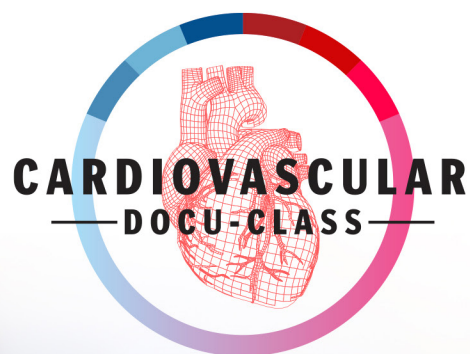


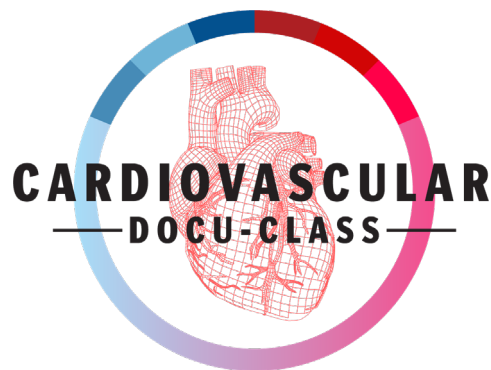
LOWER YOUR BLOOD PRESSURE NATURALLY

18 Effective Solutions



LOWER YOUR BLOOD PRESSURE NATURALLY

18 Effective Solutions



All information contained in this publication is copyright NaturalHealth365Programs.com

All rights reserved. All information contained in this publication may not be copied, published, distributed, broadcast, posted on the internet, or otherwise used for any purpose whatsoever without the prior written consent of NaturalHealth365Programs.com which may be withheld in the sole and absolute discretion of NaturalHealth365Programs.com.

All persons doing so will be prosecuted within the fullest extent of the law.

This publication is for educational purposes only.

It is not intended as a substitute for the diagnosis, treatment and advice of a qualified licensed medical professional. The author, publisher and distributors of this publication assume no responsibility for how this material will be used. You should not use the information on this website for diagnosing or treating a health problem or disease, or prescribing any medication or other treatment without first consulting your treating physician. The content of NaturalHealth365Programs.com has not been evaluated by the Food and Drug Administration.

To be clear, the author, publisher and distributors of this publication do not recommend any particular nutritional supplement or treatment protocol for any medical health condition or disease. Ultimately, it is up to you to work with a qualified, healthcare professional and make an informed decision.

ABOUT JONATHAN LANDSMAN

As the creator of NaturalHealth365 Programs, I've worked with some of the brightest minds in natural health and science. Having been in the health and fitness industry for over 35 years, I've produced over 500 health programs with over 300 of the finest integrative healthcare providers in the world.



Reaching millions of people, worldwide, I am committed to educating the public about the importance of eating a healthy, organic (non-GMO) diet; consuming high-quality nutritional supplements, as needed and participating in healthy lifestyle habits like, exercise, detoxification protocols and mind/body work, on a regular basis.

CONTENTS

- 5** | Blood pressure: How high is too high?
- 6** | Natural solutions may offer drug-free relief from hypertension
- 7** | Magnesium: Look to the “mighty mineral” to help manage blood pressure
- 8** | Vitamin D: The “sunshine vitamin” acts against high blood pressure
- 9** | The “good” fats: Omega-3 fatty acids support heart health function and lower blood pressure
- 10** | Probiotics support healthy blood pressure
- 11** | Powerful potassium: Fight high blood pressure with this essential mineral
- 12** | Fennel seeds: New research confirms an ancient wisdom
- 13** | Lavender: The “beauty queen” of herbal medicine lowers blood pressure
- 14** | Lower blood pressure naturally with calming German chamomile
- 15** | Potent olive leaf extract lowers blood pressure while offering a jackpot of health benefits
- 16** | Watermelon: Warm-weather treat may also “cool off” blood pressure
- 17** | Brightly colored beet juice gives the “red light” to high blood pressure
- 18** | Raspberries, blueberries, bilberries and blackberries: Vivid colors signal better blood pressure readings
- 18** | Cinnamon: Common cooking spice has uncommonly powerful health effects
- 19** | Go with garlic: Everyday seasoning helps to dilate blood vessels
- 20** | Mellow out with the “sleep” hormone
- 21** | Courtesy of the south of France: Pine bark extract lowers blood pressure
- 22** | Sweet news: Stevia helps maintain healthy weight and blood pressure
- 22** | Pomegranate: The newest natural health “superstar” earns its high rating
- 23** | Prevent and reverse high blood pressure with natural techniques
- 26** | References

If you have high blood pressure, you have plenty of company. According to the latest statistics from the U.S. Centers for Disease Control and Prevention (CDC), the condition currently affects about 108 million people - almost half of all American adults. (1)

Also known as hypertension, high blood pressure is a major risk factor for heart attacks, heart failure, stroke, vision loss and kidney damage. In fact, some studies place the mortality risk for hypertensive adults at a shocking 200 to 400 percent higher than for those who don't have high blood pressure. (2)



BLOOD PRESSURE: HOW HIGH IS TOO HIGH?

