CONTROL YOUR
Blood Pressure
Naturally

“The most effective way to naturally lower your blood pressure!”

www.BloodPressureSolution.com

Dr. Marlene Merritt, LAc, DOM(NM), ACN

©2015 Primal Health L.P.
Dedication

My personal mission to help millions of people enjoy better health and fitness can be traced back to when I was 19.

When I was 19 and in college, I was diagnosed with a heart condition that had caused damage to one of my valves. I had to quit the cycling team because I had chest pain and shortness of breath just walking up stairs, never mind riding my bike in a race! And then I just suffered with that for 15 years.

But when I was 35, I went to go see a different type of doctor, one who was actually interested in nutrition. And he told me that I had chest pain and shortness of breath because my heart tissue was malnourished. And he taught me what to do and how to eat to help my heart. And a year later, I rode my bicycle across the United States in 26 days. That’s averaging 135 miles a day, and while it was the hardest thing I’ve ever done, it would never have been possible if someone hadn’t started talking to me about what ELSE I could do besides take medication that wasn’t really helping. Nutrition changed my life, and I’m hoping it will change yours too.

So, I am dedicating this book to everyone who wants some choices in their healthcare, and to my Mom, who was the first person who taught me to think outside of the box.

Dr. Marlene Winter 2015
Contents

Introduction ................................................................. 4

Chapter 1: A Silent Epidemic ........................................ 5

Chapter 2: The Hidden Dangers of High Blood Pressure .......... 6
  Breaking Down Blood Vessels .................................. 6
  Hurting Your Heart ............................................. 7
  Killing Your Kidneys ........................................... 8
  Brain Damage ................................................... 8
  Problems in the Bedroom ....................................... 9
  Eye Opening Issues ............................................ 9
  Bad to the Bone ................................................ 9

Chapter 3: Understanding Blood Pressure .......................... 11
  What Is Blood Pressure? .................................... 11
  What Do The Numbers Mean? ............................... 11
  How Can We Change Our Blood Pressure? ................. 12

Chapter 4: Common Causes of High Blood Pressure .............. 15

Chapter 5: The Healthcare Industry’s Answer to High Blood Pressure .............. 17

Chapter 6: The Blood Pressure Solution: Naturally Lower Your Blood Pressure .... 20
  Category 1: Dietary Adjustments .............................. 21
  Category 2: Smart Supplementation .......................... 28
  Category 3: Reducing Body Fat ............................... 38
  Category 4: Exercise ........................................... 39
  Category 5: Stress Reduction ................................. 42
  Category 6: Eliminating Toxins ............................... 50

Chapter 7: The Blood Pressure Solution: Implementation Plan .................. 56
Introduction

On behalf of the entire Primal Health team, I want to thank you for purchasing the Blood Pressure Solution!

This guide is more than just a collection of commonly found advice; instead it is a system that works together to tackle high blood pressure holistically and from many different angles. By attacking many of the underlying causes of high blood pressure at once, you will create a synergistic effect that will dramatically elevate your health and help you regain normal blood pressure readings.

There is something else that is different about this guide as well. This guide was built out of necessity.

Let me be clear: if you are suffering from extremely high blood pressure readings I am not suggesting you avoid your doctor!

However, what I am suggesting is that you give this program a try. It really works and isn’t suggesting anything weird or odd. It’s hardly controversial, and honestly, it’s very effective. The name of the game is to remove the things that increase your blood pressure, and incorporate the things that naturally lower your blood pressure. It’s pretty simple, really.

Now, I don’t know if you bought this book because you wanted to yourself, or if you had someone like my mom pushing you to take a serious look at your health, and find out what was wrong. Either way, we are going to begin with the assumption that you have either been recently diagnosed, or feel pretty confident that you have pre-hypertension or high blood pressure.

Before I begin teaching you how to naturally lower your blood pressure, I want you to fully realize just how serious having high blood pressure really is.

Unfortunately, most people never find out until it’s too late.
CHAPTER 1
A Silent Epidemic

High blood pressure has been called the ‘silent killer’. This is because much of the damage it causes to your cardiovascular system, brain, kidneys, and other organs does not immediately present any noticeable signs such as pain or discomfort. Instead, the insidious nature of high blood pressure works silently to undermine your health with devastating consequences.

Did you know that high blood pressure (hypertension) is indicated as either the primary or contributing cause of death for over 1,000 deaths per day in the United States alone?

Did you know that high blood pressure is the leading cause of stroke? Did you know that high blood pressure is a major cause of heart attacks?

Research shows us that about 69% of people who have a first heart attack, 77% who have a first stroke, and 74% who have congestive heart failure, also have high blood pressure.

In the United States, over 31% of the adult population has high blood pressure. That’s 1 in 3 adults! That works out to around 78 million people, and the research confirms that only about half of them have their high blood pressure under control.

What’s even more alarming is the fact that another 30% of the U.S. population suffers from prehypertension. This means that their elevated blood pressure readings are not yet high enough to make a diagnosis of full-blown hypertension. However, the diagnosis of prehypertension should be taken as a serious warning. Without immediate dietary and lifestyle changes, they will be facing the development of hypertension in the near future.

All told, around 160 million U.S. adults are suffering with a condition that, when uncontrolled, can lead them to having a stroke, heart attack, kidney damage, and even brain damage.

As you can see, not only is high blood pressure a silent killer...but it has also become a silent epidemic.

References:

Perhaps the most insidious thing about high blood pressure is that fact that it presents almost no symptoms that you can readily identify. Instead, it silently works to undermine your health from the inside out...often with devastating consequences.

In fact, the list of life-threatening conditions that are directly caused by high blood pressure is stunning.

**Breaking Down Blood Vessels**

Perhaps the greatest damage that high blood pressure does is to damage the vessels that move the blood around your body. This is a critical transport system that delivers oxygen and nutrients, and takes away carbon dioxide and wastes.

In particular, high blood pressure affects the arteries. These are the vessels that take blood away from the heart to deliver oxygen and nutrition. They are under a higher amount of pressure than that of the veins, which take blood back to the heart.

Having constantly high pressure causes the cells that make up the inside of your blood vessels to become damaged. They can actually become hardened. You might think at first that this makes them stronger, but it actually makes them weaker.

The tissue of the blood vessels needs to be elastic so that it can stretch when pressure increases, and go back to its original shape when pressure decreases. But when arteries become hard, they can’t expand and contract.

*When you consume a lot of high processed foods, and your diet includes foods containing flour, sugar, and any of those manufactured ‘food-like’ ingredients, it causes inflammation which ultimately leads to blockages in your arteries.* Because this system delivers blood to all parts of the body, blockages can cause many of those parts to receive reduced amounts of nutrition and oxygen. Eventually blockages can lead to heart attacks, a condition where the heart doesn’t get enough oxygen and tissue actually dies.

It’s important to note that it isn’t just a high sugar diet that is the cause of blockages in your arteries. Rather it is the combination of processed foods, which have processed oils as well as high sodium, which results in the killer combination. In fact, recent studies show that a diet with higher healthy fat content, as long as
processed foods are removed from the diet, can help bring a person’s overall health markers back into normal ranges.

Uncontrolled high blood pressure contributes to stroke in two ways. First, high blood pressure weakens blood vessels. These weakened blood vessels can develop aneurisms, areas of weak walls in the arteries that balloon out. And like a balloon, as it increases in size the walls become thinner and the pressure becomes greater until it pops. But while the popping of a balloon simply causes an unpleasant noise, the popping of an artery in your brain causes a stroke, a potentially deadly event in which part of your brain is deprived of oxygen and nutrients, causing brain cell death. The second way that high blood pressure increases the likelihood of a stroke is by causing blood clots to form in the arteries leading to the brain. These blood clots prevent oxygen and nutrients from reaching the brain, which causes a stroke.

Another cause of strokes is unstable plaque. This means that when you have the dangerous combination of high blood pressure and plaque that is fragile, a piece can break off and lodge somewhere where it blocks blood flow, like in your heart, or in your brain or in your kidneys. Everyone has some plaque (even kids!) but as we age and eat badly, that plaque can become unstable.

If all this sounds pretty scary, it should. Heart disease and stroke are the number one killers of both men and women, higher than any cancers or other illnesses. This isn’t something to be taken lightly.

Hurting Your Heart
While we’ve discussed how heart attacks can happen when arteries are damaged, there are some other problems caused by high blood pressure that can affect the heart.

When your heart is constantly under arterial high blood pressure, it has to work harder. This constant wear and tear on the heart can cause it to simply get weak, and wear out.

Even if you don’t have a heart attack, you can still suffer from heart failure. As the heart becomes weaker, it’s not able to pump nutrients and gases to the tissues, and this begins to affect all systems of the body.

If you have had a heart attack that’s damaged your heart, this progression into heart failure can happen even faster. This greatly increases your risk of future heart attacks and heart failure.

You can also have problems specifically affecting arteries that supply blood to your heart, called the coronary arteries. Unlike most arteries that leave the heart to bring blood to the rest of the body, coronary arteries are responsible for ensuring a sufficient supply of oxygenated blood to the heart.

If they become hardened or blocked, they can cause your heart to perform at a lower rate, and even cause a heart attack. They can also cause you to have an irregular heartbeat or chest pain.
Normally your heart is about the size of your fist, but when you have high blood pressure you can suffer from an enlarged heart on one side. The left side of your heart is responsible for delivering blood to the rest of the body.

When you have high blood pressure, this side can get harder and larger, as well. An enlarged heart is not as efficient as a heart that’s the normal size for your body. This can increase your risk of a heart attack and heart disease.

**Killing Your Kidneys**
Your kidneys are also greatly affected by having high blood pressure. Many people don’t know that these organs help to regulate your blood pressure by decreasing or increasing the fluid in your blood.

When you have high blood pressure, your kidneys can actually develop scars. Within your kidneys are millions of tiny blood vessels that become damaged when they’re exposed to constant high pressure.

As they become scarred, they’re less able to do their job of filtering blood. This can cause your body to not be unable to filter waste properly, and can lead to kidney disease.

You can also have an aneurysm in the blood vessels of your kidneys. This type of aneurysm is very deadly due to the amount of blood that travels through your kidneys. Because your entire blood supply passes through them, you could die from massive internal bleeding.

Finally, you may develop kidney failure. Kidney failure is the inability of your kidneys to filter waste either because of damage to the large or the small arteries that deliver blood to them.

When this happens you may have a buildup of toxins, as well as swelling, due to an increased amount of bodily fluids. Over time you may require dialysis. This is a necessary procedure that involves removing the blood from your blood, and then filtering it through a machine, which is then sent back to the body.

*Ultimately, having kidney failure may result in the need for having a kidney transplant. However, the list for this is very long, and the poorer your overall health is, the less likely you are to get an organ transplant.*

**Brain Damage**
High blood pressure is also very bad for the brain. As we already discussed, high blood pressure puts you at increased risk of stroke. The effects of a stroke can include paralysis, memory loss, and even death.

However, there are other problems associated with high blood pressure. For example, people with high blood pressure are at a greater risk for dementia. This can come as a result of not having enough oxygen being delivered to the brain.
You can also have impairment to your brain that keeps you from being able to process information. The earlier in life that you begin to experience high blood pressure, the greater the damage will become as you age.

**Problems in the Bedroom**
One of the most common causes of erectile dysfunction in men is high blood pressure. High blood pressure affects all the blood vessels in the body and can decrease flow to the penis.

But if you are a woman, don’t think that you’re off the hook. Women also rely on strong blood flow to the vaginal area for sexual arousal and satisfaction. So both men and women should be aware of this issue so that both sexes are able to identify and prevent any problems of this nature.

In fact, treating high blood pressure often eliminates the need to take drugs, such as Viagra, for sexual dysfunction. Your best bet for good sexual health is maintaining good heart health.

Difficulty sleeping is another factor to consider. Studies note that high blood pressure and sleep apnea go hand in hand. Sleep apnea keeps you from getting enough sleep, and actually puts you at risk for heart disease and other problems.

**Eye Opening Issues**
Your eyes are also very sensitive to changes in your blood pressure. The blood vessels of the eyes are very small and fragile, and are particularly vulnerable to being damaged as a result of having high blood pressure.

When the retina is not correctly supplied with blood, it can become damaged. You can have blurred vision, or even a complete loss of vision, when blood pressure goes unchecked.

If you also have the secondary condition of diabetes, you’re particularly at risk for this type of problem. Diabetes and high blood pressure greatly increase your risk of eye disease and loss of sight.

Additionally, you could face blockage in the blood vessels leading to your optic nerve. This, too, can lead to permanent blurred vision, and even blindness. So it’s critical that you pay attention to your blood pressure to maintain good vision.

Finally, ongoing high blood pressure can cause a buildup of fluid in your eye. The excess pressure this creates can cause damage and scarring inside the eye, which can lead to permanent vision deterioration.

**Bad to the Bone**
You might be surprised to know that you can even suffer from bone loss as a result of problems with your blood pressure.
As calcium leaves the bones and enters the bloodstream, bones can be left weak and brittle. This increases your risk for both osteoporosis, as well as a greater risk of broken bones due to injury. In fact, most hip fractures in seniors are actually a result of bone disease.

While men can suffer from osteoporosis, women are generally more at risk after menopause. It is important to keep track of your blood pressure, and take corrective action whenever necessary.

