

Adrenal Glands, Kidneys & Blood Pressure

The relationship between the adrenal glands, kidneys and blood pressure will be discussed briefly.

It is important that everyone understands what the two numbers measured actually mean.

Blood pressure readings look like this:

120/60 mmHg

The above is 120 (systolic) over 60 (diastolic). Medical literature regards [less than] <120 over [less than] <80 as textbook blood pressure. Dr. Morse has found the bottom number to be incorrect in that respect. Every person that successfully restores proper kidney function and overall health of their kidneys will always see their diastolic settle in at ~60.

The top number (120) represents the adrenal glands. The bottom number (60) represents the kidneys.

The mmHg means millimeters of mercury and are the units used to measure blood pressure.

Your blood pressure readings will always vary depending on factors such as level of stress in your day, how much sleep you're getting, diet [changes] and so forth. Dr. Morse's preferred range is 120-130 systolic over 60-70 diastolic.

IMPORTANT: ALWAYS MEASURE ON BOTH ARMS.

The body is bilateral. Your numbers can be elevated on one side, and normal or low on the other.

In simplified terms, blood pressure is the pressure of the blood fluid against the flexible and contractible tubes known as arteries.

A high enough blood pressure is required to provide blood to all parts of your body, but must not exceed capacity, bursting artery walls. A low blood pressure, on the other hand, is much like an underpowered car trying to go uphill. The blood pressure has a challenging time getting the blood to where it needs to be, against gravity, and you begin to get weak or dizzy. In a worst case scenario, you'll pass out.

Blood pressure is a measure of:

- 1.) How hard your heart is contracting (this is the systolic pressure; the top number)
- 2.) The resistance to stretching of the arteries (this is the diastolic pressure; the bottom number)

A heart contraction is what is more commonly known as a heartbeat. When a heart contraction occurs, a pulse is sent from your heart to and throughout your arteries. This pulse, or wave, is measured as the systolic pressure.

Because the arteries are flexible, they will passively reduce this pressure by expanding. A popular analogy is to imagine a thin rubber hose: When you turn on the water faucet, you can feel that first rush of water travel through. Now, when the hose is full of water, the hose will be larger in diameter than it was prior to turning the water faucet on. The diastolic pressure is the pressure that remains in the arteries after the pulse passes by. You can think of this as the “hose is full” pressure.

The kidneys influence blood pressure by (1) causing the arteries and veins to constrict, (2) increasing the circulating blood volume, and (3) filtering the lymphatic system (which prevents a “lymphatic pressure” from building and prevents lymphatic damage to the kidney tissues).

The adrenal glands influence and regulate blood pressure through neurotransmitters epinephrine (adrenaline) and norepinephrine (noradrenaline), and also orchestrates kidney function to enable lymph filtration.

Kidneys and Lymphatic System

As you're likely to have learned by now, your kidneys serve as the body's main eliminative pathways for lymphatic wastes. When the kidneys lose their ability to filter (either from genetics; impeded neurologically from weak adrenal glands or from damage resulting from an acidic diet) the lymph fluids begin backing up starting at the doorway (kidneys). This then initiates the process of pressure build-up which in turn increases the diastolic number.

As a side note to the above, this is the same lymphatic pressure that results in headaches, migraines and glaucoma - unless the large intestines (colon) are directly implicated.

At the same time this pressure always affects the adrenal glands resulting in an **artificial** increase of the systolic number. For this reason, there is one thing you should always keep in mind: high blood pressure is almost ALWAYS low [systolic] blood pressure, if the adrenal glands are weak. And you will see this once you begin rebuilding the kidneys, attaining filtration and lessening the pressure. The true state of the adrenal glands will then be reflected in the systolic number. If you've never intentionally worked on strengthening your adrenal glands, the true systolic number is likely to be much below 120, especially in those aged <40, due to genetic passing of weaknesses.

Dr. Morse has noted that when the systolic number reaches down to <85, you may begin experiencing the development of symptoms resulting from a significant drop in adrenal cortex steroid production.

So, in terms of blood pressure, work your way toward 120 over 60. Don't panic if your systolic number drops below ~118 on certain days. It can happen. But make sure to check over the following days to see if it increases back to or above 120.

Low Blood Pressure:

To pick up systolic blood pressure, you must strengthen the adrenal glands resulting in increased production of neurotransmitters.

