

HIGH BLOOD PRESSURE CAUSES

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| <ul style="list-style-type: none">• Thyroid disorders• Cavitations (from tooth extractions)• Tooth and gum disease• Root canals, mercury fillings• Intracellular infections manifesting as Lyme, Alzheimer's, Parkinson's• Candida, fungus, H. Pylori, viruses, bacteria• Inflammation, non-alkaline environment• Vaccines• Covid vaccine spike protein, graphene, nano tech, hydras• Lack of healthy fats (ie Omega 6, coconut oil, olive, organic butter, excess Omega 3)• Compromised liver/kidneys/gall bladder• Kidney/ Gallbladder Stones• Dairy protein (casein)• Gluten in grains (gliaden protein)• Growth hormones- dairy, meat• GMO foods (BT Toxin, Glyphosate)• Alcohol, substance use/abuse• City water (fluoride/chlorine/medications)• Chemicals, cleaners, fuel, petroleum products, personal care products, house renovations, air fresheners• Emotions (stress, anger, resentment, grief)• Consuming margarine, corn oils, canola, safflower & sunflower oils, rice bran oils, Mazola etc. | <ul style="list-style-type: none">• Microwave ovens• Wrong salt, lack of healthy salt• 1 bowel movement or less per day• Leaky gut, Celiac disease• Poor digestion/bloating (nutrients not being absorbed well, too little stomach acid to digest foods)• Injuries, surgeries, GB/appendix removed• Hormone imbalances- excess estrogen• Parasites, flukes, worms• Food intolerances, allergies• Prescriptions/over the counter meds• Excessive iron levels, especially men• Heavy metals• Lack of quality sleep• Processed foods, sugar, preservatives, artificial sweeteners, high fructose corn syrup• EMF's, cell phones, WiFi, cell towers• Geopathic stress lines through bed/work areas• Scurvy, lack of vitamin C• Vitamin/mineral imbalances• Lack of exercise/movement• Dehydration• Blockages in arteries• Lack of quality whole organic foods• Excess weight |
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This is not a conclusive list