References:


CHAPTER 3

Understanding Blood Pressure

Before you can fix something, you have to understand how it works. Blood pressure doesn’t have to be a mystery. In fact, solving the riddle of high blood pressure is really more of a mechanical problem than anything else. In the following chapter I’ll explain what blood pressure is, and show you the seven blood pressure levers that we can manipulate in order to naturally control our blood pressure.

Follow along, and you’ll see what I mean....

What Is Blood Pressure?

With all the numbers you have to keep track of, you may be a bit confused about the biological importance of maintaining proper blood pressure levels, and what exactly those numbers represent. Quite literally, the numbers associated with your blood pressure readings indicates the exact amount of pressure being exerted on the walls of your blood vessels, as your blood flows throughout your body, at any given time.

Your blood vessels are basically a set of interconnected tubes, of which you have two types. The first are your arteries, which carry oxygen rich blood from the heart to your organs and cells. The second are your veins, responsible for carrying your blood back to your heart again.

When we talk about blood pressure, we are referring to the amount of force created as your blood is rushing through your arteries. It is important to know how much pressure is being created, as this determines how to properly regulate the force required to keep your arteries open. The process works much like the way water runs through a garden hose. The amount of force created by the water as it flows through the hose determines whether or not the hose stays open and taut.

If your blood pressure is too low, blood can’t be transported properly to all the cells of your body. If it’s too high, you’re at risk for heart disease and even stroke. This is why it’s important to keep your blood pressure within the normal range to maintain optimum health.

What Do The Numbers Mean?

When your heart is at rest, your blood pressure is lower. This is the diastolic pressure, represented by the bottom number of your blood pressure reading. Ideally, you want this number to be close to 80.
A your heart begins actively pumping, this creates more pressure on the walls of your blood vessels. The amount indicates your systolic pressure, which is represented by the top number of your blood pressure reading. You want this to be close to 120.

Again, these numbers are the actual measurements of pressure being applied to the blood vessel walls. Your healthcare provider can take your blood pressure using a special cuff and instrument called a sphygmomanometer. You can also check your own blood pressure using digital machines that are often located in your local pharmacy, or even purchase one for yourself to keep at home.

Having high blood pressure one time isn’t a big problem. Stress, infections, and activity can cause changes in blood pressure. But taking consistent readings when you’re at rest will give you a picture of your overall blood pressure, and if it’s consistently high, you need to pay attention.

The bottom number is the one you need to pay the most attention to. It’s not as likely to fluctuate with other changes in the body. But when the bottom number is high you’re more at risk for problems.

**How Can We Change Our Blood Pressure?**

Going back to the example of a garden hose, let’s think about what factors could have an impact on the pressure inside the hose as water is flowing through it.

This will give us a clue as to how we plan to control your blood pressure. A garden hose is simply a flexible tube, much like a blood vessel. In our example, let’s assume we have a pump on the end of the garden hose that is going to rhythmically push the water through the hose, just like your heart pushes blood through your blood vessels.
Now, the identifiable variables that have an impact on the pressure being put on the interior walls of the garden hose are:
1. The amount of water flowing inside the hose. The more water that's flowing, the higher the pressure.
2. The viscosity of the water. This means how freely it flows due to its thickness or thinness.
3. The force of the pump pushing the water through the hose
4. The rate at which the pump cycles and pushes water through the hose
5. The flexibility of the hose walls to expand, thereby creating more interior space inside the hose
6. The external pressure being applied to the outside walls of the hose
7. Any blockages or deposits inside the hose that reduce its interior space.

Believe it or not, these are the same seven variables that we can begin to manipulate within our own bodies through the proper use of diet, exercise, certain natural supplements, and even some simple lifestyle changes. Let me restate these same seven variables in terms that apply to blood pressure, which I call the Seven Blood Pressure Levers.

The Seven Blood Pressure Levers:
- The amount of blood inside our blood vessels
- The viscosity of our blood (how thin or thick it is impacts how easily it flows)
- The strength of our heart (our pump)
- The rate of our heartbeat
- The flexibility, or ability for our blood vessels to relax and be less tense
- The reduction in external pressure on our blood vessels via weight loss
- The reduction of any blockages within or blood vessels

These seven variables are the key to knowing the ‘What’ of lowering your blood pressure. In fact, these same seven variables are exactly the same seven methods that modern medicine focuses on with its medicines. However, prescription medication can often come with devastating and unpleasant side effects. But we will cover more on that later.
References:


Your blood pressure can fluctuate to some degree, even when you just walk into the doctor’s office, especially if you’re nervous. But it won’t change too much unless you’ve been suffering from one of the conditions that is highly correlated to having high blood pressure.

Also, your blood pressure might naturally begin to increase as you age, because your blood vessels become more rigid and inflexible.

**Below are some other common factors:**

- Overweight individuals have more instances of hypertension.
- Changing hormones can affect your blood pressure levels.
- Genetics play a role in whether or not you have hypertension.
- Stress and anxiety can cause spikes in your blood pressure.
- Diabetics experience more instances of high blood pressure.
- Too much salt (sodium) is a contributing factor to high blood pressure readings.
- The shape of your blood vessels will help or hurt your blood pressure.
- If your kidneys are in bad shape, this can cause high blood pressure.
- Smokers receive a diagnosis of hypertension more often than non-smokers.
- Overloading on alcohol can cause high blood pressure readings.
- A potassium deficiency or vitamin D deficiency can contribute to hypertension.
- African Americans tend to have a higher risk of hypertension.

The medical community classifies high blood pressure, or hypertension, into broad categories - Primary and Secondary Hypertension.

Secondary hypertension is when high blood pressure are caused by a specific medical condition, like kidney disease.

Primary hypertension is diagnosed when doctors are unable to determine a specific medical condition that could be to blame for your high blood pressure. This is the case in almost 90-95% of the people diagnosed with high blood pressure.

Instead, what it points to is something I call Lifestyle Induced High Blood Pressure.

This is simply a case of high blood pressure that was brought about due solely to poor lifestyle choices.
While this might make you feel a little down at first, this is actually great news!

This means that you are in complete control of your blood pressure. Having high blood pressure came as a result of specific choices you’ve made along the way. But now you will understand how to make better choices, and how those choices will allow you to achieve better results. By appropriately modifying your lifestyle, you can get rid of high blood pressure, and avoid all the negative health issues that come with it.

References:

However, this doesn’t mean that you can’t do anything about your high blood pressure.
So let’s say you were recently diagnosed with high blood pressure. For most people this usually occurs during a routine office visit with your family doctor, or maybe you visited a local health fair and found out that your blood pressure was too high.

As I mentioned before, you should always monitor your blood pressure readings for a period of a week or so to determine the average of your blood pressure readings. A single high reading isn’t usually a cause for alarm unless it is dangerously high and requires immediate medical attention. But let’s say you monitored your blood pressure for a few days and found that you were indeed reading high.

During your visit to your doctor you were probably told to stop eating salt, exercise more, and get on a few specific medications.

_Let me be clear...some people need to be on prescription drugs to control their high blood pressure. However, many people do not and can control their high blood pressure without the need for prescription drugs, which are not only expensive but often come with unpleasant side effects._

A treatment plan will often include an ACE inhibitor and a beta-blocker along with other medication that are adjusted to the individual patient’s needs.

_Here is a list of the most common high blood pressure medications, traditionally prescribed by the medical community:_

**ACE Inhibitors: How they work:** This type of drug blocks the creation of a specific chemical in your body that causes your blood vessels to constrict. The result is that without this chemical, your blood vessels relax and allow blood to flow more easily than before.

_Side effects include:_ hypotension, an irritating dry cough, headache, dizziness, fatigue, nausea, and renal impairment.

**Alpha Blockers: How They Work:** Alpha-blockers also help with relaxing the blood vessels so that blood can flow more easily.

_Side effects include:_ dizziness from rapid decreases in blood pressure, headache, pounding heartbeat, nausea, weakness, and weight gain.
**Beta Blockers: How They Work:** Beta-blockers work by blocking naturally occurring epinephrine, also known as adrenaline. This has the effect of keeping your heart rate slower and pumping with less force, thereby pushing less blood through your system and lowering blood pressure.

*Side effects include:* fatigue, cold hands, headache, upset stomach, constipation, diarrhea, and dizziness.

**Diuretics: How They Work:** Diuretics work by causing your body to get rid of water. This has two effects that are important to lowering blood pressure. First it reduces the volume of blood in your blood vessels (blood is made up of about 50% water), which creates less pressure inside your blood vessels. Second, as the fluid is being released out of your body it takes with it much of the salt, as well. This also helps to reduce blood pressure.

*Side effects include:* Unfortunately a diuretic cannot distinguish between good minerals in your bodily fluid so it also flushes out many of the beneficial minerals such as potassium. Other side effects include weakness, muscle cramps due to flushing potassium out of your system, dizziness, blurred vision, headache, fever, sore throat, ringing in ears, skin rash, nausea, even heart palpitations.

**Vasodilators: How They Work:** Vasodilators work by opening up or dilating your blood vessels, creating more interior room for proper blood flow. This lowers the pressure inside the blood vessel due to the extra room created when the blood vessel expands.

*Side effects include:* rapid heartbeat, headaches, dizziness, nausea, vomiting, bloating, sore throat, joint pain, swollen feet or legs, flushing, swollen lymph nodes, fever, skin blisters, or itching.

As you have probably realized, these medications try to manipulate all seven of the exact same variables that we identified in the first part of this book.

These are the very same variables that we can all manipulate via natural methods, and change our blood pressure for the better.

**The next question you should be asking yourself is this:**
If the medical community knows that it is 100% possible to naturally lower blood pressure without medications that carry such devastating side effects, why do they continue to prescribe these medications?

**There can only be a few possible answers to that question, but the bottom line is:**

1. **Ignorance:** they simply don't know you can lower your blood pressure naturally.

2. **Self-Interest:** they want you to be on medication and dependent upon their prescriptions.

3. **Lack of Faith:** they simply don't believe that you have the ability to change your diet and behavior. So they make the choice for you — by prescribing drugs to you that come with serious side effects, which may work as a short-term solution. But in reality, this doesn't address the root cause of your high blood pressure at all!
Wouldn’t it be healthier and better for their patients to lower their blood pressure naturally? 

YES!

Why deal with those side effects when you can just as easily, and far less expensively, lower your blood pressure with some simple dietary and lifestyle changes?

That is exactly what I am about to teach you how to do!

Warning: Don’t Stop Your Prescriptions Without Talking To Your Doctor

Again I want to be very clear here that I am not recommending you stop taking any blood pressure medication that you are currently taking. Instead I suggest you talk to your doctor about your desire to lower your blood pressure naturally. Ask him to look over your plan, and help you transition into coming off of your blood pressure drugs in a way that does not harm your health.

However, if you aren’t on any of these drugs yet, then I want to encourage you to keep reading. With the information I am about to share, you will finally have the knowledge necessary to control your high blood pressure using natural cures.

References:

The Blood Pressure Solution Program is based on the idea that blood pressure is something that can be controlled naturally through smart changes to diet and lifestyle.

To that end, we will be tackling your high blood pressure on many fronts... all proven to positively improve a person’s blood pressure readings.

Remember, these adjustments all work together as a synergistic system, so the more of them you implement... the greater the effect.

One of the interesting things you will start to realize as you begin to implement the strategies in this program is how interrelated the causes and cures to high blood pressure really are.

For example, as you begin to modify your diet by reducing certain foods and adding others in, you will most likely start to also lose weight. The reduction of weight will help you lower blood pressure by taking pressure off the outside walls of your blood vessels.

The reduction of processed foods and the sodium that comes with it will also cause you to release extra water that is being held in your body. Eating less sugar will reduce the amount of insulin your body needs and that will also reduce that extra water, since insulin causes fluid retention as well. This will reduce the volume of blood in your body, which will also help lower your blood pressure. As you begin to eat smarter and exercise more, you will also start to repair the damage to your blood vessels, lowering your blood pressure even more.

There will be many such examples as you begin working through the program. The key point I want to make here is that the changes you will be implementing should be viewed as much more than just individual changes. Instead they are interconnected and synergistic. They work with each other to provide much more benefit than you would receive if implementing each change on its own.

In order to understand how this program works, let’s take one more look at the Seven Blood Pressure Levers:

- The amount of blood inside our blood vessels
- The viscosity of our blood (how thin or thick it is impacts how easily it flows)
- The strength of our heart (our pump)
- The rate of our heartbeat
- The flexibility, or ability for our blood vessels to relax and be less tense
• The reduction in external pressure on our blood vessels via weight loss
• The reduction of any blockages within or blood vessels

REMEMBER:
These are the same seven levers that the medical community tries to manipulate as well, however they do it with drugs that have many unwanted side effects. We will be modifying these levers the natural way and will be getting excellent results...with very little, if any side effects.

In order to change the Seven Blood Pressure Levers, we will be teaching you how to make small but powerful tweaks to your diet and lifestyle in the following six broad categories:

**CATEGORY 1: Dietary Adjustments**

In this section I’ll show you how to adjust your diet so that you eliminate foods that contribute to high blood pressure, and add in foods that are known to reduce blood pressure. These foods were chosen because of the special minerals and nutrients they provide that have been proven to lower blood pressure.

When I was diagnosed with that heart condition, the first thing that happened was the doctor gave me a prescription for a beta-blocker. If you remember, beta-blockers slow your heart rate down, which makes you tired, amongst other symptoms. I couldn't wait to come off of it, but like you, I didn't really know what else to do.