Licorice root serves excellently as a low blood pressure aid given that the herb has an enhancing effect on the medulla (inner) portion of the adrenals. Good adrenal gland builders and rejuvenators include **Siberian ginseng, astragalus root, borage leaf, parsley,** all berries (especially **juniper, schizandra** and **saw palmetto** berries.), etc.

If your systolic blood pressure is below 110, you should consider utilizing raw, organic adrenal glandulars. Please contact a detoxification specialist or Dr. Morse's Herbal Health Center regarding this.

Herbal Infusion:

An herbal infusion of **Licorice root** will be very beneficial for raising blood pressure.

You'll need:

- A pint (16 oz.), sealable mason/preserving jar (preferably made of glass)
- 1 ounce of cut & sifted Licorice root
- Pot or electric water boiler to bring 16 fl. oz. of water to a boil

Instructions:

1. Place plant material into pint jar and pour 16. fl. oz. of boiling water into jar (make sure all plant material is submerged)
2. Give content a good stir, then cap and seal the jar
3. Allow plant material to infuse for 1-2 hours max
4. Strain off plant material and discard (compost if possible); the infusion is now ready for serving

Drink 16 to 32 oz. throughout the day. You can drink this infusion daily; this infusion should be consumed within 36 hours at most.

If possible, drink an infusion each day until blood pressure has risen into desired range (preferably: 120-130 systolic over 60-70 diastolic).

High Blood Pressure:

The adrenal glands are often directly involved in high blood pressure, due to their neurological control of the kidneys. If the adrenal glands are weak, they inhibit kidney filtration of the lymphatic system. In either case, if your systolic number is [greater than] >120, then do not use licorice root - despite it being a superb adrenal herb - for it can increase systolic blood pressure into the dangerous ranges. The same goes for any other herbs that may increase blood pressure.

You may want to give it 3-4 weeks prior to bringing in any support for the adrenal glands and monitor blood pressure levels closely, allowing the blood pressure to decrease first.

Focus on general detoxification. Target the kidneys and, if deemed necessary, the adrenal glands also with herbs. The systolic number will eventually fall and show its true color once the diastolic settles in the mid to low 60s.

It is important that you stay away from protein-rich foods (nuts, seeds, meat, legumes, grains, etc.) throughout this process.

Activities that can be done to aid this process is relaxation, abdominal breathing exercises but also immersing oneself in non-stressful environments if possible.

Herbal Infusion:

An herbal infusion of **Hawthorne berries** with **Linden flowers** (optional) will be very beneficial for lowering blood pressure.

You'll need:

- A pint (if using only Hawthorne berries) or quart (if combining with Linden flowers), sealable mason/preserving jar
- Herb(s) of choice
- Something to bring 16/32 fl. oz. of water to a boil (e.g. pot, water boiler, etc.)

Instructions:

1. Measure 1 ounce of Hawthorne berries OR ½ ounce of Hawthorne berries and ½ of Linden flowers
2. Pour plant material into your pint/quart jar
3. Pour 16/32 fl. oz. of boiling water into the jar (optionally use metal utensil to conduct the heat to prevent glass from breaking)
4. Give content a good stir then cap and seal the jar
5. Allow to infuse (steep) for 30-40 minutes

Enjoy. Infusions can be refrigerated but should be consumed within 36 hours as they don't preserve well for longer periods of time.

If possible, drink an infusion each day until blood pressure has fallen into desired range (preferably: 120-130 systolic over 60-70 diastolic).

Alternatively, or in addition to the above, Dr. Morse's [Cayenne/Garlic Combo](#) formula can be utilized to dilate blood vessels and bring down blood pressure.

Swinging Blood Pressure:

First off, think back for a moment. Have you, or are you currently dealing with pressure or other problems in the head area including:

- Headaches
- Migraines
- Glaucoma
- Tinnitus
- Blurry vision

How about:

- Stiff neck
- Tight shoulders
- Dizziness (vertigo) from standing up too fast (or just in general)
- Motion sickness (sea sickness, nauseated from driving)

The reason this must be considered is that Dr. Morse has found that the body's movement and equilibrium center (the cerebellum) is generally always involved in cases of swinging blood pressures. This occurs either from lymphatic pressure building up in, or acids deteriorating, the tissues comprising the cerebellum.

In either case, embarking on an effective course of detoxification is highly recommended. Focus on the adrenal glands and kidneys to enable filtration of the lymphatic system. Make sure not to overlook the bowels (particularly the [transverse] colon) when dealing with problems from the neck and above. You may also utilize **castor oil packs** or **hot and cold applications** on the back of your head to assist in relieving the cerebellum.