Recommendations for High Blood Pressure

Heart disease is still our #1 killer disease in North America. But following a good prevention program of exercise, a diet high in fiber, low in fat and keeping cholesterol levels under control can significantly reduce our risk.

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* Drink adequate purified water to enhance kidney health
* Avoid salt
* Don’t smoke
* If overweight, make a goal to lose as quickly as you can
* Apply stress management principles
* Avoid alcoholic beverages
* Exercise
* Choose a healthy diet, including high fibre
* Detoxify … especially bowel & liver cleanses (do a Celery Flush,

a Rejuvenating Body Cleanse, and use Shaklee DTX daily)

The following supplements may also help …

Step 1:

* **Shaklee Vitalizer**: A 30-day supply of SIX TABLETS a day provides 80 essential nutrients that support the heart, immune system, digestive tract, provide energy, and help prevent cravings ... all in a convenient daily vitamin strip.
	+ **Vita-Lea**: excellent multi-vitamin, multi-mineral absorption (with & without iron)
	+ **B-Complex/C** :
		- B vitamins have been shown to lower homocysteine in the blood stream, which may be a greater contributor to heart disease than smoking or cholesterol.
		- In addition to Vita-C’s antioxidant qualities, it has also been shown to reduce risks for cataracts, cancer, colds & viruses. Shaklee’s delivery system allows these nutrients be released in the right place all throughout the day.
	+ **Vita-E/Omega/ or CarotoMax :**
		- Several studies have indicated it may reduce risk of death of heart disease by a whopping 40%! Shaklee Vita-E Plus also contains grapeseed extract which offers additional antioxidant protection for the heart.
		- When combined with antioxidants Vita-C and CarotoMax, the protection may be even greater. Carotenoids provide antioxidants to help prevent plaque from forming.
		- Omega 3 fatty acids make red blood cells more slippery to reduce risk of clots .They also are important for the brain and to reduce inflammation.
	+ **Optiflora Probiotics Complex** (Acidophilus and Bifidus essential flora for intestinal health) Toxins that tend to accumulate in the lower intestines adversely affect the health of the entire body … from cholesterol management (prevents reabsorption of cholesterol from lower intestines) to candida yeast infection, digestive disorders, and allergies.
* **Vital Mag:** Magnesium is essential for heart and muscle function and healthy blood pressure. It has been shown to lower risks for high blood pressure, arrhythmia, difficulty sleeping, stiff and sore muscles, low back pain, muscle cramps, and help reduce stress.
* **Stress Relief Complex:** If stress is an issue, Stress Relief Complex will reduce cortisol levels in 20 to 30 minutes … this reduces the tension in the artery walls, which is very beneficial with high blood pressure.
* **CoQHeart:** Promotes a healthy heart, and is essential for energy generation & antioxidant protection. However, CoQ10 levels decrease with age. In clinical studies, CoQ10 has compensated for immune deficiencies caused by aging or disease. Combines the power of CoQ10 & Resveratrol (anti-oxidant) for heart health – Shaklee’s CoQHeart is up to 500% more absorbable than any dry tablets on the market. Clinical studies show that CoQ10 improves some forms of heart disease & may protect against neurodegenerative diseases.
* **VIVIX:** is very high in polyphenols which reduce inflammation in the arteries and help reduce tension in the artery walls.
* **Alfalfa:** acts like a natural chelator, and of course, it helps to keep the blood more alkaline. This supports the kidneys, which make hormones that regulate blood pressure.

**Step 2:**

* **Garlic Complex:** In addition to lowering serum cholesterol, garlic has also been shown to lower triglycerides and blood glucose in diabetics. It acts as a natural anti-inflammatory, anti-bacterial, anti-fungal, kills intestinal parasites and also is used as a treatment for colic when breast-feeding.
* **Super Cal/Mag (Canada)/ Osteomatrix (US)** – Provides you with 100% of your daily value of calcium. Often recommended for: arrhythmia (irregular heart beat), promoting colon health, lowering blood pressure and regulating heartbeat.
* **Soy Protein Drink Mix:** Isoflavones are the special substances in soy that are believed to help lower cholesterol, reduce risk of breast and prostate cancer, help control PMS and menopausal symptoms and reduce the risk of kidney and gall stones. Not all soy foods contain as high a level of isoflavones as this convenient drink mix.

**Step 3:**

* **Extra Omega Guard:** To help maintain cardiovascular health. Dr. Bruce Miller calls EPA nature’s Teflon because it makes arterial walls more slippery & red blood cells more flexible, thus improving blood flow. This means the heart does not have to pump as hard to move blood around, which reduces blood pressure. Omega-3 fatty acids, like those in fish, play a role in forming certain prostaglandins – hormone-like substances associated with cardiovascular health. EPA is a natural marine lipid concentrate that helps reduce risk factors for heart disease, helps lower cholesterol, triglycerides & elevated blood pressure. It’s also a natural anti-inflammatory.
* **Extra B-Complex:** The complex B vitamins is one of the most effective treatments for high blood cholesterol/high blood pressure & helps prevent heart disease. B vitamins are depleted with stress, caffeine, and nicotine – all contributors to high blood pressure. It is also needed for proper circulation, healthy skin & nervous system, & the metabolism of carbohydrates, fats & proteins. B-complex also helps reduce homocysteine levels (a serious factor for heart disease). An accumulation of homocysteine in the blood stream can lead to damaged arteries.
* **Extra Vitamin E:** to enhance better circulation

**Other supplements of benefit:**

* If triglycerides are high, use Glucose Regulation Complex

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| * Hawthorne … there is some in Shaklee Mental Acuity … many people benefit from taking extra.
* Cayenne … filling capsules with cayenne pepper and taking them daily is helpful.
* Turmeric … supports liver wellness and reduces the stress in the arteries of the body
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