Reversing Hypertension

Dear Center For,

Known as “the silent killer,” high blood pressure affects some 76 million Americans. These hypertensives are three times more likely to have a heart attack and eight times more likely to suffer a stroke.

Hypertension, more commonly known as high blood pressure, is a condition that causes blood to flow through your arteries at a higher than normal pressure rate.

Fortunately, most cases of hypertension can be reversed in weeks by simple dietary and lifestyle changes. The key to dealing with hypertension is to focus on eating foods that are rich in fiber and potassium, and low in saturated fats.

Here are some simple resources to help you beat the stress!

We hope you enjoy,

The NEWSTART Lifestyle Club Team
Optimizing Your Blood Pressure

by David DeRose

Dr. David DeRose explains how to better understand high blood pressure. See how what you eat, how you rest and what makes you stress affects your health. Learn the answers to questions such as, "Can I control high blood pressure without medications?" Learn the no-pressure solution for blood pressure control. Understand sodium and tobacco's effects on your health as well as the best diet for low blood pressure.

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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...

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Featured Recipe

Banana Date-Nut Muffin Tops

by Michelle Irwin

1. Preheat oven to 400°F and spray cookie sheet with oil.

2. Place flour, baking powder, salt, and Brazil nuts in a food processor and process together for 1 minute, until the nuts are as fine as the flour. Add walnuts and blend a few seconds to chop the nuts.
3. Mash the bananas with a fork and place in a 1-cup measuring cup along with the honey. Add the milk to make a total of 1 cup mixture with the bananas and honey. Stir together.

4. Place flour mixture in a mixing bowl, adding dates and the banana mixture. Stir briskly until well mixed.

5. Using an ice cream scoop, place 6 mounds of batter on a cookie sheet. (Briskly tap the cookie sheet on the counter several times and the mounds will spread into flat circles.)

6. Place in 400 degrees Fahrenheit oven and bake for 15-20 minutes, or until golden brown on top and bottom.

**Ready in about:** 35 minutes

**Makes:** 8 muffin tops

[View Ingredients]
John Glenn Clark

Hypertension: Taking the Pressure Off - Part 1

"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. [1] 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. [2] 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. [3] 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. [4] 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.

Save The Brain

http://newstartclub.com/resources/detail/hypertension-taking-the-pressur...
Michelle Irwin

Michelle is an author, a passionate raw food chef and instructor, a licensed holistic health practitioner, a certified lymphologist, and a mother of two. Michelle is the cooking school instructor for the NEWSTART Lifestyle Program at the Weimar Institute. Michelle earned her Raw Food Chef and Instructor certification from the world famous Living Light Culinary Arts Institute, and a Bachelor of Science degree from the prestigious United States Military Academy at West Point, where she served in the military for 5 years.

View Recipes by Michelle Irwin

Banana Date-Nut Muffin Tops

Everyone knows it: muffin tops are the best part of the muffin. Slightly crisp on top, perfect for spreading--this recipe does the smart thing and omits the muffin bottom altogether. We kept the recipe small because they are so much better when they're fresh out of the oven. Feel free to double the recipe and freeze the extras.

Ingredients

- 1 c. whole wheat flour (gluten free flour options include: almond, buckwheat, corn, millet flours, and more)
- 2 tsp. Ener-G Baking Powder
- 1/2 tsp. salt
- 1/2 c. Brazil nuts
- 1/2 c. walnuts
- 1/2 c. chopped dates
- 1 medium banana
- 1/4 c. agave nectar
- 1/4 c. soy milk, or soy-free milk of choice

Instructions

1. Preheat oven to 400°F and spray cookie sheet with oil.
2. Place flour, baking powder, salt, and Brazil nuts in a food processor and process together for 1 minute, until the nuts are as fine as the flour. Add walnuts and blend a few seconds to chop the nuts coarsely.
3. Mash the bananas with a fork and place in a 1-cup measuring cup along with the honey. Add the milk to make a total of 1 cup mixture with the bananas and honey. Stir together.
4. Place flour mixture in a mixing bowl, adding dates and the banana mixture. Stir briskly until well mixed.
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