The term “blood pressure” refers to the force exerted by blood on the walls of the arteries. The systolic, or top, number reflects the force of each heartbeat, while the diastolic number measures the force in between heartbeats.

Medical authorities currently categorize “normal” blood pressure as readings of less than 120 mm Hg over 80 mm Hg. “Elevated” blood pressure (also known as prehypertension) starts with readings of 120 to 129 mm Hg in the systolic - with a diastolic remaining under 80 mm/Hg.

High blood pressure officially begins with Stage 1 hypertension, defined as 130 to 139 mm Hg in the systolic with 80 to 89 mm Hg in the diastolic.

Stage 2 hypertension is diagnosed as 140 mm Hg or higher in the systolic with 90 mm Hg or higher in the diastolic. (3)

There's no doubt about it: high blood pressure takes a toll on health - cardiovascular health in particular. For those aged 40 to 60, the risk of heart disease - the Number One killer in the United States - doubles with every 20/10 mm Hg increase in blood pressure above the optimal 115/75 mm Hg. (4)



NATURAL SOLUTIONS MAY OFFER DRUG-FREE RELIEF FROM HYPERTENSION

Western medicine attempts to treat high blood pressure with drugs, including diuretics, beta blockers (such as metoprolol) and ACE inhibitors (like lisinopril). However, these medications feature a long list of potential side effects, including dizziness, lethargy, weight gain and fatigue. Alarming, some blood pressure medications have even been linked with an increased risk of stomach, pancreatic and liver cancer.

While the exact cause of high blood pressure is not always clear, many common - and unhealthy - behaviors can play a role.

The “bad news” - that high blood pressure is worsened by unwise lifestyle choices such as physical inactivity, obesity, cigarette smoking and poor diet - is also the “good news” ... because it lies within our power to change them.



Natural health experts have long maintained that healthier lifestyle choices - along with appropriate use of natural nutrients, herbs and supplements - can send high blood pressure heading “south,” in the direction of lower measurements, better health and longer life.

The following 18 nutrients have received particular attention from researchers for their ability to lower blood pressure.

Of course, you should never eliminate or reduce your prescribed blood pressure medication unless advised to do so by your doctor.



MAGNESIUM: LOOK TO THE “MIGHTY MINERAL” TO HELP MANAGE BLOOD PRESSURE

Magnesium facilitates the workings of an astonishing 300 different body systems, including the regulation of blood pressure and heartbeat. Unfortunately, magnesium deficiencies are common, with the National Institutes of Health warning that most older adults in the United States don't get enough of this essential mineral in their diets.

And, in an ironic twist, drugs commonly prescribed for high blood pressure (such as diuretics) can decrease levels of magnesium - the very nutrient that is a “must” for healthy pressure. Unsurprisingly, shortfalls in magnesium are associated with higher blood pressure. The “up” side of this is that magnesium supplementation can help correct the problem.

In a study of low-magnesium patients, supplementation with 450 mg of elemental magnesium a day dropped systolic levels by a whopping 20.4 mm Hg, and diastolic by 8.7 mm Hg. (5)

The National Institutes of Health advises an RDA of 420 mg of magnesium a day for men age 50 and older, while women over 50 should ingest 320 mg. (6)

You can boost your dietary intake of magnesium with dark, leafy greens, whole grains, nuts and legumes. And, if you would like to try magnesium supplementation, discuss the matter first with your integrative physician.



VITAMIN D: THE “SUNSHINE VITAMIN” ACTS AGAINST HIGH BLOOD PRESSURE

Vitamin D, needed to form and maintain bones and teeth, also plays a role in regulating blood pressure. Studies have found that this fat-soluble nutrient suppresses the production of renin, an enzyme that promotes the activity of a blood pressure-raising protein known as angiotensin. (7)

Deficiencies, which experts say affect over 41 percent of the adult population of the United States, raise the risk of high blood pressure.

