Reversing Hypertension

Dear Center,

Known as “the silent killer,” high blood pressure affects some 76 million Americans. And consider this: even if you don’t have high blood pressure today, a man or woman in their mid-50s has an over 50% likelihood of developing hypertension later in life. In other words, we all need to know the lifestyle keys for optimizing blood pressure—whether or not we currently have hypertension.

In this newsletter, you’ll learn just that: natural strategies for keeping your blood pressure normal—or controlling your blood pressure if already high, giving you invaluable tools to help
you and your doctor eliminate or reduce your hypertension medications.

Don’t complacently settle for a lifetime of often costly high blood pressure medications with quality-of-life impairing side effects like dizziness, weakness, mineral imbalance, fluid retention, and sexual dysfunction. By all means control your blood pressure. Lower your risk of crippling and potentially fatal illnesses like heart attack, stroke, and kidney failure. But use as little medication as possible by relying on natural strategies like those featured in this issue.

All the best,

The NEWSTART® Lifestyle Club Team

Featured Video

Controlling High Blood Pressure
By Doug Plata

High blood pressure can have serious
consequences for your health. Fortunately, in most cases, it can be controlled with lifestyle change. Dr. Doug Plata explains what you need to know about hypertension and how to deal with it naturally.

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Featured Article

Hypertension: Taking the Pressure Off
By John Glenn Clark

“My eighty-three year old mother called me last week, ‘Brenda!’ her voice sounded alarmed, ‘I just took my blood pressure and I am worried, it is 160/100’”

Brenda, was worried too, but knew something about blood pressure. “Mom, just sit down, drink 3 big glasses of water, and I’ll be over in about 45 minutes and we’ll take your blood pressure again.”
Blackberry Cobbler

1. In a 9×13 pan, layer oats, pineapple, dates and berries.
2. Repeat (Making two layers)
3. Pour apple juice and sprinkle granola evenly over the dish.
4. Bake for 30 minutes at 350 degrees F.
5. Serve hot – either plain or with coconut milk.
6. Can be refrigerated overnight before baking
Spam
Not spam
Forget previous vote
“My eighty-three year old mother called me last week, ‘Brenda!’ her voice sounded alarmed, ‘I just took my blood pressure and I am worried, it is 160/100’.”

Brenda, was worried too, but knew something about blood pressure. “Mom, just sit down, drink 3 big glasses of water, and I’ll be over in about 45 minutes and we’ll take your blood pressure again.”

Arriving 45 minutes later, Brenda retook mom’s blood pressure. It was now 130/70.

Americans are chronically dehydrated. People who drink plenty of water have lower blood pressures. Many people suffer from high blood pressure; the cause of which is inadequate consumption of water. Constant dehydration forces the body to tighten the blood vessels and speed up the heart to maintain adequate blood flow to the brain and over time hypertension results. Not all hypertension is the result of not drinking enough water, but more of it arises from this cause than is realized.

Contrast the impact of this “national water shortage” with the National Institute of Health’s (NIH) guidelines for treatment of hypertension. Let’s say your water intake has been dismally inadequate and your brain is crying for better blood supply. The body responds with a faster heartbeat and tighter blood vessels to squeeze the blood more effectively up to the top of your head. The doctor takes your blood pressure and (of course) discovers you have blood pressure that is higher than is considered safe. In line with practice guidelines the first line treatment is a diuretic; a “water pill”. You go home, the dehydration is worse (compounded) and on a return trip to the doctor you are again discovered to be not only hypertensive, but your heart rate is up. Guidelines now recommend a beta-blocker. What does a beta-blocker do? Slows yours fast heart rate. With that you go home, your heart is now slow, but the brain is still crying out for blood so all the blood vessels in your body get even tighter to squeeze the remaining blood to the top of your head. Back to the doctor you go for follow up; low and behold the pressure is still up. The next recommended pill to fix the “resistant hypertension” is a calcium channel blocker. What does a calcium channel blocker do? It relaxes all the blood vessel in your body. You mean the ones that tightened up to get the blood to the top of my head? Yes. Now I must hand it to the NIH, the first line therapy is really supposed to be lifestyle modifications, but in my estimation the modifications listed and the extent to which they are applied or encouraged lacks enthusiasm. Okay, so, you can see that I am not “real big” on treating diseases you get from poor lifestyle practices with any other thing than correct lifestyle practices.
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Ingredients
- 1 3/4 c. oats
- 1 1/2 c. pineapple, crushed
- 3/4 c. date pieces
- 1 1/2 c. blackberries, frozen
- 1 qt. apple juice
- 1 c. granola

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