

Hypertension

Patient Information Sheet

Causes & Mechanism of the Disease

Hypertension (elevated blood pressure) is a serious condition that affects 1.13 billion people worldwide. It is defined as average systolic blood pressure above 140, diastolic blood pressure above 90 or both. It greatly increases the risk of heart attack or stroke.

What is hypertension?

It is a condition in which the pressure in the blood vessels is higher than it should be.



Obesity and dietary factors such as high saturated fat, low essential fatty acids, caffeine, low fiber, high sugar, high sodium, low potassium, low calcium and low magnesium greatly contribute to the disease. Lifestyle factors which contribute to the disease include: chronic stress, lack of exercise, alcohol intake and smoking. Endocrine imbalances such as overstimulation of the adrenal gland with a resultant increase in aldosterone production may also be implicated.

Many people with hypertension experience either no symptoms or mild headache. In serious cases, symptoms may include severe headaches, increased heart rate, confusion, nausea, visual problems, fatigue, and seizure.

Suggested Dietary & Lifestyle Modifications

- Eat a predominantly vegetarian diet based on vegetables, fresh whole fruits, whole grains and legumes.
- Include celery, garlic, onions, broccoli, and leafy greens in the diet daily.
- Organically grown fish or poultry eaten in moderation is preferable to red meat. Salmon is especially rich in Omega 3 fatty acids which are useful in the management of hypertension.



- Limit salt intake.
- Avoid foods high in saturated fat (butter, cream, cheese, fatty meats).
- Drink plenty of fluids (mostly purified water with fresh squeezed lemon juice added if desired).
- Limit dairy consumption (substitute rice or almond milk for cow's milk).
- Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners. Stevia is OK.
- Limit **refined** carbohydrates (sugar, white flour, white rice).
- Consume correct amount of calories to maintain a healthy body weight.
- Learn to manage stress.
- Walk for 30 minutes at least 3 times per week. When possible, add the following to your walks to increase the health benefits:

Speed bursts (alternate moderately paced walking with short, faster-paced intervals).

Plyometrics (bounding, jumping, and skipping moves). Choose a walking area with slopes and hills.



Supplements That May Be Beneficial

- Ultra Preventive Capsules or Ultra Vites (high potency multi vitamin & mineral supplement)
 - PhytoCalm (california poppy, motherwort, melissa)
 - Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs w/Lavender, Petitgrain, Bergamot EOs)
 - Ultra Omega-Linic (salmon oil, black currant oil, vitamin E)
 - Ultra Cal-Mag Chelate*
 - Custom tincture and essential oil blends as recommended by a trained Endobiogenic Consultant
- **Large amounts of supplemental magnesium may cause diarrhea. Reduce dose if diarrhea occurs. Individuals with kidney insufficiency should not take magnesium supplements.*

Complementary Treatments That May Be Beneficial

- *Tranquility, Serenity, Nite-Cap, Courage, or Composure* Essential Oil Combinations

- place a few drops on a handkerchief and inhale
- use in a diffuser
- dilute a few drops in a natural lotion and massage on feet, legs and neck

- Massage Therapy
- Chiropractic care
- Relaxation & meditation techniques



- Deep breathing exercises
- Yoga
- Tai Chi
- Qi Gong
- Acupuncture or Acupressure



Note: Systolic blood pressure over 160, diastolic blood pressure over 115 or both is considered severe. Seek the advice of a medical doctor immediately. This information is designed to be used in conjunction with the services of a qualified healthcare practitioner. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. Patients with cardiovascular disease or other chronic diseases should undergo a medical evaluation before initiating any exercise program more vigorous than walking.

References:

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