Could the widespread national deficiencies of vitamin D have something to do with the epidemic of high blood pressure in the United States? Many natural health experts think so.

As with magnesium supplementation, vitamin D supplementation has been shown in studies to reduce blood pressure in people with hypertension. The best way to avoid vitamin D deficiencies is to get at least 20 minutes of direct sunlight two or three times a week. If this is impractical or impossible, you can boost your levels with cold-water fatty fish, organic mushrooms and pasture-raised eggs. (8)

However, vitamin D supplementation is usually necessary to correct serious deficiencies within the body. As a health tip, opt for vitamin D3 over vitamin D2. Vitamin D3 is considered vastly superior to plant-based vitamin D2 in conferring cardiovascular benefits. (9)

Although individual needs vary with gender, body mass, age, and even the climate in which you live, natural health experts maintain that most people need about 5,000 to 8,000 IU of vitamin D3 a day to correct vitamin D deficiencies. So, be sure to check with your doctor to determine the right amount for you.



THE “GOOD” FATS: OMEGA-3 FATTY ACIDS SUPPORT HEART HEALTH FUNCTION AND LOWER BLOOD PRESSURE

Researchers have discovered remarkable health benefits associated with eicosapentaenoic and docosahexaenoic acids, a pair of omega-3 fatty acids found in cold-water fatty fish. Due to their tongue-tangling names, they are commonly abbreviated as EPA and DHA.

No matter how unwieldy their names, EPA and DHA spell “good news” for your heart - and have been shown in studies to lower blood pressure.

In a landmark clinical study published in the highly regarded Journal of Nutrition, scientists reported that **daily doses of EPA and DHA-rich fish oil for 8 weeks produced “clinically meaningful” blood pressure reductions in adults with systolic hypertension** - which the team noted could lead to lowered rates of heart disease. (10)

You can boost your EPA and DHA levels with wild-caught salmon, mackerel and sardines. Certain marine plants, such as seaweed, spirulina and chlorella, also contain these beneficial fats.



In addition, a plant-based type of omega-3 fatty acid, alpha-linolenic acid (ALA), is found in nuts and seeds. (11) As an added bonus, to really ramp up your ALA intake, try snacking on some flaxseeds. With over 6 grams a tablespoon - triple the amount contained in hemp or chia seeds – flaxseeds really are the omega-3 “high ringer.”

Due to concerns over heavy metal (mercury) toxicities in fish, many natural health experts advise obtaining your omega-3s through fish oil. You just need to be very careful to source fish oils from a reliable vendor to ensure purity.

Natural healers typically advise amounts around 1,000 mg a day – but check first with your integrative doctor before using fish oil to lower blood pressure.

PROBIOTICS SUPPORT HEALTHY BLOOD PRESSURE

The community of “friendly” bacteria in the gut (also known as the microbiome) plays a vital role in cardiovascular health. You can encourage a healthy balance of bacteria in the digestive tract with live microorganisms known as probiotics.

Intriguingly, some studies have shown that probiotics can lower blood pressure.

You can increase your dietary intake of probiotics through fermented foods, such as yogurt with live cultures, kimchi, miso and fresh sauerkraut.



Probiotics are also available in supplementary form. Typical amounts range from 10 to 20 billion CFU (colony-forming units) per day, but check first with your doctor. (12) As a health tip: Lactobacillus and Bifidobacterium have been shown to be particularly beneficial species for digestive health and lower blood pressure.



POWERFUL POTASSIUM: FIGHT HIGH BLOOD PRESSURE WITH THIS ESSENTIAL MINERAL

Potassium is mandatory for proper function of the muscles - particularly the all-important heart muscle - and helps to lower blood pressure by relaxing the arterial walls.

Unfortunately, scientists at Harvard Medical School warn that diuretics prescribed for blood pressure can hasten the excretion of potassium in the urine - thereby “doing a number” on potassium levels. People eating a diet heavy on canned and processed fare could be at risk for shortfalls as well. (13)

According to natural health experts, the best way to replenish levels of potassium is through diet. Fruits, legumes, vegetables and dark leafy greens - which offer up a treasure trove of potassium - are a good bet.

For example, a mere half cup of white beans offers 595 mg of potassium, while a half a cup of cooked spinach features 419 mg. Certain varieties of fish also feature respectable amounts of potassium, with 3 ounces of cooked halibut contributing 490 mg.

