

## **High Blood Pressure Managed Naturally**

	<u>Mild</u>	<u>Moderate</u>	<u>Severe</u>	<u>Very Severe</u>
DBP	90-99	100-109	110-119	>120
SBP	140-159	160-179	180-209	>210

Calcium > 1500-3000 mg/day

Magnesium > 750-1000 mg/day

Potassium > as directed on label

Selenium > 200 mcg/day

Deficiencies linked to high BP

Coenzyme Q10 > ↑↑ circulation (label)

Coenzyme A > works well with CoQ10 (label)

Garlic > ↓↓ BP (2 capsules 3x/day)

Essential Fatty Acids-black currant seed oil, flaxseed oil, olive oil & primrose oil

L-glutamic acid & L-glutamine > prevents heart disease (500 mg/day)

Vitamin E > improves heart function (100 IU/day add 100/month until reach 400 IU/day)

Cayenne, chamomile, fennel, hawthorne berries, parsley & rosemary > ↓↓ BP

Hops & valerian root > calms nerves

Suma tea > 3 cups/day

**Salt free diet:** Avoid foods with salt, soda, sodium or Na symbol.

**Avoid:** Accent, MSG, baking soda, canned vegetables, commercially prepared foods, ibuprofen, Advil, Nuprin, diet soft drinks, preservatives, sugar substitutes & soy sauce. Also avoid all animal fats, broiled white fish, skinless turkey & chicken in moderation. Avoid alcohol, caffeine & tobacco.

**Foods:** apples, bananas, broccoli, cabbage, cantaloupe, eggplant, garlic, grapefruit, green leafy vegetables, melons, peas, prunes, raisins, squash & sweet potatoes.

**Fiber:** oat bran, brown rice, buckwheat & millet.

**Fresh juice:** carrot, celery, currant, cranberry, citrus, parsley, spinach, watermelon & beet.

Keep you weight down > Fast 3-5 days month.

Regular light to moderate exercise.

\*Always consult with your doctor/chiropractor before starting any health related program.