So when I saw that other doctor, the one that was actually interested in nutrition, one of the first things I did was alter my diet. Without a doubt this should be your first plan of action, as well. Dietary modifications bring about the biggest changes in blood pressure.

The diet I’m about to teach to you emphasizes foods that are rich in potassium, magnesium and calcium...all minerals that are critical to how your body regulates blood pressure. Most individuals with hypertension usually have either a deficiency or an imbalance of these minerals, which are an important part of your diet.

The diet I recommend to quickly and dramatically lower your blood pressure is one that is based on the latest research into how our ancient ancestors ate.

Simply put, this diet brings ‘real foods’ back into the primary focus, and eliminates foods that are heavily processed and full of chemicals, sodium and sugar, which are harmful for your metabolism and your immune system.

Before we get to the diet that I recommend, I have to talk about the two biggest things you will need to cut back on immediately... sodium and sugar. You might think you know something about these two, but it’s not as black and white most people assume. Let me explain...
The Sodium Dilemma

One of the top two things you will want to limit is sodium, which most people will relate to as common table salt. I remember growing up and watching people gather around the kitchen table and begin preparing their plates of food. What was the number one thing almost all of them did? Yes, you probably guessed it! They grabbed the saltshaker and applied very generous helpings of salt to almost everything on the plate.

If we had stuck to that, none of us would have gotten into trouble. The problem is, our overload of sodium has come almost exclusively from our intake of processed foods. Not just the salty chips you’re thinking of, but everything from spaghetti sauce, to bread, to processed meats, to even a can of Coke all have added sodium. Since many people these days don’t cook much at home, and rely either on eating out, or eating things that come out of bags, boxes and cans, you can quickly see how we have become a culture that chronically over-consumes sodium.

How Does Sodium Raise Blood Pressure?

If you are like me, you like to know why things work the way they do. Understanding how sodium causes your blood pressure to rise is actually quite helpful and something most people don’t fully understand. Think back to our discussion about the Seven Blood Pressure Levers, and you’ll remember that the volume of blood flowing through your arteries will impact your blood pressure readings. The more fluid (blood) flowing through the hose (your arteries) the greater the pressure will be. This is a simple law of physics. Well, it turns out that when you consume sodium, another substance inside your body is highly attracted to the sodium. Wherever there is sodium in your body, water is sure to follow. This is why when you eat too many salty foods you start to feel bloated. Sodium makes your body retain water. The impact on your blood pressure is almost immediate as more water in your system also means that the volume of blood in your arteries will also rise.

Should I Eliminate Sodium From My Diet?

When you begin to learn about the negative impact that sodium has on your blood pressure, a natural response will be to want to eliminate sodium from your diet altogether. However, this would be a grave mistake. We actually need sodium for our bodies to survive, as a certain level of sodium in our body is required for proper cellular communication, which allows for proper muscle contraction, and helps to regulate bodily fluids. The key is to get your sodium intake under control and into healthy ranges, but not to eliminate it entirely.

Remember, blood is over 50% water. Just to give you the whole picture, what you’ve heard for decades about low sodium being the key to hypertension is starting to be proven incorrect. Yes, at SOME point too much sodium will be a problem, but for most people, ranges between 2300 mg and 3000 mg per day are fine. The 1500 mg that the American Heart Association would like everyone to be doing will actually cause harm, according to newer research.
The most current research says things like this:
“…the committee found no evidence for benefit and some evidence suggesting risk of adverse health outcomes associated with sodium intake levels in ranges approximating 1,500 to 2,300 mg per day…”

Or this 2014 analysis of 25 studies, saw:
“Both low sodium intakes and high sodium intakes are associated with increased mortality.”

This research paper saw that people eating more than 7000 mg or less than 3000 mg had a higher rate of cardiovascular events like heart attacks. In fact, the case for eating low sodium is actually on pretty shaky ground. The low sodium guidelines that you keep hearing about are linked with:
- Increased cardiovascular events
- Increased triglycerides and cholesterol
- Insulin resistance (in as little as one week!)
- A higher risk of falls, broken hips and decreased cognitive ability in the elderly

And this study saw that even if you had low sodium intake and low blood pressure, that didn’t necessarily translate into less death or better survival either! In fact, if your sodium or blood pressure levels get TOO low, you’ll actually cause your body to INCREASE blood pressure!

So as you can see, it makes more sense to not do TOO little salt and perhaps instead look at a few other factors. It hasn’t actually ever been shown that the salt you add while cooking or at the table causes any harm at all — it all comes from the high amounts in processed food! In fact, this study, from back in 1991, saw that 77% of sodium intake came from processed foods, while only 5% came from what was added during cooking, and 6% from what was added at the table. Can you imagine what it is now?

Sea Salt: A Healthier Alternative?
While most people think of table salt when they think about sodium, there is actually a different kind of salt that is growing in popularity. Allowing seawater to evaporate produces what’s called sea salt, a naturally occurring salt. Unlike table salt, which is highly processed and has all the trace minerals removed from it, sea salt preserves the other minerals, such as potassium and magnesium, which have been shown to be very beneficial to people with high blood pressure.

While the actual amount of sodium in each teaspoon of sea salt is very similar to table salt, its larger crystals and more unique taste may translate into using this more natural alternative while cooking or at the table.

Blunting Sodium’s Impact With Potassium
Although there will be much more information on potassium in the bonus report “Foods That Naturally Lower Blood Pressure”, I wanted to mention here that potassium seems to have the ability to counteract some of the effects of sodium in your body. That is why most doctors recommend that you increase the amount
of potassium in your diet. Where do you find potassium? It’s abundant in fresh fruits and vegetables so eating more of those will help get all your minerals back into balance.

Now that we’ve covered the important topic of sodium consumption, let’s dive back into the diet that I recommend to help with your efforts to lower blood pressure.

**Sugar and Blood Pressure**

“I thought salt was the worst thing for blood pressure!” lots of people say to me. And that’s true, especially when it’s in the huge amounts found in processed foods. But sugar is neck-and-neck with sodium, because insulin is a huge driver of hypertension.

Insulin is the hormone that is released when you eat sugar or a carbohydrate, like a muffin, pasta or a potato. Insulin causes you to store those extra calories as fat, but one of the other things it does is cause water retention. In fact, there is a clear case being built that having insulin resistance definitely predisposes you to high blood pressure, which makes sense when you realize that those carbs that people keep eating cause fluid to build up in your body!

Because sodium is so valuable for the body, and sugar is so bad for it, when I work with patients, I'd rather cut down on sugar and processed foods first. So what are the foods I’m talking about when help people make changes? *You’ll get all those details inside the “99 Foods That Lower Blood Pressure” bonus guide.*

**Eating To Live**

As I began to investigate nutrition and it’s impact on health, I began to notice a common theme. The vitamins, minerals, and other nutrient based solutions were most readily accessible through either real foods or in some cases supplements. When I say real foods, I am talking about foods that have a single ingredient such as a banana, raisins, grapes, spinach, etc.

Nowhere in the research was any processed foods recommended. This realization was a profound moment for me. The more I researched and understood the damaging impact that manufactured foods had on our bodies, the more I started to adopt a very simple way of eating. This style of eating predates the modern era and instead of providing your body with a bewildering array of chemical additives, instead supplies your body with the foods it has thrived on for millennia. Just simple, natural, real food is all your body needs. And wants.

<table>
<thead>
<tr>
<th>Simply put, WE HAVE TWO OPTIONS REGARDING THE TYPES OF FOOD that we can put into our bodies:</th>
</tr>
</thead>
<tbody>
<tr>
<td>**1</td>
</tr>
</tbody>
</table>
Natural (or Whole) Foods: These foods are made up of just one ingredient and typically are either an animal product, or something that grew from the ground. Examples include sweet potatoes, vegetables, beef, chicken, fish, etc.

A Macronutrient Primer

When you consume food you are essentially putting raw materials into your body. Your body will then take these raw materials and use some of them for energy, some of them for building muscle and other tissues, and some of them to help create the hormones and other biochemistry needed to properly operate your body.

All food falls into one or more of the three main macronutrient types:

Carbohydrates: Typically used for energy, carbohydrates are found in fruits, vegetables, nuts, and many processed foods. All carbohydrates break down into glucose in your bloodstream. Glucose is also known as “blood sugar” and your body uses this to provide energy to your cells. In order to get the glucose out of your bloodstream and into your cells, your body must release insulin into your bloodstream as well. The unfortunate side effect of this is that, just like I mentioned before, the minute insulin spikes, fat storage begins.

Fats: Fats are essential to your health and have gotten a bad rap in the mainstream press. However, it has been proven that dietary fat does not make you produce body fat. Instead, fat helps your brain function, provides a secondary energy source, protects your cells, and perhaps most importantly it tells your body when you are full so that you don’t overeat. These ‘good’ fats come from avocados, coconut oil, extra virgin olive oil, and some nuts. Additionally, the natural animal fats that come from beef, chicken, pork and fish are all perfectly fine and can be consumed on this diet.

Protein: Proteins are the building blocks of muscle and are essential to your diet. Without protein in your diet your muscles would waste away and you would eventually be unable to move.

Now that you understand the three macronutrients you are ready to learn how to combine them so that your body operates at its maximum efficiency. On this diet I always eat a protein choice, along with a vegetable selection, and a natural fat selection.

This is the macronutrient ratio that works very well in helping me maintain high energy levels, lose weight, and still feel satisfied and not hungry during the day:

Protein: 25% of daily calories
Carbs: 10% of daily calories
Fat: 65% of daily calories
I highly recommend that you fill up your daily meals with foods from the following seven main categories:

**Meat and Eggs:** Meat and eggs are of vital importance as they are the primary supplier of protein. Protein is essential since it is used to build and preserve the muscles on our body. Personally, while you may or may not want to build muscle, it’s important that you preserve the muscle you do have. Muscle is metabolically active, meaning that the more you have, the faster your metabolism will be. In addition, muscle provides the underlying curves and lines that most people find attractive.

**Examples:**
- Beef (grass finished is best)
- Chicken (free range from local grower is best)
- Salmon (wild caught is best)
- Halibut (wild caught is best)
- Pork (if cured, make sure to find low sodium varieties)
- Bacon (low sodium cured)
- Eggs (I suggest organic or farm grown eggs)

**Vegetables:** Vegetables are nature’s suppliers of many vital nutrients...both vitamins and minerals. It is always best to select from the vegetable list, particularly the dark green, leafy variety, to get the most beneficial nutrients in your diet.

**Examples:**
- Spinach
- Chili Peppers
- Avocados
- Beets
- Broccoli
- Winter Squash
- Zucchini
- Kale
- Swiss Chard
- Brussels Sprouts
- Green Beans
- Asparagus
- Celery
- Carrots

**Fruit:** Fruits are a rich source of many antioxidants and other important vitamins and minerals, but it’s easy to eat too much fruit, especially if you’re trying to avoid sugar. I usually tell my patients “Twice as many vegetables as fruits” as a guideline, I recommend the following fruits be on the top of your weekly shopping list:

**Examples:**
- Blueberries
- Strawberries
- Raspberries
- Melons
- Apples
- and whatever is seasonal!
**Nuts and Seeds:** One of nature’s most tasty sources of good fats, the nuts and seeds in this list will help you not only feel full, but they also provide great nutrient value as well. If you like the salted kind, try to buy raw ones as well, and mix them both together, so that there’s a bit less salt but still taste good. Remember, it’s easy to overeat nuts, so don’t go crazy with them!

**Examples:**
- Pistachios
- Almonds
- Brazil Nuts
- Pumpkin Seeds
- Cashews

**Spices:** Using herbs and spices is a healthy way to add flavor to your plate, without adding sodium.

**Examples (fresh or dried):**
- Sage
- Thyme
- Oregano
- Cilantro
- Basil
- Mint
- Parsley
- Dill
- Garlic/Chives/Onion

**Oils:** Whether used for cooking, marinades or salad dressing, healthy oils are always beneficial.

**Examples:**
- Coconut Oil
- Olive Oil
- Butter
- Grapeseed Oil

**Drinks:** Herbal teas contain an abundance of essential nutrients, and can be a refreshing drink, served hot or cold. The varieties are endless!

**Examples:**
- Hibiscus Tea
- Green Tea
- Oolong Tea
- Fruit Teas

The complete food list is included in the Bonus guide, “99 Foods that Naturally Lower Blood Pressure”, which can be found in your members area.

**A word about the DASH diet**
One diet you may have heard a lot about is the DASH diet. This diet was created by the National Institutes of Health and has won wide-ranging acclaim for its positive impact on lowering high blood pressure. If you would like more info on this diet I would encourage you to do a simple search for ‘Dash diet”, and you will find a plethora of resources.
I would caution you to be careful with the DASH diet however. It does have a lot of very good suggestions, however it still roughly follows the debunked Food Pyramid that was so boldly promoted by the U.S. government for years. It also recommends a sodium level that is too low. The high carbohydrate recommendations, as well as the restriction of dietary fat, though, is a deal killer for me.

I have witnessed firsthand the negative impact of consuming too carbs from grain-based products, which makes it impossible for me to honestly support that recommendation. In addition, I have also witnessed first hand the very positive health benefits that one can achieve from increasing the amount of fat in your diet, while removing processed foods. Therefore I can't wholeheartedly recommend the DASH diet.