Other potassium-rich fare includes tomatoes, bananas, melons, apples, mushrooms, peas and lima beans.



FENNEL SEEDS: NEW RESEARCH CONFIRMS AN ANCIENT WISDOM

These tiny, flavorful seeds have been used in Ayurvedic and folk medicine for centuries as a trusted herbal remedy for a variety of ailments, including stomach spasms, bloating and high blood pressure.

Not only are fennel seeds rich in minerals needed to regulate blood pressure – such as potassium, magnesium and calcium – but they contain potent antioxidants and anti-inflammatory agents such as quercetin, limonene, apigenin and anethole.

Fennel seeds recently received a modern scientific “vote of confidence” confirming their reputation as a traditional herbal blood pressure treatment. In a new study conducted by researchers at University of California, Irvine and published in Proceedings of the National Academy of Sciences, researchers found that fennel, along with other traditional hypotensive herbs, can activate a specific, blood pressure-lowering potassium channel (called KCNQ5) in the blood vessels. (14)



If you are looking to add fennel seeds to your diet, it's an easy matter to nibble a teaspoon of dried seeds after a meal. Fennel seeds have traditionally been used to promote digestion and freshen breath after meals - so it's “win/win.”

You can also crush the seeds and pour hot water over them to brew a fennel tea, or add them to recipes for baked goods, breads and casseroles.



LAVENDER: THE “BEAUTY QUEEN” OF HERBAL MEDICINE LOWERS BLOOD PRESSURE

A fragrant member of the mint family, lavender (*Lavandula angustifolia*) is valued for more than its attractive purple blooms. **The plant has long been revered by aromatherapists and natural healers for its ability to reduce headaches and lift mood.**



It has also been shown to decrease anxiety, which can cause sudden spikes in blood pressure. Along with fennel seeds, lavender received “props” from researchers at University of California, Irvine, for its ability to open a specific potassium channel tied with lowering blood pressure.

Other research has supported lavender’s blood pressure-lowering effects, as well. In a study published in the Iranian Journal of Pharmaceutical Research, researchers found that inhaling lavender essential oil after open-heart surgery caused reductions in both blood pressure and heart rate. (15)

Lavender extracts are available in capsule form, with natural healers typically recommending amounts of around 80 mg a day.

You can also inhale lavender essential oil through an aromatherapy diffuser - or dilute 3 drops in 9 drops of olive oil and massage it into the back of the neck. Caution: like many other essential oils, lavender oil is not to be taken internally.

Before using lavender extracts or oil, get the go-ahead from your doctor.



LOWER BLOOD PRESSURE NATURALLY WITH CALMING GERMAN CHAMOMILE

German chamomile, known as *Matricaria chamomilla*, has long been used by natural healers to treat indigestion, nervousness, nausea and skin rashes. In addition to having anti-inflammatory effects, chamomile contains chamazulene – a powerful antioxidant – along with the flavonoids apigenin and quercetin.

Recently, researchers found that chamomile, along with fennel and lavender, activates sophisticated molecular mechanisms that can help lower blood pressure. In addition, chamomile has mild sedative effects - meaning that, like lavender, it may soothe the stress and anxiety that can provoke sudden spikes in blood pressure.



And, chamomile uses the same mechanism as lavender and fennel to open the potassium channel. (16)

Chamomile is available in capsule form, with natural healers advising 300 mg to 1,000 mg a day. Before supplementing with chamomile, discuss the matter with your integrative doctor. You may also be able to lower blood pressure with a cup of chamomile tea. To make a relaxing, flavorful tea, simply steep 2 teaspoons of the dried flowers for 5 minutes.

Just one word of caution: if you are allergic to any members of the aster family - which includes chrysanthemums, daisies and ragweed - don't use chamomile.

POTENT OLIVE LEAF EXTRACT LOWERS BLOOD PRESSURE WHILE OFFERING A JACKPOT OF HEALTH BENEFITS

The leaves of the olive tree, botanically known as *Olea europaea*, have been used for centuries to treat infections, speed wound healing, combat diabetes and lower fevers.

Their active constituent, a molecule known as oleuropein, is creating a “buzz” among modern-day researchers for its ability to **modulate blood sugar, regulate heartbeat, reduce cancer risk, boost the immune system and fight inflammation.**

Oleuropein also lowers blood pressure by improving endothelial function and relaxing artery walls. And, like a prescription ACE inhibitor, it can regulate angiotensin-converting enzyme. (17)

In a double-blind clinical trial published in *Phytomedicine*, investigators found that oleuropein decreased systolic blood pressure by an average of 11.5 mm Hg, while lowering the diastolic by 4.8 mm Hg.

