

## Causes of Hypertension

In approximately 90% of hypertensive cases no apparent reason can be found for the elevated blood pressure. When this happens, it is called primary hypertension or idiopathic hypertension. When a reason for high blood pressure is identified it is called secondary hypertension. Possible reasons for secondary hypertension include:

- Arteriosclerosis (narrowing of the arteries due to plaque buildup on the arterial walls.
- Electrolyte imbalance (sodium, potassium, calcium and magnesium), excessive sodium intake and dysfunctional sodium mechanisms and transportation systems within the body.
- Endocrine issues: diabetes, insulin resistance, metabolic syndrome, hypothyroidism, aldosteronism, chronic stress, and adrenal issues and tumors.
- Kidney problems, renal disease
- Pregnancy
- Chronic exposure to lead

High blood pressure is often a symptom of other diseases and may progress along with them. These include arteriosclerosis, atherosclerosis, coronary heart disease, congestive heart failure, disorders of coagulation (stroke, hemorrhage, heart attack), immunity (inflammation, infection) and diabetes. These diseases can both cause high blood pressure and be aggravated by high blood pressure.

Other risk factors include: genetic predisposition, high cholesterol, smoking, obesity, elevated CRP, elevated homocysteine levels, diabetes, sedentary lifestyle, poor diet and aging.

## Dangers of Hypertension

High blood pressure when left untreated causes damage to the heart muscle, heart valves, kidneys, eyes, brain and capillaries. It can also make other diseases progressively worse.

Hypertension is a major contributing factor in the development of vascular sclerosis also called arteriosclerosis. This causes a thickening in the walls of the blood vessels and a loss of elasticity in the arterial walls. Increasing the risk of atherosclerosis, blocked arteries, heart attack and stroke. In fact, hypertension is a major risk factor for heart attack and stroke. It can also cause lung congestion due to blood backing up behind the heart (pulmonary hypertension).

Even mild hypertension when left untreated causes progressive organ damage and can cause death by heart attack, congestive heart failure or other types of heart disease.

**Work closely with your physician to monitor blood pressure levels.**

## Symptoms

- **Typically causes no symptoms until complications arise.**
- Nosebleeds
- Headaches
- Flushed Face
- Dizziness
- Fatigue
- Fluid Retention
- Lung Congestion
- Shortness of Breath (often a first symptom)
- Unexplained Coughing
- Tinnitus (Ringing in the ears)
- Nervousness
- Insomnia
- Blurred Vision
- Edema
- Arrhythmias

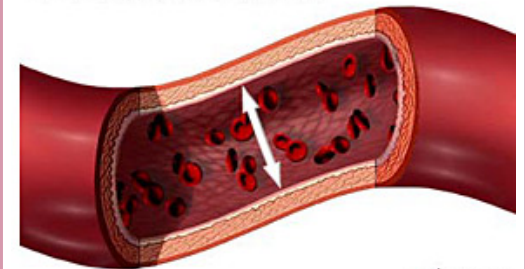
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## HIGH BLOOD PRESSURE

The Silent Killer

## Hypertension: What You Can Do About It

Blood pressure is the measurement of force applied to artery walls



ADAM

A common symptom of one or more underlying disease processes.

# NATURAL SOLUTIONS FOR HYPERTENSION

## Lifestyle Modifications

Perhaps the most important changes you can make to prevent or eliminate high blood pressure are lifestyle and dietary changes. These modifications are frequently more effective than medications for addressing borderline and mild hypertension and don't have side effects.

- Eliminate soft drinks, coffee and black tea, switch to green tea.
- Eliminate alcohol consumption
- Engage in regular exercise.
- Decrease stress levels, incorporate healthy coping techniques and stress relieving activities.
- Quit smoking
- Get 7 to 8 hours of sleep each night.
- Attain a healthy weight
- Monitor blood pressure regularly.

## Dietary Suggestions

Consume a healthy diet:

- Hydrate—consume 1/2 of body weight in ounces of water each day.
- Increase fiber intake.
- Eliminate sugar.
- Reduce saturated fats and eliminate trans-fats.
- Replace simple carbs with whole grains, legumes, raw nuts and seeds, fruits and vegetables.
- Colorful fruits and vegetables will boost antioxidant levels.
- Healthy fats, nut and seed oils, fish oil, omega-3's, and GLA.
- Reduce or eliminate animal products. Consider a modified vegetarian diet which includes fish.

## Important Nutrients

Individuals with high blood pressure are frequently deficient in these nutrients.

- Vitamin C—2 grams three times/day. Protective against cardiovascular diseases; strengthens capillaries; antioxidant; tissue repair; protects against blood clots; enhances immunity; reduces cholesterol levels, hypertension and prevents arteriosclerosis.
- Coenzyme Q10—200 to 300 mg/day. Reduces blood pressure an average of 18 mmHg over the course of 4 to 12 weeks possibly by mitigating other underlying disease processes. A potent antioxidant essential for heart health and energy production. Lowers cholesterol, and stabilizes vascular system.
- Essential Fatty Acids—GLA 460 mg/day
- Omega-3's—Individuals who do not consume fish on a daily basis should supplement with a minimum of 1 gram of fish oil per day. Be sure that fish oils are double or triple distilled and tested to avoid consumption of heavy metals and chemicals such as PCBs. Omega-3's help to prevent heart disease; reduce hypertension; reduce inflammation, fibrinogen, homocysteine, cholesterol, triglyceride and CRP levels; increase insulin sensitivity; and reduce the incidence of fatal heart attacks in those with well established coronary heart disease.
- B Vitamins—should always be used together, however much research has been done showing the beneficial effects of B6 on blood pressure. 5 mg/2.2 lbs of body weight per day over the course of four weeks has shown significant benefit on blood pressure levels. Extra B vitamins are also essential for those under stress, and has a profound effect on the nervous system.
- Vitamin E—Natural sources. 200-400 IU/day.

- Minerals (calcium (1 gram/day), magnesium (1 gram/day), potassium (500 mg/day)) food based sources are most effective. All critical for proper muscle function and health.
- Arginine—4500mg 3x/day.

## Herbs for Hypertension

- Garlic—a hypotensive and vasodilator. Reduces cholesterol levels. Reduces epinephrine (a vasoconstricting hormone), inhibits ACE activity, Boosts nitric oxide synthesis. (NO is a vasodilator reducing blood pressure and antispasmodic activity)
- Hawthorn berry (*Crataegus monogyna*) promotes coronary vessel dilation, and improves blood supply to the myocardium. A diuretic, hypertensive, vascular and cardiotonic.
- Linden (*Tilia platyphyllos*) considered specific for hypertension associated with arteriosclerosis and nervous tension. A relaxing general cardiovascular tonic useful for migraines, high blood pressure, and water retention.
- Nervines such as Valerian, Cramp-bark, Skullcap and Motherwort are also useful for reducing stress, promoting relaxation and supporting the nervous system all of which have a beneficial effect on the cardiovascular system.

## High Blood Pressure Tea

Boil 1 quart of water. Remove from heat, add 1 tsp each of hawthorn berries and flowers, ginger root, valerian root and motherwort leaves. Cover and steep 20 minutes. Strain and drink at least 2 cups per day.