What DOES work about the DASH diet, though, is that it takes out processed foods, restricts sugar, and increases fresh vegetables and fruit, which will absolutely help you in your journey to being healthy.

**CATEGORY 2: Smart Supplementation**

While I recommend getting as much of the blood pressure lowering vitamins and minerals from the foods you eat each day, sometimes that simply isn’t possible. So, in this section I will outline exactly what vitamins and minerals that I recommend if you are serious about lowering your blood pressure. Each of these has been highly researched, and I’ve even included links to the studies that show why they work.

*The Critical Role Of Vitamins, Minerals and Herbs To Control Blood Pressure*

In this chapter I want to introduce you to a family of vitamins, minerals, and herbs that studies suggest will improve blood pressure. You will want to include as many of the recommended foods as possible into your daily diet, because they naturally contain these vitamins and minerals. Refer to the [99 Foods That Naturally Lower Blood Pressure](#) report to get even more information on which food types naturally contain these beneficial nutrients. While I suggest getting as many of these in your daily diet as possible, it is also highly beneficial to add supplements to your diet to makes sure that you are getting enough of the nutrients listed below.

**Potassium:** Based on overall studies, researchers have found that “a reduced intake of sodium and increased intake of potassium could make an important contribution to the prevention of hypertension, especially in populations with elevated blood pressure.” Potassium appears to actually weaken the effects of excessive sodium intake.

*This research paper also points out that:*

“The Institute of Medicine recommends an intake of sodium of approximately 3800 mg of sodium chloride per day for adults 50 years of age or younger, approximately 3200 mg of sodium chloride per day for adults 51 to 70 years of age, approximately 2900 mg of sodium chloride per day for those 71 years of age or older. The institute also advises adults to consume at least approximately 4.7 g of potassium per day, which is about twice the current U.S. average.”
Not what you’re probably hearing from your doctor! I have had several researchers tell me that what is shown in research takes 10 years to end up as medicinal recommendations so the information you’re getting here puts you ahead of the curve!

Just like sodium, potassium is fundamental in maintaining adequate fluid and electrolyte balance. This essential macro mineral is significant to our brain, nerve, heart, muscles, performance and bone strength. The current recommended amount of potassium needed for healthy adults is 4,700 mg/ day (like it says above), which can be easily achieved by eating a balanced diet containing potassium-rich fruits and vegetables. Currently, though, it’s estimated that only 5% of Americans under the age of 50 are eating the recommended amount of vegetables, and only 10-25% over the age of 50. Which means, research indicates that on average, most American adults do not consume enough potassium to reach this recommended amount, necessary for adequate nutrition.

Potassium supplements are available, however we recommend seeking your doctor’s recommendation prior to using any dietary replacement, particularly in this instance, if you have any type of kidney issues. It is important to note that unlike a dietary supplement, it’s virtually impossible to exceed a safe level of natural potassium intake from fruit and vegetable sources.

**Magnesium:** In a study from the University of Hertfordshire, researchers found that “magnesium supplements may offer small but clinically significant reductions in blood pressure.” Combined studies further indicated that dietary supplementation of magnesium may have an effect in reducing blood pressure, particularly in higher dosages, according to the university’s senior lecturer and registered nutritionist, Lindsy Kass.

While a diet low in magnesium may contribute to a rise in your blood pressure, doctors recommend making dietary modifications to include healthy fruits and vegetables in preference to supplementing your diet with extra magnesium to help prevent high blood pressure. As always though, this depends on the individual. If you cannot get the proper amount of magnesium through dietary means, supplementation is necessary.

As with many recent studies, investigators have found that those who included minerals such as magnesium and potassium as part of their normal dietary intake can receive the natural benefits of a decreased risk of hypertension.

**Calcium:** Calcium, the most abundant mineral in the body, is known to provide strength to our bones and teeth, but it also plays a lesser-known part as an electrolyte, important to several significant biological processes. While less than 1% of our bodies calcium reserve is needed to perform these functions, there has been much interest in its potential effect in lowering blood pressure.

Studies indicate that those who maintain a healthy balanced diet, which includes foods containing calcium, magnesium and potassium, tend to avoid health issues associated with hypertension. On the contrary, those who do not meet a sufficient intake of calcium in their diets tend to have higher blood pressure.
pressure rates. So despite receiving mixed results, many researchers indicate that ongoing studies are warranted with regard to the positive effects that calcium may have in reducing blood pressure.

**Anthocyanins:** Anthocyanins are a powerful part of the group of flavonoids, notable for giving fruits and vegetables their colors, such as red, purple, and blue. Many scientific studies have been performed to verify the positive effects that anthocyanins have in lowering blood pressure. Based on data collected, they concluded that this flavonoid, along with flavones, were the major contributors to the successful results, in comparison to other subclasses of flavonoids.

In having the natural ability to increase nitric oxide, experts agree that habitual consumption of foods containing this impressive flavonoid, is therefore effective in providing a reduction in blood pressure levels.

Scientists continue to strongly emphasize the importance of reducing blood pressure prior to reaching middle age. Considering the encouraging data provided in these studies, and having anthocyanin-rich foods readily available, consuming tea, grapes, blueberries, pomegranate, strawberries, eggplant and other similar food types, would be a safe and effective method for naturally reducing blood pressure levels.

**Garlic:** Garlic has been the subject of research studies for many years. Scientists have linked the use of garlic to having positive effects in regard to reducing cholesterol and blood pressure, among other benefits. Some have said that garlic is comparable in effectiveness to many antihypertensive medications such as beta-blocker, ACE inhibitors and ARBs (angiotensin II type 1 receptor antagonists). Garlic has shown to have the ability to relax blood vessels and thin the blood, however there are concerns regarding the risk of potential drug interactions, such as Coumadin, which also have blood-thinning properties.

There has been much debate among experts regarding the specific form of garlic, with respect to its safety and effectiveness in treating such conditions as high cholesterol and blood pressure. However, despite conflicting opinions, most studies have concluded that garlic has shown to be beneficial to some degree, having a positive effect in lowering blood pressure whether ingested through foods or natural supplements.

Some experts believe that consuming raw garlic is most effective, due to diminishing benefits once cooked. Others indicate that while positive health benefits can be achieved, consuming large amounts of raw garlic for medicinal purposes may cause tolerable gastrointestinal side effects, not to mention the unpleasant odor, which many find unpleasant.

Overall, studies confirm that garlic has shown to be beneficial in lowering blood pressure, with most recent results indicating the success of using aged garlic extract as a safe and effective treatment.

**Selenium:** Selenium, a trace mineral, is an essential micronutrient. As a component of an unusual group of amino acids, selenium works as an antioxidant, important to protecting our bodies on a cellular level.

Evidence suggests that selenium, shown to be effective in preventing inflammatory diseases, may also be effective in protecting against other conditions, such as atherosclerosis (vascular disease) and hypertension.
Much research has been done on the effectiveness of selenium supplementation as a prevention of many diseases, but indicates rather that for most Americans, this is not necessary, as sufficient amounts of the mineral are found in dietary sources. While supplements for selenium exist, it makes much more sense to get it from a real food source.

Mustard products are an excellent source of selenium, as well as many other valuable nutrients including calcium, potassium, omega 3 fatty acids, and magnesium, just to name a few. Though the richest source of selenium can be found in Brazil nuts, with 1 ounce containing 537 mcg of selenium, which is 767% of daily nutritional value.

**Nitrates:** Nitrates, from dietary sources such as beets and leafy green vegetables, are converted to nitric oxide within our system. In response, the nitric oxide relaxes and dilates blood vessels. Research demonstrates that consuming foods rich in nitrates is effective in lowering blood pressure through a natural process of improving blood flow. Several studies have shown that beet root juice, when consumed daily, can significantly reduce blood pressure levels in only 24 hrs. Scientists believe that this is a result of the nitrates, which naturally occur in foods such as beetroot juice.

Another study indicated that similar results were achieved in those given a nitrate supplement, though the study concluded that while the nitrate supplement did not reduce systolic blood pressure, it did have an effect in lowering diastolic blood pressure readings. In conclusion, scientists indicated that additional research was warranted.

Nitrates should not to be confused with nitrites, which are substances often used in curing meat.

**L-Arginine:** L-Arginine is an amino acid naturally produced by the human body. Included in a team of other compounds, this amino acid participates in an important chemical reaction that produces nitric oxide. The inner lining of our blood vessels, (called the endothelium) uses the nitric oxide as a vasodilator (widening the walls of blood vessels, increasing blood flow), which is critical to key controlling high blood pressure.

Scientists have shown that vascular disease can be identified as a result of endothelial dysfunction, which causes hypertension, and is associated with numerous other diseases such as heart disease and diabetes, as well. So researchers conclude that the presence of L-Arginine, as it relates to the production of nitric oxide, is a good indicator of healthy endothelial cells, thereby helping to decrease high blood pressure in clinical hypertensive patients.

Researchers suggest that while our bodies naturally produce this amino acid, individuals with poor diets or particular health issues would benefit by consuming foods containing arginine, including nuts, seeds, beef, pork, and poultry.
Natural Sea Salt To The Rescue:
Consider using natural sea salt. Unlike table salt, which is mined from the ground and typically referred to as mineral salt, natural sea salt is produced from the evaporation of seawater. Production of sea salt has been dated to prehistoric times. This “good salt” is an acceptable choice for use in cooking and seasoning your healthy foods. It’s also important to know what to look for when searching for the healthy alternative, which is raw, unrefined sea salt. You might find a wide variety of sea salt options, so it’s best to always check the label. If it’s white in color, or is made entirely of sodium chloride, then it’s been refined/processed. What you’re looking for should be one that has color (pink, grey, etc.), and lists plenty of trace minerals.

While it is true that most brands of sea salt contain roughly the same amount of sodium as table salt, it also contains many of the trace elements that can help your body function better overall.

Onion, garlic, cumin, and chili powders, as well as cracked black pepper are some of the most commonly used spices, but there are plenty of options when looking for ways to replace the sodium with a healthy dose of flavor.

Here are a few antioxidant rich seasonings you might like to try:
• Cayenne pepper; great for any food if you like to spice things up
• Oregano or marjoram; (add to salads, soups, tomato-based sauces)
• Dried mint; (great for salad, tea, and also adds a sweet flavor to water)
• Parsley; (great for most savory dishes, salads, and even blended into a protein shake)
• Cinnamon or cloves (great to add a little spice to a sweet potato)

Capsaicin: Capsaicin, included as part of the capsaicinoids family, is responsible for the heat found in foods such as cayenne and red peppers and has been shown to be effective in reducing blood pressure, and overall heart health.

By detecting the human protein that regulates body temperature, capsaicin is effective in increasing energy and reducing fat storage in those who included foods containing this fiery hot substance as part of a healthy diet.

In addition to capsaicin, cayenne peppers are also high in vitamins A, B complex, and C. Cayenne peppers are also rich in both calcium and potassium, both of which are minerals shown to have an effect on lowering blood pressure.

Co-enzyme Q10: Coenzyme Q10 (abbreviated as CoQ10) is a vitamin-like substance needed for proper cell function. Our bodies naturally produce CoQ10, which is highly concentrated in several of our major organs, particularly the heart.

Author and nutrition expert Keri Glassman, confirms that researchers are excited to discover the importance of ubiquinol (the converted form of CoQ10), relative to maintaining cardiovascular health. According to Glassman, “CoQ10 and ubiquinol levels diminish with age...making cells more vulnerable to cell damage.”
It is also depleted when people are taking a statin drug.

Scientists have found that CoQ10 has a positive effect in reducing cardiovascular complications, also indicating that those with previous heart-related conditions were deficient in this powerful enzyme.

There has also been much interest in CoQ10 and how it affects blood pressure. Several studies indicate that those given CoQ10 supplements twice daily significantly reduced both systolic and diastolic blood pressures.

Some believe that adding a CoQ10 supplementation, in addition to effective diet and lifestyle changes, can reduce the need for prescribing multiple medications for those experiencing high blood pressure. Since CoQ10 is produced naturally in the human body, there are virtually no side effects resulting from supplementation of this antioxidant.

**Omega-3:** Omega-3 is a fatty acid, which is not naturally produced by our bodies. The two types of Omega-3 are EPA and DHA. This fatty acid can be commonly found in fish, like herring, salmon, trout and tuna, as well as smaller amounts can be found in walnuts and chia seeds. Flax oil also has Omega 3 fatty acids, but if someone has high insulin in their system from eating carbs, it prevents its conversion into EPA and DHA. Another reason to stop eating sugar!

Fish oils have been the topic of much research regarding its effect in reducing high blood pressure by expanding the blood vessels. Studies have also been conducted which indicate that the intake of omega-3’s also promote cardiovascular health, reduces triglycerides, and lowers inflammation.

According to Dr. Jeremiah Stamler, professor emeritus of preventive medicine at Northwestern University in Chicago, “A large percentage of people between ages 20 and 60 have a rise in blood pressure, and by middle age many have high blood pressure.” Based on the results of his study, he indicated that further research would be done in order to focus on the “dietary factors that may help prevent that rise, and omega-3 fatty acids are a small, but important piece of the action,” he said.

The study review results confirmed that there were significant reductions in both the systolic and diastolic blood pressure. While there were insignificant results for those who did not have high blood pressure, the positive results achieved from the hypertensive group were encouraging.

This review confirmed previous conclusions of the positive effects of using Omega-3, as a supplement or via natural food sources, for those with hypertension, and potentially with those with other cardiovascular diseases.