In another study, 1,000 mg a day of olive leaf extract was found to be roughly equal to captopril, a prescription medication, in lowering blood pressure. (18)

Olive leaf extracts are available as capsules, tablets and tinctures, with natural healers typically recommending amounts of 500 mg twice a day. Naturally, before using olive leaf extracts, discuss the matter with your doctor.



WATERMELON: WARM-WEATHER TREAT MAY ALSO “COOL OFF” BLOOD PRESSURE

You know that it's luscious, you know that it's sweet, you know that it's a perfect summertime snack. But did you know watermelon can lower blood pressure?

Research has suggested that it can.

In a study published in the American Journal of Hypertension, scientists reported that **amino acids from watermelon significantly reduced blood pressure and myocardial oxygen demand in overweight adults**, even when they were put in a cold-induced state of stress.

The team concluded that the extracts provided cardioprotection by reducing overload to the heart. (19)

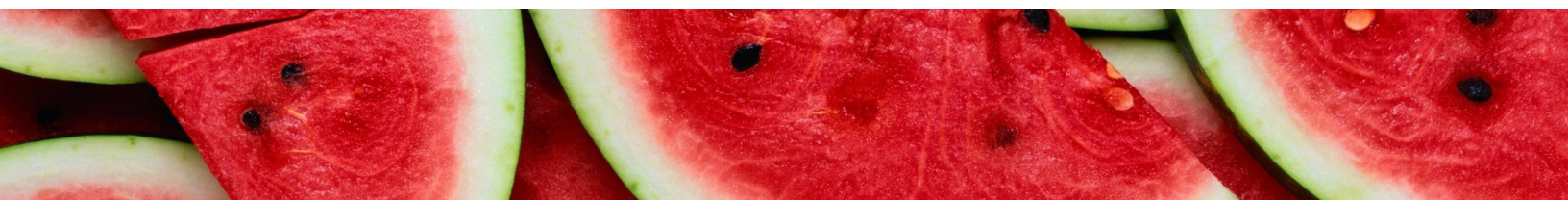
In fact, watermelon's hypotensive and vasodilatory effects are so pronounced that it is classified as a “functional” food – meaning a food that has been shown to prevent disease and promote health.

The key to watermelon's extraordinary blood pressure-lowering ability is its content of citrulline. This beneficial amino acid is converted to arginine, which produces the nitric oxide that is needed to maintain healthy vascular tone and regulate blood pressure.

With 250 milligrams per cup, watermelon is the best source of citrulline on the planet. (20)

As if this weren't enough reason to enjoy watermelon, it is also rich in the antioxidant carotenoid known as lycopene – the disease-fighting natural plant pigment also found in bright red tomatoes.

When selecting a watermelon, look for firm, smooth, intact outer skin, with a yellow “ground spot” indicating where the fruit has rested on the ground. The flesh should be firm, sweet and red – a testament to its healthy lycopene content.



BRIGHTLY COLORED BEET JUICE GIVES THE “RED LIGHT” TO HIGH BLOOD PRESSURE

While beet juice resembles the sort of sugary, chemical-laden drink that those with high blood pressure should avoid, this healthy drink comes by its brilliant red color naturally, through its content of a plant pigment known as betanin.



Betanin, in turn, belongs to a group of antioxidant and anti-inflammatory compounds called betalains. **But the real secret to beets' blood pressure-lowering effects could lie with their nitrates. These are converted in the body to nitric oxide, which is known to help maintain healthy blood pressure.**

In a 2015 placebo-controlled study published in *Hypertension*, researchers found that a daily cup of beet juice for four weeks lowered systolic blood pressure by an average of 7.7 points. (21) By the way, drinking beet juice can lead to a startling side effect: a condition known as beeturia, which causes ruby-red urine.

Never fear, though. According to scientists at Harvard Medical School, the condition is harmless. (22)

RASPBERRIES, BLUEBERRIES, BILBERRIES AND BLACKBERRIES: VIVID COLORS SIGNAL BETTER BLOOD PRESSURE READINGS

These intensely colored berries all have one thing in common: they are rich in anthocyanins, a group of antioxidant plant pigments that fight disease. Like ACE inhibitors, **anthocyanins suppress the production of blood pressure-raising angiotensin-converting enzyme, while simultaneously increasing production of beneficial nitric oxide.**

In one study published in American Journal of Clinical Nutrition, two servings of anthocyanin-rich berries a day caused substantial drops in systolic blood pressure, while helping to raise beneficial HDL cholesterol. The team reported that the natural intervention, which offered a daily dose of about 275 mg of anthocyanins, caused systolic reductions of an average of 7.3 mm Hg. (23)

If fresh, ripe berries are pricy or inconvenient, powdered or frozen forms can still provide healthy amounts of anthocyanins. Before using supplementary anthocyanins, consult your integrative doctor.



