

# High Blood Pressure

## Harmony & Health

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Quality Products for Health

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High blood pressure is a symptom of other problems, so though medication can help control and prevent serious complications, such as a stroke, it is still wise to dig deeper to address the root cause.

The heart pumps blood throughout the body and when the blood flow is increased or restricted, the heart has to work harder which raises the blood pressure.

Some reasons include:

- Hardening of the arteries caused by plaque obstructing the flow of blood in the vessels. Use **Mega-Chel, OCM, &/or EDTA** to help clean the buildup out of the arteries.
- Vasoconstriction is when the blood vessels tense, reducing the flow of blood; a good place to start is **Power Beets**, which boosts nitric oxide, enhancing blood flow for energy, exercise, stamina, and mental alertness. Supports healthy blood pressure, cardiovascular function and daily performance
- Stress causes the heart to beat harder and blood pressure to rise. **NutriCalm or Stress Relief TCM** might be helpful; also work to find ways to reduce the stress overall.
- Caffeine, chocolate, sugar and alcohol can increase stress responses and raise blood pressure.
- Magnesium deficiency can cause muscle tension, including the heart. **Magnesium** helps muscles relax.
- Water retention and poor kidney function put additional blood volume & pressure on the blood vessels causing blood pressure to rise. **Kidney Activator**, parsley, & celery seed can ease fluid retention.
- Excess weight increases blood pressure because of more blood vessels to pump blood through, thus working to achieve a healthier body weight is wise. .

**Additional Products to consider:**

- **Blood Pressurex** supports the structure & health of blood vessels and encourages optimal peripheral blood flow; helps 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 help lower BP by decreasing oxidation & increasing the energy in the heart muscle. Essential to take, if you are taking a 'statin' cholesterol medication.
- **Olive Leaf** may help lower blood pressure, relieve arrhythmias & increase blood flow in the coronary arteries.
- **CardioAssurance** - Resveratrol, a plant-based polyphenol, blend to help maintain healthy blood vessels & promotes/protects circulation.
- **Super Omega 3's/Fish oil** -particularly effective at reducing what's known as systolic blood pressure, the "top number" that shows the pressure blood exerts on artery walls when the heart beats.
- **Magnesium** - arterial smooth muscle requires calcium for contraction, hence, the widespread use of calcium channel blockers. Magnesium opposes the effects of calcium by relaxing the arterial muscle.

**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.



*Building Better Health Naturally*