However, for those who are currently taking prescribed antihypertensive medications, it is important to consult a physician prior to including any Omega-3 supplementation, to make sure your blood pressure doesn’t get TOO low!
Hawthorne: Hawthorn, rich in flavonoids, is an herb, which has been used successfully for centuries to treat cardiovascular conditions by effectively aiding in blood circulation. It strengthens the heart and is the best herb to use for cardiovascular conditions of almost any kind. It’s an extremely safe herb to use, as no herb-drug interactions have been reported or seen in research.

Kerry Bone, a world-renowned herbalist and chemist, with over 30 years experience, refers to hawthorn as “the most significant herb for ischemic and congestive heart disease… with considerable evidence and research to support its status.”

Quercetin and oligomeric procyanidins (OPCs), the same antioxidants found in grapes, are among the types of flavonoids that may be responsible for hawthorn’s effectiveness, according to a study by University of Maryland University Medical Center.

According to Dr. James Meschino, recognized as a leading expert in nutrition, anti-aging, fitness and wellness, “Scientific and clinical investigations have shown that active constituents in hawthorn extract can reduce high blood pressure via their influence on the angiotensin system, by acting as calcium channel blockers and by improving endothelial function. When taken with coenzyme Q10, and in conjunction with other antihypertensive lifestyle measures, hawthorn supplementation is a key element in the natural management of mild to moderate high blood pressure.”

Olive Leaf Extract: The medicinal benefits of the leaves of the olive tree have been known since ancient times. Research studies are now finding that a supplement containing the ingredients found in olive leaf extract, may be an effective therapy for many health conditions, including for those hypertension.

A study was conducted including 20 sets of identical twins, each considered to be “borderline” hypertensive. Give 1,000 mg of olive leaf extract per day resulted in a significant reduction in both their overall blood pressure readings, as well as LDL (“bad” cholesterol) levels, in only 8 weeks. The study participants who did not receive the supplements did not show a significant change in blood pressure.

Researchers believe that the relaxing effect to the walls of the arteries may have been a result of a combination of ingredients found in the olive leaf extract. Olive leaves contain secoiridoids, which include ligustroside, oleacein, and most importantly oleuropein. The high concentrations of oleuropein are what researchers believe are the most significant compound in reducing blood pressure readings.

The properties of oleuropein show to have a direct effect on the stiffness and resistance of arteries, aiding in improving the function of the inner lining of blood vessels, and regulating blood pressure.

Based on the positive evidence from the study, health professionals recommend taking 500 mg of olive leaf extract, twice daily. Please do not stop taking any prescribed medications, or take olive leaf supplements, without prior consultation with your physician.
**Apple Cider Vinegar:** Apple Cider vinegar, made from apple cider, is available in both a raw and processed form. Many health experts recommend using the organic, unprocessed apple cider vinegar, which is referred to as “mother” on the label. This unfiltered form contains strands that many believe are responsible for its beneficial qualities as a natural treatment for a wide variety of conditions.

In addition to being effective at treating the symptoms of common colds, infections, and skin problems, this miracle liquid is said to have positive effects for weight control, and improving both cholesterol and blood pressure readings.

Apple cider vinegar contains an array of various vitamins and minerals, including potassium, sodium, magnesium, calcium, and phosphorous. It is believed that the successful results of using this vinegar as a natural treatment for lowering blood pressure is due to these vital nutrients.

There are many testimonials touting the amazing results achieved, including one indicating a drop of 20 points in systolic blood pressure and 30 points in diastolic, over period of about of three months.

The average recommended dosage is one glass of water daily, with ~2 tablespoons of raw, organic apple cider vinegar. It’s important to note that due to the highly acidic nature of apple cider vinegar, it should always be diluted to avoid the potential of eroding tooth enamel, or burning your throat. Most who regularly use this treatment were honest in stating that the taste can be somewhat unpleasant, but the benefits far outweigh the offensive taste and smell.

To improve this problem, some suggested adding the apple cider vinegar to a small glass of juice initially, though this can greatly increase the sugar/carb content. Another recommendation was to add stevia, a natural sweetener, with 2 tablespoons of the vinegar to a glass of water, which also improved the taste.

While there have been no reported harmful effects of using apple cider vinegar, it is always best to consult your physician prior to making changes to your dietary health plan.

**Vitamin C:** Vitamin C, commonly touted as being effective in fighting the common cold, is beneficial for so many other reasons... one of which is associated with hypertension. Studies have shown that for those with mild to moderate hypertension, this antioxidant vitamin is beneficial in reducing blood pressure readings.

Researchers cited that the notable effects were seen in those taking a dosage higher than that which is considered to be a recommended daily requirement. For those taking ~500 milligrams of vitamin C, their blood pressure readings dropped by nearly 5 millimeters.

From these findings, researchers confirmed that the blood vessel walls were relaxed, which resulted in the blood pressure reduction, due to the natural diuretic effects of vitamin C, involving the process of removing sodium and water from the body.
Studies also concluded that vitamin C was effective in restoring the elasticity in blood vessel walls, aiding in the prevention of plaque formation.

When looking for a vitamin C supplement, health experts suggest the added benefits of choosing one that is in combination with other vitamins and minerals, such as vitamin E, calcium, magnesium, and iron. While the daily-recommended dosage of vitamin C is 60 milligrams, an increased dosage is suggested, due to a general lack of vitamin C consumed in the average diet. The best dosage amount is around 250 mg, as amounts much higher than this are actually flushed out of the body without any effect. Additionally, high blood sugar prevents the absorption of vitamin C.

**Vitamin E:** Vitamin E, a fat-soluble nutrient, is beneficial to protecting your body on a cellular level. This antioxidant can be found in many foods, such as olive oil, avocado, nuts, and green leafy vegetables. Like other antioxidant vitamins such as vitamins A and C, vitamin E may play an important role in protecting your body from the cell damage caused by environmental free radicals such as cigarette smoke, and air pollution.

Vitamin E also has properties beneficial to hypertension, in that is involved in the process of creating red blood cells, helps to widen and prevent blood clotting in the vessels.

There has been some bad press about vitamin E and research, and it’s primarily because instead of getting our nutrients from food, we take synthetic vitamins in large amounts, which IS problematic and can cause some unintended side effects. It would definitely better to get vitamins E and C from foods, as those vitamins will come in safe amounts, and with other nutrients and minerals that will help your overall health.

Vitamin E deficiency is rare in most individuals, so health experts agree that getting adequate amounts of vitamin E from natural food sources is best. But supplementation is another option, if you do not get adequate dietary amounts, or if you have certain health conditions and are not able to properly digest the fat required to properly absorb the nutrient.

It’s important to note that vitamin E is often mistakenly referred to as being a single substance, although it is actually made up of eight parts. So when choosing a vitamin E supplement, it is suggested that you look for those listed as “mixed tocopherols” if you decide to supplement, and not just “alpha-tocopherol” which is only one part of the eight.

It’s definitely best to get your vitamin E from foods rather than supplements, as it can increase your risk for bleeding if you’re on a medication such as Coumadin.

Currently, the recommended daily allowance for natural vitamin E (d-alpha- tocopherol, d-beta-tocopherol) for males age 14+ years is 15 mg (22.4 IU), and for females age 14+ years is 15 mg (22.4 IU).

Health professionals do warn against certain health risks involved with taking vitamin E supplements with regard to possible drug interactions and health conditions. As always, it is important to talk to your doctor to decide what option is best for you prior to taking any Dietary supplement.
Vitamin D3: Vitamin D has long been recognized for its beneficial role in bone health and immune system function, but many people don't know how important it is for maintaining a healthy blood pressure. Research indicates that people with higher vitamin D intakes have lower average systolic blood pressure.

Vitamin D works to maintain a healthy blood pressure by increasing the absorption of calcium, and that calcium, as we know from earlier in this chapter, plays an important role in cardiovascular health.

Few people get enough vitamin D to reap the benefits that it offers. You can get vitamin D in two ways – food or sun exposure.

Most people only eat around half of the 600 IU/day dietary intake recommended for people ages 1-70 (NHANES, as cited in NIH). It is difficult to get enough vitamin D because most people don't spend enough time outside, and we often don't enough of the foods it's naturally available in, like eggs, liver, butter, full-fat dairy and some fish. Some products are fortified with vitamin D, such as milk, yogurt, and cereal, but these are often fortified with the less effective form of vitamin D, D2 (more on that in a minute). You can also get vitamin D from direct sun exposure, because sun exposure triggers your body to make its own vitamin D.

Are you overweight, over 50, have diabetes or dark skin, or smoke? Then you are at even greater risk for vitamin D deficiency because these factors can interfere with your ability to absorb dietary vitamin D or make your own vitamin D via sun exposure.

With all of these challenges to getting enough vitamin D, many people choose to use a dietary supplement that provides additional vitamin D. But not all supplemental vitamin D is created equal, and choosing the wrong kind can dramatically decrease the benefit of vitamin D supplementation.

The vitamin D found in supplements is D3, which is the form of D your body uses. D2, another form of D, is found in small amounts in some plants and mushrooms, but it's very difficult to use in the human body and isn't typically sold as a supplement so there's no need to worry about it. Like I mentioned earlier, though, one can get unintended side effects to take large amounts of isolated vitamins and the same is true in taking vitamin D. The newest research is showing that vitamin D, taken without vitamins A or K2, can increase cardiovascular disease in levels over 45 mg/dL. So the best way to take it is either in combination with K2 or in a food form like cod liver oil, where it comes with vitamin A.

Grape Seed Extract: Grape seed extract, (GSE), is made from the seeds of red grapes, which are rich in vitamin E, and linoleic acid. GSE, as well as all parts of red grapes (juice, skin and the seeds) is one of the most powerful sources of the flavonoid known as a proanthocyanidin, which is said to aid in reducing high blood pressure.

Research evidence has indicated that in a study including participants with metabolic syndrome who received 150 mg and 300 mg per day of GSE, lower blood pressure readings were achieved. Experts
believe that the favorable result in improved blood pressure was due to the proanthocyanidin in the grape seed extract, which has a natural arterial relaxing effect.

Additional studies indicate that grape seed extract is beneficial to improving cardiovascular disease, such as hypertension, as well as a positive improvements in blood cholesterol levels, ultimately by supporting better blood flow.

Including red grapes as a part of a heart-healthy diet is the best way to naturally receive the benefits of the antioxidants and flavonoids of this powerful fruit. Dietary GSE supplements are another alternative, however scientific evidence only supports the use of red grape seed extract (as opposed to white grapes).

**CATEGORY 3: Reducing Body Fat**

There is no doubt about the link between being overweight and high blood pressure. In this section I will share with you the basics of how I’ve helped hundreds and hundreds of people lose weight, without the needless suffering most diets impose. If you want more in depth information on the subject of fat loss I’ll provide you with a resource that I highly recommend at the end of this chapter. But in this section I want to share with you the basics and enough for you to get started on the right foot.

**Have a Big Reason Why:** This is a critical component to breaking any old habit and starting a new one. You must know your own internal ‘reason why’ that losing weight is so important for you to achieve. Is it that you’d like to be healthy for your kids? Your grandkids? That you’d like to enjoy your old age without being on a cocktail of drugs?

**Follow A “Real Food” Diet:** The recommended foods listed earlier in this book are all considered ‘real foods’ and will provide excellent nutritional value to your body. What do I mean by “real foods”? Foods that are in their original form, and did NOT come in a bag, box or can. This means animal products, vegetables, nuts and seeds, and some fruit. By eating only real foods, many people notice an immediate 7-10 pound drop in body weight as their body sheds itself of many of the toxins and excess water that they have been carrying around. To begin, just slowly start adding more “real foods” into your diet each week. At the same time you will want to start eliminating the overly processed and manufactured bad foods from your diet.

**Pre-cook Your Food:** One of the things that really helps me stay on track is to do a little prep work so that I’m not scrambling to find something to eat when I’m hungry. One was is to pre-cook my food for the week. This, of course, leads to much better decision making on my part and a sense of control over my nutrition.

**Limit Your Trips To Eat Out:** Related to the previous tip, I would highly suggest giving up eating out for a while, or at least limiting it to once, maybe twice a week. Restaurants typically use way too much sodium, sugar, and processed oils, and have portions that are typically too big, encouraging us to overeat.
Drink Lots of Water: There is plenty of research that shows that thirst is often misinterpreted by the body as hunger. Often, drinking a full glass of water and waiting 10 minutes will take hunger pains away. In addition, being dehydrated by as little as 2% can cause headaches, fatigue, and slow your metabolism. Remember, your biochemistry relies on water for it to work. Without plenty of water, your cells do not function at optimum levels and this makes losing fat very hard.

Get Plenty of Sleep: The nighttime cycle of rest and regeneration is often overlooked as part of a sensible fat loss plan. However, I want you to know that it is essential. As your body rests and repairs the cellular damage from a normal day’s activities, your body is also releasing powerful fat fighting hormones... as long as you are getting deep, restful sleep.

Measure Your Carb Consumption: Without any doubt, the number one thing I recommend to friends and family who ask me how they can lose weight, is to drop their carbohydrate consumption down to under 100 grams of carbohydrates per day to start with. This will blunt the release of insulin into your system and help to keep fat burning going. If you go over 100 grams of carbohydrates and begin to inch up towards 150 grams of carbohydrates per day, you will begin to notice fat starting to be deposited around your middle again. The release of insulin in your body not only causes fat to be stored in your body, but like I mentioned before, studies also clearly show its link to high blood pressure. In fact, recent research shows that the more added sugar you have in your diet (which spikes insulin in your body) the higher risk you have for having hypertension.

