

# High Blood Pressure

## Harmony & Health

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Quality Products for Health

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**Important Deciding Factors:** High blood pressure is a symptom of other problems. The heart pumps blood throughout the body and when the blood flow is restricted in some way, the heart has to beat harder which raises the blood pressure. Some reasons why the heart might be working harder:

1. *Hardening of the arteries* is caused by plaque obstructing the flow of blood in the vessels. Use **Mega-Chel** to help clean the plaque out of the arteries.
2. *Vasoconstriction* is when the blood vessels tense and reduce the flow of blood. There are several causes of this and specific remedies for each.
3. *Stress* causes the heart to beat harder and blood pressure to rise. **NutriCalm** might be helpful for dealing with the stress.
4. *Caffeine, chocolate, sugar and alcohol* are stimulants that increase stress responses and raise blood pressure.
5. *Magnesium deficiency* can cause muscle tension, including the heart. **Magnesium** helps muscles relax.
6. *Water retention and poor kidney function* put pressure on the blood vessels causing blood pressure to rise. Reduce excess salt consumption. Try **Chinese Kidney Activator**.
7. *Excess weight* increases blood pressure because of more blood vessels to pump blood through.

### Some Products to consider:

- **Rejuvenaid** is a Nitric Oxide Generator which can aid cardiovascular and heart health function while increasing exercise capacity and stamina. It improves gut (microbiome) health and related immune function. May be helpful with healthy blood pressure and erectile dysfunction as it improves blood flow.
- **Blood Pressurex** supports the structure and health of blood vessels and encourages optimal peripheral blood flow. It contains antioxidants that help protect blood vessels while maintaining healthy blood pressure.
- **Capsicum & Garlic with Parsley** helps with circulation and stimulates kidney function.
- **Co-Q10** is an enzyme with the ability to lower BP by decreasing oxidative stress and insulin response .
- **Olive Leaf** may help lower blood pressure, relieve arrhythmias & increase blood flow in the coronary arteries.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Help Your Body Stay Healthy with Natural Remedies.*

