (10:1)

Dandelion is a natural diuretic that increases urine production by promoting the excretion of salts and water from the kidney. Dandelion is a rich source of vitamins A, B complex, C, and D, as well as minerals such as iron, potassium, and zinc. One advantage of dandelion over other diuretics is that it is a potassium-sparing diuretic and even a natural source of potassium, a nutrient often lost through the use of other natural and synthetic diuretics.

Hawthorn Berries (5:1)

Hawthorn dilates blood vessels and lowers blood pressure. Studies of people suffering from congestive heart failure found that they were able to do more aerobic exercise than a group who did not take hawthorn. Other studies of those with congestive heart failure found that hawthorn can reduce shortness of breath and improve heart function. Hawthorn has also been shown to increase peripheral circulation to the hands and feet. This reduces blood pressure and makes the heart's pumping easier. A German study found that hawthorn helped strengthen heart contractions in people whose heart problems stemmed from liver disease like hepatitis. When used for a long period of time (weeks or months), extracts of hawthorn dilate blood vessels, including vessels of the coronary system, giving better blood flow through the heart and throughout the body. Hawthorn also affects intracellular calcium levels in the heart muscle, resulting in improved cardiac function and lowered spastic cardiac conditions.

Linden

Linden flowers prevent spasms, lower blood pressure, prevent hardening of the arteries, relax your respiratory system. Linden also stimulates immune function.

Celery Seed (4:1)

Studies suggest that celery seed extracts may have activity to help lower blood pressure and cholesterol as well as protect the liver from damaging agents such as acetaminophen (also called paracetamol; an over-the-counter medication for pain and headache that can cause liver damage if taken in large quantities.)

Ginkgo Biloba Leaf (4:1)

Ginkgo improves peripheral blood flow and decreases platelet aggregation. Ginkgo has been shown to be effective in preventing atherosclerosis and reducing symptoms of claudication (pain in calf & thigh muscle after walking a certain distance).

Skullcap

Skullcap has been used for over two hundred years as a mild relaxant and has long been hailed as an effective therapy for anxiety, nervous tension, and convulsions. Because of its calming effects on the nervous and musculoskeletal system, it can be beneficial in preventing heart disease or limiting the damage following a heart attack.

Mistletoe

Mistletoe is known to possess hypotensive, cardiogenic, vasodilatory, antispasmodic, tumor-inhibiting, and thymus-stimulating activity.

Yarrow

Yarrow has anti-spasmodic and inflammation properties and is key to the synergy of the proprietary blend.

St. John's Wort

St. John's Wort has a calming effect on the system.

Valerian Root

Valerian is a European herb used for centuries as a calmative to treat nervous disorders, ease hypertension and calm hyperactivity. It's useful for symptoms associated with anxiety, panic attack, tension headache and insomnia.

Ginger

The high content of magnesium, calcium and phosphorus in ginger makes it useful for muscle spasms, depression, hypertension, muscle weakness, and gastrointestinal disorders. The high content of potassium in ginger can protect the body against bone fragility, muscle weakness, mental apathy and confusion, kidney damage, and damage to the heart. In addition to potassium's role in blood pressure regulation, it also regulates heartbeat. Ginger has a high content of antioxidants. This makes it a free radical scavenger. This means, it has antimutagenic and anti-inflammatory properties