Category 4: Exercise

There are specific kinds of exercises that can be done at home, with no additional equipment other than your body weight, which can dramatically improve your cardiovascular health. They also trigger the release of beneficial hormones that will help you burn fat. In this section I’ll share with you the type of exercises that work, without fancy equipment or doing “chronic cardio” on a treadmill!

Remember, the reason we are adding exercise to your health plan is to do the following:

1. Preserve muscle mass
2. Trigger release of fat burning hormones
3. Improve cardiovascular health
4. Increase metabolism

If you are very out of shape and have not done much, if any, physical exercise in the past several years, then the exercises shown below will be the perfect way to get back into working out. All of these exercises can be done at home and with no additional equipment.

You will set up your workouts based on a seven-day schedule. This allows you to keep a consistent schedule and fits in perfectly with the overall Blood Pressure Solution program.
This workout is designed to allow anyone to start moving, and gain the confidence and strength needed to transition into more advanced workouts when you are ready.

The principle behind this exercise is that by using your own body weight you will create resistance and begin to work your heart and cardiovascular system. The idea with this workout is to work briskly and complete each workout as fast as you can. These workouts are meant to take around 7-8 minutes each. That’s all... just 7-8 minutes per day of exercise! You may be wondering if exercising that little each day can have much of an impact on your health. Indeed it can if you keep the intensity level high enough.

How do you ramp up the intensity of the workouts? The trick is to complete the work as fast as possible and make the exercise as intense as you can while still staying within the range of safety. The very best way to do this is to keep track of the time it takes you to complete the exercises below. Each time you perform them, try to beat your old time by a few seconds. If you continue to do this, you will essentially be working harder each time.

**QUICK NOTE ON TERMINOLOGY:**

In the descriptions I use the term ‘round’. A round is simple one cycle through a set of exercises. If I was to say do two rounds of 10 pushups and 10 air squats, then you would complete the exercises in this order:

**Round 1:**
10 pushups 10 air squats

**Round 2:**
10 pushups 10 air squats

Ok, so let’s dive into the Blood Pressure Solution workout. You can find the videos for these exercises inside your members area.

*Day One: (typically a Sunday) this is a non-workout day, which allows your body to rest and recover.*

**Day Two:**

> **Warm Up:** March in Place (4 minutes) - 3 Rounds of:

* 3 Get Ups!

Get Ups! These are simply lying down on the ground on your back fully extended, and then getting up into a standing position. Simple yet effective! Do this as quickly as possible.

* 10 Air Punches

Air Punches is simply standing with one foot in front of the other and then punching the air in front of you as if you were a boxer punching a bag. Alternate between right and left arms.

Record your total time to complete this entire Day Two exercise program. Next time, try to beat your old time just a bit.
Day Three:
This is a non-workout day, but I want you to take a 10-minute walk to keep your muscles moving. This is a slow, leisurely walk.

Day Four:
> **Warm Up:** March in Place (4 minutes) - 3 Rounds of:
  * **10 Wall Pushes**
  A Wall Push is simply walking up to a wall, keeping your feet about 2’ away from the wall, then leaning into the wall with your outstretched hands. Then you will do the same motion as if you were doing a push up, but in this case you are pushing against the wall.
  
  * **10 Air Squats**
  An Air Squat mimics the movement you would do if you sat in a chair, but in this case there is no chair. You simply squat down as you would to sit in a chair, and then stand back up. Keep your feet pointing forward, and your back straight.

Record your total time to complete this entire Day Four exercise program. Next time, try to beat your old time just a bit.

Day Five:
This is a non-workout day, but I want you to take a 10-minute walk to keep your muscles moving. This is a slow, leisurely walk.

Day Six:
> **Warm Up:** March In place (4 minutes) - As many rounds as possible in 8 minutes:
  * 10 Wall Pushes * 10 Air Squats * 10 Air Punches

Day Seven:
This is a non-workout day, but I want you to take a 10 minute walk to keep your muscles moving. This is a slow, leisurely walk.

That’s it! While this may look like a very simple exercise plan, you will find that by sticking with this very straightforward program you will begin to feel better, have more energy, and even start feeling stronger. The key is to continually ramp up the intensity.

If you find that you have mastered these exercises and can blaze through them, you can begin to add hand weights to the workout when you do the air squats and air punches. You can even get a weighted vest to wear that will quickly ramp up the intensity!
IMPORTANT NOTE:
Day Six is a little different because I am asking you to workout for a solid 8 minutes without stopping. You will keep going until 8 minutes is up. Keep track of your total number of repetitions during this session and that will be the number you try to beat next time you do Day Six.

The best benefit however, is that you will be conditioning your heart and blood vessels in a safe and effective way that will help to lower your overall blood pressure readings. Don’t think that this simple exercise program is too easy for you! Try it out and you’ll see that it works your whole body and that you will actually appreciate the rest days that are built in!

CATEGORY 5: Stress Reduction

The reduction of stress plays a very important role in lowering blood pressure. If you think about this it makes sense. When you are stressed your heart rate elevates, you tense up, and your biochemistry changes. Each of these things contributes to your blood pressure rising. In this section I’ll show you some extremely effective ways to lower your blood pressure with nothing more than your breathing, your mind, and a few simple techniques.

As discussed, we know that the primary things to consider in staying on the path to wellness is to consistently follow a healthy diet and exercise routine, get the essential sleep your body needs to heal and rejuvenate, and avoid any consumption of alcohol, tobacco products, or other toxic addictions.

So in this chapter, we are going to focus primarily on the dangerous health effects of stress, and how mind-body interventions can play a role in reducing these effects. You will also learn a few simple techniques that you can incorporate into your daily health plan, taking just a matter of minutes, to help you manage your daily stresses.

To begin, we can easily agree that we all experience some form of stress on a regular basis, it's practically unavoidable, right? Who hasn't ever wished to for the ability to just crawl into an imaginary hole of avoidance, desperately hoping that the momentary crisis will just magically go away? So it's fairly easy to recognize the outward symptoms of stress, often manifested as avoidance, anxiety, anger, depression, headaches, insomnia... the list can go on. But have you ever considered what’s simultaneously happening to you on the inside?

To briefly explain the natural biological process, your body responds to stress by releasing a flood of hormones, which triggers an increase in your heart rate and the narrowing of your blood vessels, which then results in temporary spikes in your blood pressure levels.

In the heat of the moment, this short term elevation shouldn’t put your body any immediate danger, however science has proven that the long-term effects of this physical reaction to stress can put you at risk for developing serious health conditions, among them being hypertension.
While it has not been scientifically proven that stress actually causes high blood pressure, studies do indicate that there is indeed a link between blood pressure and stress. During a three-month study, conducted by Dr. Randy Zusman, an expert in treating hypertensive patients, and in conjunction with Boston’s Benson-Henry Institute for Mind Body Medicine, patients who were being treated with hypertension medications began participating in relaxation training. Although somewhat skeptical of the effect that meditative actions would result in any significant results, Zusman was pleased to find encouraging results in about 40-60% of the patients involved in the study. “Their blood pressure dropped, and they dropped some of their medication. It was striking. It was statistically significant, but more important it was clinically significant to these people,” he says.

The doctor did further conclude that there is work involved in achieving these type of results. Learning to properly utilize the techniques, and becoming dedicated to following a daily meditation practice, is essential to achieving long-term results, as indicated by the study patients who succeeded in lowering their blood pressure.

So if you have been diagnosed with high blood pressure, or are concerned about its development, it’s time to do something about it. Seriously, by dedicating yourself to taking command of your health and actively committing yourself to making permanent lifestyle changes, you can find yourself on the path of least resistance, steadily progressing toward better health.

So how do you get the upper hand in your stress life? Realistically, it’s your behavior (not the problem itself) that should be your first consideration. It’s imperative that you grasp this truth... while you can’t eliminate everything that causes complications in your life; you can (and MUST) take control of your reactions to them when they occur.

The first step you need to take in order to reduce your risk is to properly identifying each of the behaviors or circumstances that are the root cause your stress. Then you must learn to effectively manage your reactions to those triggers. This process is not difficult at all, but it is something that must become a habit, and incorporated into your daily routine.

**Mind-Body Interventions:** Research has shown that a large majority of Americans are using complimentary and alternative medicine treatments, commonly referred to as mind-body interventions. This might involve meditation, relaxation, and breathing techniques, biofeedback, autogenic training, acupuncture, and herbal remedies, for the purpose of treating many health conditions. Below are brief explanations for a few of these stress-relieving techniques that are worthy of consideration.

**Meditation:** Meditation is a practice that is often misunderstood, for a variety of reasons. The most common assumption is that meditation is just a type of religious practice, however this isn’t actually the case. Meditation is focusing on one thing without the distraction of thinking. Can you imagine enjoying your dinner without thinking about what you had to do afterwards, or watching TV, or talking? Just enjoying the taste and sensation of your food? That’s a version of meditation.
The intention for meditation is to focus on something OTHER than thinking. We're all really good at thinking, usually TOO good, and this thinking becomes a stress when it's in the form of worry, when we can't be present with someone because of our thoughts, or when we can't shut it off before bed. If you can control this over-thinking even a little, it creates a “mini-vacation” for your mind, leading to health benefits that include not just reducing blood pressure, but improving digestion, sleep and even slowing the aging process.

As do many, you might consider meditation to be another “new age trend”. Please trust that this is not what we are suggesting.

Simply put, meditation is merely an effective method of relaxing your mind, body, and spirit, which can be beneficial to anyone. In fact, I cannot stress enough the difference learning how to calm your mind can have on your health. We recommend meditation by this definition, because it has been scientifically proven to play a role in reducing stress, thereby reducing the associated health risks.

There are actually numerous types of meditational practices, which can range from a simple state of “daydreaming” to one that maintains a highly spiritual or religious focus. The techniques can vary by culture, and many are distinctive to each individual. But regardless of the specific technique, the basic premise of practicing any form of meditation is to focus your mind in a positive direction, and improve your sense of well-being.

So if you have never experienced meditation, have an open mind, and give it a try. Here is an easy form that I’ve taught my patients for years:

Either sit or lay down comfortably in a place that is quiet and where you won't be disturbed for 20 minutes or more. Close your eyes and notice how you're breathing. Are you breathing in “spikes”, which people often do when they’re stressed, or are you breathing in “circles”, with one breath moving smoothly into the next? Just observe for a few breaths what is occurring.

Then, if you’re not already there, bring your breathing to a “circle”, with one breath moving smoothly into the next. Focus on the sound of your breath. What you’ll notice is that, in about a half-second, you’ve started thinking again. When you notice that, just bring your focus back to the sound of your breath. Even if you have to do this 100 times, it’s OK. You’re training your brain to do something other than thinking!

Getting a brain pattern set takes about 2-3 weeks, so practice every day if you can, and don't get frustrated (since that’s just another thought as well!). You’ll notice that your ability to focus will start showing up in your daily life, from improved sleep to better concentration.

Breathing Properly: Related to the ability to relax is the ability to breathe properly.

“Just take a deep breath...” is the advice often given to those experiencing moments of stress and anxiety. But does this really work? The answer is, yes it does, when done properly. Breathing exercises have been used for thousands of years as a way of calming your nerves and clearing your mind.
The most common type is referred to as “diaphragmatic breathing” (deep abdominal breathing). It is said that this technique can be used effectively to lessen anyone’s tension; leaving you feeling relaxed as you control your internal rhythm. For those who are interested in using this technique for the purpose of lowering blood pressure, it offers excellent results when you are committed to practicing this method twice per day. Here are the basic steps:

- Place one hand on your chest, the other on your abdomen. Inhale deeply, checking to ensure that the hand on your abdomen raises higher than that on your chest, to allow enough air into your lungs.
- Calmly exhale, and begin inhaling, taking in a slow deep breath, and then hold it (but don’t force it). To maintain control of your breath, count up to 7.
- At the count of 8, begin to exhale slowly, until all of the air is released. Then contract your diaphragm muscles gently, and relax.
- As when inhaling, be mindful of exhaling deeply and completely, but without forcing yourself.
- Repeat this process 4 or 5 times. You should do 5 or 6 deep breaths, maintaining 5-6 breaths per minute.

A few practical tips when practicing breathing exercises...

- Practice early in the morning, (or late in the evening) when your mind and body are relatively at ease, and the air is pure.
- To achieve the best results, drink water approximately 30 minutes prior to beginning your exercises, and avoid practicing after consuming a meal.
- Surround yourself in an area that allows you to focus your attention strictly to the exercise, free of distraction.
- Keep in mind the importance of making your breathing smooth and effortless. Start out slowly and take it easy as to avoid forcing yourself during your breathing exercises.
- As with anything, do not participate in the exercises if you are not feeling well, and always consult your physician prior to making changes in your diet and exercise routine.

Biofeedback and Autogenic Training: Two stress relieving techniques, which work well individually or in combination, are biofeedback and autogenic training.