CINNAMON: COMMON COOKING SPICE HAS UNCOMMONLY POWERFUL HEALTH EFFECTS

Cinnamon has been used in folk and herbal medicine to treat a variety of conditions, including digestive problems, diabetes and respiratory infections. One of its active principles, an antioxidant known as cinnamaldehyde, is currently the subject of scientific study for its ability to decrease blood pressure.

As it turns out, cinnamaldehyde may be particularly helpful in lowering the blood pressure of people with type 2 diabetes – who are



already at two to three times higher risk of heart disease than those who don't have the condition.

In a 2013 systematic review of studies published in *Nutrition*, the authors credited cinnamon with having a “notable” hypotensive effect on diabetic and prediabetic patients, dropping systolic readings by over 5 mm Hg. The team called the results “hopeful,” but pointed out that larger studies are needed. (24)

While 5 mm Hg might not seem like a large decrease, experts say that small, significant changes in blood pressure, brought about by drug-free, natural techniques, can add up to meaningful improvement. And, it doesn't seem to take large amounts for cinnamon to work its magic on blood pressure. Many studies have featured relatively modest levels, ranging from a fraction of a teaspoon to two teaspoons a day.

Cinnamon is generally regarded as safe when used in the amounts typically added to food. So, go ahead and sprinkle this sweet-but-spicy seasoning over yogurt or oatmeal. Or use a pinch or two to “jazz up” your favorite smoothie.

GO WITH GARLIC: EVERYDAY SEASONING HELPS TO DILATE BLOOD VESSELS

Aside from its (mythical) abilities to ward off vampires, garlic turns out to have some genuine (health) “superpowers.”

Garlic's active constituent, allicin, is antiviral, antibacterial, antioxidant and anti-inflammatory. In addition, it “revs up” the body's production of beneficial nitric oxide - thereby enhancing widening and relaxation of the blood vessels and helping to “put the brakes on” high blood pressure.



In a 2016 meta-analysis published in the Journal of Nutrition, the researchers reported that garlic extracts lowered systolic and diastolic blood pressure in hypertensive individuals - by up to 8.7 mm Hg and 6.1 mm Hg respectively. The impressed researchers endorsed garlic as a potential complementary treatment for high blood pressure. (25)

As an added bonus: garlic also improved LDL cholesterol and boosted the immune system, increasing the activity of pathogen-gobbling macrophages.

In another double-blind placebo-controlled study published in Maturitas, people with blood pressure that could not be controlled with medication took 960 mg of aged garlic extract a day for three months and saw their blood pressure drop by an average of 10 points – a decrease similar to that accomplished by pharmaceutical medications! (26)

Garlic is available in dried, powdered form, with natural healers typically advising 900 mg a day in divided servings. Just look for a formulation that is standardized to 0.6 percent allicin. (27) Before adding supplementary garlic extracts to your daily routine, check with your healthcare provider.

MELLOW OUT WITH THE “SLEEP” HORMONE

Melatonin, a hormone produced by the pineal gland in the brain, helps to maintain circadian rhythm and promotes restful slumber. In addition, melatonin is a potent antioxidant that supports detoxification, boosts the immune system and can help protect against heart disease. (28)

Research has shown that **melatonin can help reduce undesirable blood pressure spikes that occur at night and during sleep.** One study found that 2.5 mg of the hormone before bedtime cut diastolic and systolic blood pressure by 6 and 4 mm Hg respectively – a result called “significant” by the scientists. (29)

Unfortunately, excessive nighttime exposure to “blue” light from TVs and computer screens can dysregulate the body’s normal melatonin production cycles. You can support healthier melatonin levels by keeping TVs, cell phones and laptops away from sleeping areas.

You can also pump up your body's melatonin production by exercising in the daylight hours and eating healthy amounts of oats, bananas, dark cherries, walnuts, pineapple and barley. Melatonin is available as a supplement, with natural healers typically recommending amounts of up to 5 milligrams a day, taken at bedtime. Of course, check first with your doctor before taking melatonin.

