

Reducing Blood Pressure Naturally

It's estimated that one in three adults in the US have high blood pressure. Doctor's most frequently diagnose it as essential hypertension, the exact definition of which is: "elevated blood pressure of no known cause." That probably sounds more professional than: "your blood pressure is high, and we don't have the faintest idea why." But it means the same thing.

Blood pressure readings are expressed as two numbers, like 120 over 80. The first number, the systolic pressure, is the pressure when the heart contracts. The second number, or diastolic pressure, is the pressure when the heart relaxes. While many believe that 120/80 is ideal, blood pressure usually rises some with age and a reading of 140/90 for a 70 year old is in the high-normal range and probably no cause for alarm.



Wrist cuff BP monitors are helpful but not always the most accurate

The primary function of our blood is to deliver oxygen to our muscles and organs. If our blood vessels narrow with age, injury, or stress, oxygen delivery is reduced. Our body's innate wisdom then ups our blood pressure attempting to deliver a consistent volume of blood, attempting to keep oxygen levels up.

Doctors most commonly treat hypertension with prescriptions that can have a myriad of negative short and long-term side effects. Weakness, leg cramps, fatigue, cold hands and feet, erection problems, insomnia, and dry cough are common side-effects of many of the prescription blood pressure meds. One class of these drugs are beta blockers that reduce the force with which the heart pumps. This reduces the amount of blood pumped and therefore oxygen to the organs is reduced – not good!

When treating and preventing hypertension, one-size definitely doesn't fit all. Some formerly overweight customers said they've reduced blood pressure 20-30 points simply by losing weight. Some have reduced it significantly doing 30 minutes cardiovascular exercise three or more times a week. Others rely on natural supplements to stay safe. Some do all three. There are many ways to create natural balance in our body systems.

The most impressive blood pressure reductions I've witnessed have been achieved by engaging in **relaxation-response breathing & mind techniques** (often associated with yoga, meditation, or tai chi) that focus on stress reduction, relaxation, and balance.

Natural dietary supplements have been proven to help reduce blood pressure. Natural approaches will likely require more time to show results than prescriptions - generally one week to three months should be sufficient to know if they are working. Prescriptions may begin to show results in as little as a few minutes.

Studies have shown significant decreases in both systolic and diastolic blood pressure among people with hypertension after taking a magnesium supplement for just 12 weeks (customers report reductions in as little as a few days). The only major negative from too much magnesium is that it can be laxative. However, the



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laxative effect varies with the type of magnesium and there are ways to further diminish that effect.

The herbs horse chestnut and butchers broom can increase the strength and elasticity of the blood vessels and valves which can help take strain off the heart. The herb hawthorn has been shown to dilate coronary arteries, strengthen the heart contractions and reduce blood pressure. Coenzyme Q-10 has also been clinically proven to reduce blood pressure. Customers report that combinations of natural blood pressure reducing supplements often work quite well. The **Heart Response formula from Source Naturals** is a great combination.

Sun exposure can reduce blood pressure. The nitric oxide stored in the skin reacts to sunlight and causes blood vessels to widen as the oxide moves into the bloodstream. That lowers blood pressure. The combination of natural amino acids L-Arginine and L-Citrulline can increase your body's nitric oxide production and help reduce blood pressure.

Dr. David Brownstein, the award winning Medical Director of the Center for Holistic Medicine in West Bloomfield, MI, has proven conclusively that **reducing salt intake seldom if ever reduces blood pressure more than a few points.** Shifting your potassium, sodium, and magnesium balance with informed food choices is likely to produce better results (see Sunshine newsletter December 2017).

Before committing to a lifetime of toxic blood pressure medications you'd be wise to try one or more of the far healthier natural alternatives for maintaining cardiovascular health.



Lower Blood Pressure Without Side-Effects

Denny's Success Story

Blood pressure prescriptions made him feel terrible

77-year-old Denny Curle from Grants Pass is a familiar face to many. He is a PGA certified golf instructor and also ran the very successful Tee Time restaurant that was across the street

from Sunshine in the 90s and early 2000s.

Last year Denny's blood pressure began to creep up and often measured in the 150/100 range. **His doctor prescribed meds but Denny did not like the side-effects at all.** He felt lethargic, groggy, and low energy and also had "cotton-mouth." Denny said: "I just felt generally unwell when taking the medications."

Denny came to Sunshine looking for safe, natural blood pressure help. He was shown **Ionic Fizz Magnesium from Pure Essence** and decided to give it a try. This formula is a synergistic blend of magnesium, potassium, vitamins and important trace minerals and has helped 100s of Sunshine customers to feel better.

The Results: After 2 months of taking a small dose twice a day **Denny's blood pressure is now around 130/78.** The side-effect he really appreciates is that in high pressure situations out on the golf course the magnesium helps him to stay calm & knock down those birdie putts.

Magnesium is involved in at least 300 different processes in the human body. Unfortunately nutritionists estimate that 80% of Americans may be magnesium deficient. **Ionic Fizz Magnesium** can help provide relief for: stress, anxiety, leg cramps, elevated blood pressure, insomnia and a lot more. Suitable for all age groups, including kids who may not eat enough fruits and vegetables. **Ionic Fizz Magnesium** is a superb electrolyte replacement system and highly bio-available.

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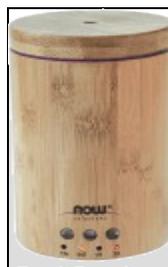
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