- Biofeedback is a non-invasive technique which involves being connected to a machine that essentially trains you to do things such as consciously tightening or relaxing muscles, changing your breathing patterns, which can slow your heart rate. Based on the feedback you receive (via lights and sounds from the machine), you learn to be able to manage your stress by effectively controlling your muscle movements and breathing patterns.
- Autogenic Training is a type of self-hypnosis. This technique essentially learning how to reduce your tension by giving yourself silent instructions, such as “my head is clear and calm”, “my body is completely still and relaxed”. While you can become very relaxed, you will still be aware of what's going on around you.

Much like meditation, these techniques used alone or in conjunction with one another, allow you the freedom to control your thoughts and manage your stress in a safe and effective way.
Audio (Binaural Beats): Your brainwaves and state of consciousness can be directly affected by certain auditory frequencies, varying from a state of high alert to one of deep sleep. At certain frequencies, the use of this auditory brain stimulation is said to induce a sense of calm and relaxation.

The method of using binaural beats works by introducing 2 specific auditory tones, with a separate frequency per ear, when heard through headphones. Your brainwaves then perceive the tonal variance, and accommodate by producing a unifying third tone, in order to naturally follow along with the beat.

To better explain, for example, if 200Hz were being played in your left ear, and 207Hz in your right ear, your brain perceives a tone of 7Hz. It has been proven that by using this technique consistently, you allow your brainwaves to synchronize, which improves your thought processes.

Another great benefit of binaural beats (or tones), is that they cause your brain to start matching the frequency of the tone your brain perceives. In the previous example where your brain would perceive a tone of 7Hz, your brainwaves would quickly start matching this frequency. The benefit to this is that certain brainwave frequencies have been identified that relate to certain specific relaxation states. For instance, brainwave frequencies of 4-7 Hz have been identified with deep meditative states, exactly what you need when you want to relax.

<table>
<thead>
<tr>
<th>Frequency Range</th>
<th>Name</th>
<th>Usually associated with:</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 to 200 Hz</td>
<td>Lambda waves</td>
<td>Wholeness and integration, as well as with mystical experiences and out of body experiences (very high frequency brainwaves)</td>
</tr>
<tr>
<td>30 to 100 Hz</td>
<td>Gamma and Hyper-Gamma waves</td>
<td>Higher mental activity; perception, problem solving, fear, and consciousness</td>
</tr>
<tr>
<td>13 to 30 Hz</td>
<td>Beta waves</td>
<td>Active, busy or anxious thinking and active concentration, arousal, cognition, and/or paranoia</td>
</tr>
<tr>
<td>8 to 12 Hz</td>
<td>Alpha waves</td>
<td>Relaxation (while awake), pre-sleep and pre-wake drowsiness, REM sleep, dreams</td>
</tr>
<tr>
<td>4 to 8 Hz</td>
<td>Theta waves</td>
<td>Deep meditation/relaxation, NREM sleep</td>
</tr>
<tr>
<td>0.5 to 4 Hz</td>
<td>Delta waves</td>
<td>Deep dreamless sleep, loss of body awareness</td>
</tr>
<tr>
<td>&lt; 0.5 Hz</td>
<td>Epsilon waves</td>
<td>Strongly related to Lambda (highest frequency waves). The same states of consciousness are associated with both Lambda and Epsilon waves.</td>
</tr>
</tbody>
</table>

Brainwave Classification Chart: While binaural beats have been proven to affect each listener in a mental and physical way, each individual hears the third “imaginary” tone differently.

There is some level of caution to consider for certain individuals and circumstances. The use of binaural beats is not recommended for those who are prone to seizures, children, or while operating any type of
machinery. As with any health condition, it is important to consult your physician prior to using this technique.

**Acupuncture:** Acupuncture is a practice used both in traditional Chinese medicine, as well many practitioners of Western medicine. Though there is a variance in the purpose of practicing this alternative therapy, acupuncture has been shown to provide many health benefits. The technique involves stimulating the nerves in specific places of the body, using very fine needles to puncture the skin.

During this process, your body naturally releases certain chemicals and hormones in your body, in order to allow the body to correct its imbalances.

Sometimes people get nervous at the thought of needles, but these are nothing like the hypodermics you are familiar with — these are so thin that they are the thickness of a hair. Many people are pleasantly surprised at how they don’t feel the needles and how relaxed they can get, even at the first visit. This is one of the primary modalities we use in my office, because it's so effective.

By correcting the root problems associated with hypertension, such as the condition of your nervous system, blood vessels, and kidneys, acupuncture is said to have a positive effect in lowering blood pressure.

Acupuncture can be a safe, low-risk option for treating the symptoms associated with high blood pressure, but should be done only by a professionally licensed practitioner.

**Oolong Tea:** Tea, arguably one of the most popular beverages worldwide, serves a higher purpose than just liquid refreshment. Sipping a hot cup of Oolong tea is a great way to relax and unwind, and there's even an added bonus. Studies have long shown that tea contains powerful antioxidants, varying in degree by type, that provide a range of health benefits.

Oolong tea, (which is a different type than green tea or black tea), has been proven effective in promoting weight loss and heart health, and lowering blood pressure, just to name a few. There has been much research over the years regarding the health benefits of drinking tea, but scientists in Taiwan have completed what they believe is to be the first study that provides clear evidence indicating that regular consumption of tea can reduce the risk of hypertension.

When the participants had met the criteria needed, researchers were somewhat surprised to find that the study participants considered to be habitual tea drinkers, tended to exhibit behaviors that put them at a higher risk level for hypertension, than those considered to be non-habitual tea drinkers. In addition to being generally more obese, the habitual tea drinkers also had higher tendencies to maintaining a poor dietary routine (high in sodium, and low in vegetables), as well as exhibiting more addictive behaviors (smoking and alcohol) in comparison to the non-tea drinkers.

However, the findings reported that despite these risk factors, the blood pressure readings for those who drank tea regularly were still lower than those of the non-tea drinkers. The study authors found that the most
exciting results in their findings what the significant decrease in numbers of those who ultimately developed hypertension over the course of the study.

The researchers concluded that, “Compared with non-habitual tea drinkers, the risk of developing hypertension decreased by 46% for those who drank 120 to 599 milliliters per day, and was further reduced by 65% for those who drank 600 milliliters per day or more...”. So evidence indicates that by regularly consuming oolong tea, you are increasing your ability to naturally lower your blood pressure, and reduce your risk of hypertension.

So cold or hot, oolong tea is a refreshing way to sit back and relax, and relieve some stress.

Sleep: Just like many of us reaching the end of a long day, you’re likely desperate to bring that day to an end, and just go to sleep. But how often do you find yourself tossing and turning, in a constant struggle to get some shut-eye? Poor sleep not only causes stress and understandable fatigue, but it can lead to some serious health complications that should not be ignored, particularly if you have high blood pressure.

There have been many studies showing that insomnia, or a lack of sufficient sleep, can be directly related to having high blood pressure. But if you are among the millions who been diagnosed with hypertension, there is even more bad news. Researchers are now discovering that you are likely to double your risk of developing a resistance case of hypertension if you aren’t getting the rest you need.

So what does this mean? Bottom line- you could be facing the possibility of being prescribed at least three hypertension medications, which unfortunately may prove to be ineffective in maintaining healthy blood pressure readings. Additionally, you’re facing the challenge of a greater risk of developing any number of other associated diseases, which isn’t encouraging.

Biologically, when we are under stress, our bodies react by releasing chemicals into our system in an effort to keep everything functioning properly. Not only are our minds and bodies working overtime, so are our major organs. Without proper diet and exercise, as well as adequate sleep, our systems will wear down and start to malfunction, causing all sorts of problems. Let’s take a look at how a lack of sleep plays a role in this malfunctioning process.

For illustration purposes, let’s say you find that over the years, you’ve put on a few unwanted pounds. As you’ve aged, and your metabolism is beginning to slow down, your weight is steadily increasing. Without having made any positive improvements in your diet and exercise routine, you’ve reached the point of being considered overweight, or officially obese. By now, in doing absolutely nothing, you’ve already placed yourself at a higher risk of developing any number of diseases.

Since we’re focusing on your resting period, let’s start with sleep apnea, for example. This is a condition in which you wake up gasping for air, several times during the course of the night, obviously causing disruption to your sleep patterns. Now let’s say that this lack of quality sleep then turns into eating “fast food” because you’re too tired to have to prepare anything healthy. As the pounds are adding up, so is
your risk for developing hypertension, diabetes, and kidney problems (assuming you don’t have it already).

Without any major modifications in your lifestyle, you’ll still find that you’re not getting enough rest, because the stress of dealing with these conditions is keeping you up all night!

This frustrating cycle of “cause and effect” symptoms are clear indicators that your biological system is all out of whack. If you’re not taking these symptoms seriously, you’re just pushing yourself closer toward coronary heart disease, stroke, or worse... death.

“Not getting enough sleep” can lead to some pretty scary stuff, if you’re not careful. But by making some adjustments in your sleeping habits, in addition to other necessary lifestyle changes, you can get one step closer to lowering your blood pressure, and improving your health.

*Tips for improving your blood pressure readings by getting some quality Zzzz’s:*

- **Sleep According to Schedule:** go to bed and wake up at the same time, every single day. This consistency promotes better sleep at night.
- **Stay Calm:** if you find yourself tossing and turning, get up and do something relaxing. Try the meditation technique I taught you earlier. It can be very helpful for calming down your mind to sleep.
- **Don’t Go to Bed Hungry...or Full:** avoid the distraction of gastrointestinal discomfort.
- **Limit Your Liquids:** try to prevent those late night trips to the restroom. Avoid alcohol, nicotine, and caffeine, each of which has stimulating effects.
- **Turn off the screens:** Computers, iPads, phones, TV’s... all of these lighted screens can change your brain patterns when watching them at night. Turn them off a minimum of 30 min before going to bed and read a book instead.
- **Create a Bedtime Ritual:** take a shower, listen to soothing music, read a book, meditate... make relaxing a nightly habit to signal your body that it’s time to go to sleep.
- **Create a Comfort Zone:** create an environment that is comfortable for sleeping... not too hot, not too cold... not too bright, but just right. Be sure that when you are going to sleep, your bed is comfy cozy.
- **Try a Catnap:** avoid taking a long nap during the day, which interrupts your normal sleep cycle. If you feel that you need to rest during the day, keep it quick. Enjoy an afternoon nap, but only for ~10-30 minutes.
- **Get Physical:** maintain a regular exercise schedule, planning your physical activity well before bedtime, to avoid being too energized to sleep.
- **Get a Grip:** prioritize and organize to manage your daily stressors. Be intentional about creating time for yourself to unwind, using whatever relaxation techniques necessary to calm your mind, and relieve your stress.
- **Pick up the Phone:** if your inability to sleep is causing disruption that is affecting your health, call your doctor. Seek the advice of a professional to diagnose and treat any potential disorders that may be keeping you up at night.
So in the end, when facing the challenges of managing hypertension, and reducing your risk of developing other associated diseases, it’s important to have a plan. You must be prepared to make whatever lifestyle changes necessary will allow you to improve your health.

In addition to a proper diet and exercise routine, it’s imperative to give equal consideration to spending time relaxing. Your body requires rest in order to rejuvenate and to function properly. As with anything, there isn’t a “one-size-fits-all” method of relaxation. So feel free to try different techniques and see what suits you.

Either way, your end goal is always that of relieving your mind of anxiety.

Managing your stress, which can have an immediate affect on your blood pressure, will allow you to gain a better sense of well-being. There’s nothing more peaceful than the feeling of being in control of living a happy, healthy life.

### CATEGORY 6: Eliminating Toxins

As you know, the things we put into our body can either help us or harm us. Two of the major offenders when it comes to high blood pressure are smoking and alcohol use. In this section we’ll take a close-up look at these two substances to understand how they negatively impact blood pressure.

**Smoking and High Blood Pressure:** One of the lesser-known impacts of smoking is that it raises your blood pressure. With each inhalation, the toxic nicotine constricts your arteries. This constriction reduces the area inside your arteries, permitting less room for blood to flow through, thereby raising blood pressure. Having watched several family members struggle with smoking addiction, I’m sensitive to those that want to quit but are having trouble. Just imagine with me for a moment....

*If you quit smoking right now... Twenty minutes after you stop smoking, your heart rate slows down to a calm, steady beat, lowering your blood pressure.*

Eight to twelve hours later, the dangerous levels of carbon monoxide in your blood have now dropped to a normal level. You may start to feel relief from any flu-like symptoms— from everyday fatigue to headaches, sleepiness, and nausea, all of which could have resulted from the effects of carbon monoxide.

Two days later, your heart attack risk is lower and continues to decline over the next three months. You’ll suddenly notice you don’t need as much salt (thanks to a return in the sensitivity of your taste buds) – and the air smells fresh (now that your sense of smell has returned). Three days later you might feel like going for a jog – because your energy is going to skyrocket.

After the first month, you have fewer instances of that annoying, hacking smoker’s cough because your bronchial tubes are on the mend. Whenever your bronchial tubes are irritated, they produce excess mucus. So eliminate the cigarettes, and you can say goodbye to the nagging feeling of having to constantly clear your throat. A few months later, you’ll be taking the stairs without gasping for a breath. As you get your body...
moving, your circulation will naturally improve, recovering from the effects of constricted blood vessels. Just one cigarette reduces the blood flow throughout your body for an hour.

The health improvements continue long after you quit smoking. Your gift at the first anniversary of quitting is that your risk of coronary heart disease becomes half that of what you risked as a smoker.