COURTESY OF THE SOUTH OF FRANCE: PINE BARK EXTRACT LOWERS BLOOD PRESSURE

Derived from an evergreen tree (*Pinus pinaster*) which grows exclusively along the southwestern coast of France, French maritime pine bark extract is “wowing” researchers with its ability to combat high blood pressure and atherosclerosis.

Rich in beneficial procyanidins, bioflavonoids and phenolic acids, French maritime pine bark extract stimulates the production of blood pressure-lowering nitric acid while blocking the activity of angiotensin-converting enzyme (ACE).

And, research involving this unique bark has revealed dramatic results.

For example, a University of Arizona study published in Nutrition Research showed that diabetic patients with mild to moderate hypertension were able to cut their daily dosage of blood pressure medication in half after taking 125 mg of French maritime pine bark extract per day for 12 weeks. (30)

French maritime pine bark extract is available in tablets, capsules and liquids. Just look for a formulation standardized to contain 85 to 90 percent oligomeric anthoprocyanidins (OPCs).

Natural health experts typically advise 150 to 300 mg of pine bark extract a day, in divided servings. Before supplementing with French maritime pine bark extract, get the “thumbs-up” from your doctor.



SWEET NEWS: STEVIA HELPS MAINTAIN HEALTHY WEIGHT AND BLOOD PRESSURE

Many people are aware that this natural alternative to sugar is a healthful choice. By sensibly substituting stevia for refined sugar, users can combat overweight and obesity that can jack up blood pressure.

But not everyone realizes that stevia contains two constituents – stevioside and rebaudioside A – that can actively lower blood pressure.

In an evidence-based systematic review conducted by the Natural Standard Research Collaboration, the authors noted that stevia could be effective in lowering blood pressure – but that it appears to take at least three months of use to see benefits. The best results were found in long-term, one- and two-year studies. (31)

Research using amounts of stevioside ranging from 750 to 1,500 mg a day appeared to reduce systolic blood pressure by 10 to 14 mm Hg and 6 to 14 mm Hg respectively.

POMEGRANATE: THE NEWEST NATURAL HEALTH “SUPERSTAR” EARNs ITS HIGH RATING

Lately, there is a real “buzz” surrounding the pomegranate. In fact, it’s fair to say that it is the current darling of nutritionists and dietitians. The question is: does this lumpy-looking fruit really support good health, or is its reputation simply benefiting from some good “P.R.?”

According to recent research, pomegranate deserves its glowing reviews.



The scarlet-colored seeds, or arils, inside the fruit's leathery-looking exterior are a rich source of antioxidant polyphenols - including tannins, anthocyanins, punicalagins and ellagic acid. **Researchers think it is these polyphenols that help to lower blood pressure, while also cutting heart attack and stroke risk by decreasing the natural “stickiness” of blood platelets.**

In a three-year study published in Clinical Nutrition, people with blockages in their carotid arteries were able to lower blood pressure by an average of 12 percent by drinking a daily glass of pomegranate juice. (32) In a separate study, people with high blood pressure had significant reductions in blood pressure after drinking a 5-ounce glass of pomegranate juice a day for two weeks.

Not a bad pay-off for simply sipping a glass of sweet, tangy juice!

PREVENT AND REVERSE HIGH BLOOD PRESSURE WITH NATURAL TECHNIQUES

If you have high blood pressure, natural health experts advise banishing highly processed foods, refined sugars, artificial sweeteners and trans fats from your diet. Of course, it also makes sense to avoid excessive consumption of alcohol and caffeine.

And, as we know, exercising regularly can help to bring blood pressure down. In addition, it's a healthy choice to seek out natural ways of managing stress, such as guided meditation, biofeedback, “hot” yoga and acupuncture.

If you still smoke, despite repeated attempts to quit - don't beat yourself up. But, do try again as soon as possible. Many successful ex-smokers report that it took several tries to finally get rid of this dangerous habit.

And, it's a wise move to adopt the Mediterranean diet. According to natural health experts, this healthy way of eating could be the most effective diet on the planet when it comes to reducing risk of heart disease.

Multiple studies have shown that the Mediterranean diet - which features fiber-rich fruits and vegetables, whole grains, healthy fats such as olive oil, nuts and seeds and high-quality protein such as cold-water fatty fish - is associated with lower blood pressure, better heart health and longer life.