**HERE’S ANOTHER BENEFIT:**
You’ll keep aging signs at bay. The mouth suction that you use to puff on the cigarette is terrible for producing or deepening wrinkles. When you stop smoking, you give those facial muscles a well-deserved rest.

Make it to your fifth year smoke-free, and your risk of stroke is the same as a non-smoker. That’s really amazing! In ten years, your lungs become stronger, and your chances of dying from lung cancer are only half as great as if you continued to smoke.

**Alcohol Consumption:** If you consume more than 2 drinks per day (for men), or one drink per day (for women) then you are putting yourself at a much greater risk for high blood pressure.

Alcohol consumption impacts your health on many fronts. Two critical health conditions involved, with regard to hypertension are:

**OTHER RISKS DECREASE WHEN YOU END YOUR SMOKING HABITS.**

*Here are a few more to consider:*

- Cancer
- Cardiovascular Disease
- Impotence
- Infertility
- Macular Degeneration
- Periodontal Disease
- Ulcers

**Weight gain:** While alcohol might have a low sugar content (dry wine, for example) or a high sugar content that comes with an insulin reaction (margarita, anyone?) there’s no doubt that alcohol has calories. And those calories add up to the weight gain that negatively impacts your blood pressure. So it’s a good idea to limit your alcohol if you’d like to lower your blood pressure.

**Overworking the liver:** The second impact that alcohol has on your blood pressure has to do with the workload alcohol consumption puts on your liver. When the body detects alcohol in your system it treats it much like it would any toxin. It begins an all-hands-on-deck process to get it out of your body as fast as possible. However, this is not as easy as it sounds. Alcohol must be broken down in your liver through a process called oxidation. Once the initial stages of oxidation occur about 10% of the remaining byproducts are eliminated from your body through your breath or your urine. The remaining 90% of the alcohol byproducts are further broken down in the liver and turned into acetic acid.

The problem this causes in relation to high blood pressure is that this process of breaking down alcohol takes a very long time and keeps your liver very busy trying to eliminate this toxin (alcohol) from your body. In
fact, it takes a full hour for your body to eliminate the alcohol from just a 12-ounce beer. Imagine the length of time it would take to eliminate beverages with much higher alcohol content.

This is where it gets tricky. While your liver is busy using its resources to get rid of the alcohol, it has to neglect a few very important functions that are important to regulating blood pressure. There are two hormones, renin and angiotensin, that are essential to keeping your blood pressure within normal ranges. However, when your liver is overburdened with the high priority task of removing alcohol from your body, the production of these two important hormones is neglected.

References
15. (March 2012). "Hypertension/High Blood Pressure". Web MD
16. University of Maryland Medical Center (March 6, 2013) "Lifestyle changed needed to control high blood pressure", University of Maryland School of Medicine.


35. Anne Louise Gittleman, N.D., M.S (March 5, 2013). "Understanding Salt and Sodium".


38. William Davis, MD (March 2010). "Reduce Blood Pressure—Naturally—What Americans Can Learn from Traditional Cultures about Managing Hypertension", Life Extension Magazine


73. Duncan S. Buchan1,*, Stewart Ollis1, John D. Young2, Non E. Thomas3, Stephen-Mark Cooper4, Tom K. Tong5, Jinlei Nie6, Robert M. Malina7 andJulien S (April 4, 2011).


Now it’s time to show you how to take everything you have learned about naturally lowering your blood pressure and use it to create a personalized plan that is right for you. This book has given you a wealth of information about how to naturally lower your blood pressure.

However, from this point forward I want you to think of this book as a reference guide, rather than a list of things you MUST do right now. It is here for you when you need it.

When you want to try something new, just pick up this guide and read about the next supplement, exercise, meditation technique, or food that you want to include in your new healthy lifestyle.

In fact, there is so much information given that a common response is to feel a bit overwhelmed. However, that needn’t be the case. In fact, I want to share with you a very important tip...

IMPORTANT TIP:
No one can implement everything in this book on day one!

So relax! I am going to show you my top recommendations for your first 30 days. This streamlined guide will make it very easy for you to plan and implement the next four weeks of meals, exercises, supplements, and relaxation strategies.

The goal is to build a daily plan for you that is easy to follow and gives you a framework for monitoring your results so that you can see your progress week to week.

THE TOP RECOMMENDATIONS that I have for quickly lowering your blood pressure using the strategies in this book will fall into the following main categories:

- The Power of Measurements
- Exercise Explained
- Super Supplements
- Your Daily Diet
- Relax A Little

We will be using a common feedback mechanism to make sure you are continually moving toward normal blood pressure ranges. This tool is simply the three step process of Implementing - Monitoring - Adjusting.
This simple framework will be implemented on a seven day weekly schedule. This will create a predictable pattern for you and allows any changes you made to your diet, exercise, or supplements to show their effect by the time you take new measurements at the end of the week.

**The Power of Measurements:** It has long been known that if you want to improve some aspect of a person’s performance, you simply begin measuring their results. The same idea applies to your health. The very act of measuring your blood pressure, weight, and body fat percentage will help you become more aware of what you are eating. In addition, the data from each measurement will give us valuable data points so that we can monitor the impact of your new choices. If your measurements are not improving, then we know that we need to make adjustments. If they are improving, we know we are on the right track.

**Your Daily Diet:** The biggest leverage point we have to attack high blood pressure is your diet. By helping you transition to a lower carb, higher fat, medium protein diet that removes most processed sodium from your diet, you will begin to feel better within days and your blood pressure will begin to come down. The included meal plan will help you tremendously to set up and plan your meals and grocery purchases.

**Exercise Explained:** Having a strong cardiovascular system is one of the smartest things you can do to help naturally lower your blood pressure. We will use short, but intense, exercises to stimulate your cardiovascular system and help improve its capacity. In addition, the type of exercise you will be doing has been show to release certain very beneficial hormones that help with fat loss and also muscle retention.

**Relax A Little:** We all live in a more stressful time now than our ancestors did, so we will plan to incorporate two planned relaxation sessions per day for you. This is crucial and I can tell you from my own experience and the experience of my patients that relaxation has a bigger effect than you can realize. These times of slowing down for a few minutes each day really do have a big impact on your overall stress level, which we know contributes directly to your blood pressure readings.

**Super Supplements:** As much as we would all like to believe that our modern food supply can give us all the nutrition we need, the sad fact is that due to the modern processing of much of our food supply, many of the beneficial nutrients have been removed. To overcome this modern dilemma, we must make sure our bodies get the expected nutrients needed in order to operate efficiently. For this reason, many of us will need to supplement our diet with external sources. The supplements that I will list in this section are my top choices and support the process of naturally lowering your blood pressure.

**How To Create Your Personalized Plan:** Now that you understand my top recommendations for lowering your blood pressure naturally, you can see how easy it will be to build out a seven-day schedule. All it takes is just filling in the information for each of the 5 major categories you will be working on each day.
Here is how to create your own personalized plan for a single day of the week. You will repeat this process for each of the seven days to create your weekly plan. In the description below, I include a lot of additional commentary for the sake of explaining this process. In your actual daily and weekly plans you can just list the measurement, food item, exercise, relaxation technique or supplement.

1 | Take Your Measurements
Each Sunday I want you to take three measurements. First, I want you to record your body weight. As you know, losing weight is a very effective way to drop your blood pressure. Next, I want you to record your body fat percentage. This is also an indicator of obesity and will help us see the progress you are making. To calculate your body fat percentage, just type in your body weight and a few simple measurements into the tool in the BloodPressureSolution.com Member’s Area, and it will calculate it for you. With these three measurements, you will be able to clearly see any progress or regression you make each week, and clearly see if/when any adjustments are needed.

2 | Assemble Your Meal Plan
To create your ideal diet I want you to use the included meal plans that came as part of your purchase. Simple choose the breakfast, lunch, and dinner options from the included meal plans. Each of these recipes has been created to be very high in foods that will naturally lower your blood pressure. In addition to adding in these beneficial foods, one of the most important things you can do is to reduce your sodium intake.

NOTE: For hassle-free weekly meal plans and automatic shopping lists created for you, according to our special macronutrient ratio, look into joining Perfect Meal Plans at http://bloodpressuresolution.com/pmp

3 | Plan Your Exercise
Since exercise has been shown to greatly help to lower blood pressure naturally, you will refer to chapter 5 of this book and follow the exercise plan that was outlined there day by day. The exercise plan in that chapter steps you through all seven days of the week, and tells you exactly what to do. This exercise plan was created to trigger the release of fat burning hormones and other beneficial hormones that will aid in fat loss, and is proven highly effective. It only takes 7-8 minutes a day as well.

4 | Take Time to Relax
Each day I want you to set aside two 10-minute periods of time when you will utilize one of the relaxation methods presented in this book. I suggest taking 10 minutes in the morning shortly after you get up, and also one just prior to going to bed in the evening. Pick two of the relaxation methods presented in the chapter on Relaxation. You don’t have to be a hard-core meditator to do this. Some of my best and most relaxing times were simply laying down, listening to calming music and doing deep breathing. It is amazing how rejuvenating these simple actions can be on both your mental outlook and also your internal health!
Supercharging Your Results With Supplements

Far and away the best supplements for naturally lowering your blood pressure are listed below. I use supplements as well, since like I said, even if you’re eating perfectly, it can be hard to get all of our nutrients from our food these days. That is why supplementation is so important.

Now without further ado...let's get to these Super Supplements!

Super Supplement #1: **Omega-3s**: Omega-3s are derived from the fatty oil of cold-water fish such as herring, cod, mackerel, and salmon. The fatty acids that make up Omega-3s (EPA and DHA) have been proven to help lower inflammation in the body. Research data has shown that Omega-3s have made an impact on lowering blood pressure in study participants. Click Here for a FREE TRIAL of my favorite Omega 3 supplement.

Super Supplement #2: **Magnesium**: Magnesium is a very important mineral in your body that is necessary for over 300 biomechanical processes within your body to occur. Without proper levels of magnesium, your body simply cannot function optimally. In addition magnesium seems to help regulate blood pressure in your body.

Super Supplement #3: **Potassium**: While high levels of sodium can increase your blood pressure, high levels of potassium seem to act in the opposite way and reduce your risk of high blood pressure. “High potassium levels may act as a diuretic, causing sodium to be excreted,” Paul Whelton, MD says. “Or potassium may dilate and relax the muscles in blood vessel walls.” Interestingly, this mineral has also been found to reduce the risk of stroke, yet “most Americans get only half their recommended allowance [4,700 milligrams a day],” says Whelton.

Super Supplement #4: **Hawthorne**: Hawthorn is an herb that has been used for centuries to help lower blood pressure and has the support of many top doctors. According to Dr. James Meschino, recognized as a leading expert in nutrition, anti-aging, fitness and wellness, “Scientific and clinical investigations have shown that active constituents in hawthorn extract can reduce high blood pressure via their influence on the angiotensin system, by acting as calcium channel blockers and by improving endothelial function.”

Super Supplement #5: **Grape Seed Extract**: Two new studies suggest grape seed extract may benefit hypertension, cholesterol and glycemic response. The trials, conducted by University of California Davis research scientists, used grape seed extracts from polyphenols and the results were published in the Journal of Pharmacy and Nutrition Sciences and Functional Foods in Health and Disease. This study was undertaken to determine whether a grape seed extract (GSE) which is a nutraceutical containing vasodilator phenolic compounds lowers blood pressure in subjects with pre-hypertension.
Super Supplement #6: **D3**: Scientific studies have concluded that vitamin D deficiency has been associated with a group of health problems, including insulin resistance, obesity, and hypertension. In addition to its involvement in regulating your immune system, (relevant due to its ability to decrease inflammation), vitamin D has also been shown to reduce systolic blood pressure, and is a requirement for statins (drugs prescribed to lower cholesterol levels) to work effectively, as well.

Super Supplement #7: **Co-Enzyme Q10**: Co-Enzyme Q10 is a powerful vitamin-like substance that several studies show as being beneficial to lowering blood pressure.

Super Supplement #8: **Nitrates**: Nitrates are powerful substances within certain foods that, when consumed, are converted to nitric oxide within our bodies. Nitric oxide has the effect of relaxing and dilating blood vessels in your body, which increases blood flow and volume within the blood vessel itself. This has the effect of lowering blood pressure, sometimes quite dramatically. Several studies have shown that beetroot juice, when consumed daily, can significantly reduce blood pressure levels in only 24 hrs. Scientists believe that this is a result of the nitrates, which naturally occur in foods such as beetroot juice.
The Blood Pressure Solution is more than just a collection of commonly found advice; instead it is a system that works together to tackle high blood pressure holistically and from many different angles. By attacking many of the underlying causes of high blood pressure at once, you will create a synergistic effect that will dramatically elevate your health and help you regain normal blood pressure readings.

Dr. Marlene Merritt has a Masters in Nutrition, and practices as a licensed healthcare provider in her clinic in Austin, Texas, showing patients how to turn around their health using some common sense and nutrition. She saw for herself the difference nutrition had on her own heart condition, and, through articles and books, is trying to help more people find their way through the dizzying amount of conflicting information in the media.

She specializes in educating patients and other healthcare practitioners in how to deal with the root causes of disease, instead of the symptoms, and getting people back on track to vibrant health at any age.

For even more Blood Pressure Solution resources, be sure to login to the member's area at http://bloodpressuresolution.com/login/

You may reach our friendly support staff at support@bloodpressuresolution.com or call 877.755.4904