Aside from offering obvious health benefits, the Mediterranean diet is bursting with flavor - especially if you sprinkle on antioxidant-rich spices and seasonings such as oregano, basil, thyme, rosemary, fennel, black pepper, lemon, garlic and onion.

And, it just happens to feature many of the foods and micronutrients listed above – all of which may gently and naturally convince blood pressure to stop climbing, and start heading in a healthier direction.



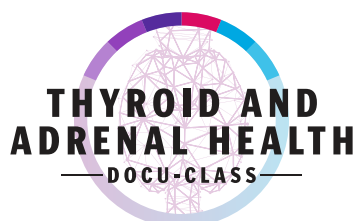
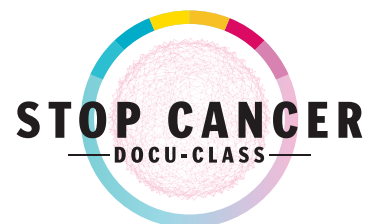
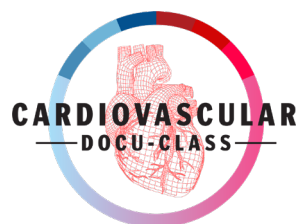


Click the images below to learn more about our quality online health programs available today.

Each one of these programs can be viewed online from any computer or mobile device.

Most importantly - as you watch these programs – you'll discover the best ways to safely detoxify the body, regenerate healthy cells and greatly improve immune system function.

Don't wait until you experience a serious health crisis. Educate yourself today about the best ways to avoid becoming a medical statistic. The rewards are worth the effort.



REFERENCES

- 1 <https://www.cdc.gov/bloodpressure/facts.htm>
- 2 <https://www.lifeextension.com/magazine/2012/3/olive-leaf-safely-modulates-blood-pressure>
- 3 <https://www.heart.org/en/health-topics/high-blood-pressure>
- 4 <https://www.lifeextension.com/protocols/heart-circulatory/high-blood-pressure>
- 5 <https://www.lifeextension.com/magazine/2010/3/reduce-blood-pressure-naturally>
- 6 <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>
- 7 <https://www.lifeextension.com/magazine/2010/3/reduce-blood-pressure-naturally>
- 8 <https://www.naturalhealth365.com/low-vitamin-d-levels-3081.html?highlight=vitamin+D+high+blood+pressure>
- 9 <https://www.naturalhealth365.com/vitamin-d-supplementation-3154.html?highlight=vitamin+D+dosages>
- 10 <https://academic.oup.com/jn/article/146/3/516/4578257>
- 11 <https://www.medicalnewstoday.com/articles/323144#vegetarian-and-vegan-sources-of-omega-3>
- 12 <https://www.aafp.org/afp/2008/1101/p1073.html>
- 13 <https://www.health.harvard.edu/heart-health/key-minerals-to-help-control-blood-pressure>
- 14 <https://www.sciencedaily.com/releases/2019/09/190930161856.htm>
- 15 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5423266/>
- 16 <https://www.naturalhealth365.com/high-blood-pressure-relief-3658.html?highlight=natural+k+nutrients+lower+blood+pressure>
- 17 <https://www.naturalhealth365.com/blood-pressure-olive-leaf-2511.html>
- 18 <https://pubmed.ncbi.nlm.nih.gov/21036583/>
- 19 <https://academic.oup.com/ajh/article/24/1/40/2281929>
- 20 <https://www.healthline.com/nutrition/foods/watermelon#bottom-line>
- 21 <https://www.healthline.com/health/food-nutrition/beetroot-juice-benefits#Overview>
- 22 <https://www.health.harvard.edu/heart-health/a-new-way-to-beet-high-blood-pressure>
- 23 <https://pubmed.ncbi.nlm.nih.gov/18258621/>
- 24 <https://pubmed.ncbi.nlm.nih.gov/23867208/>
- 25 <https://pubmed.ncbi.nlm.nih.gov/26764326/>
- 26 <https://pubmed.ncbi.nlm.nih.gov/20594781/>
- 27 <https://www.aafp.org/afp/2005/0701/p103.html>
- 28 <https://www.lifeextension.com/protocols/heart-circulatory/high-blood-pressure>
- 29 <https://pubmed.ncbi.nlm.nih.gov/14732734/>
- 30 <https://pubmed.ncbi.nlm.nih.gov/19083426/>



- 31 <https://pubmed.ncbi.nlm.nih.gov/20370653/>
- 32 <https://pubmed.ncbi.nlm.nih.gov/15158307/>

