

HEART - YOUR CARDIO-VASCULAR SYSTEM AND BLOOD PRESSURE

Hawthorne Berries

Hawthorne berries function as an ACE inhibitor, which means – like certain medications – they work to interfere with the enzyme that constricts blood vessels. Hawthorne berries also contain magnesium, chromium, and rutin, all of which have actions which help to lower high blood pressure.

1-2 capsules daily

CoEnzyme Q-10

This works both as a direct vasodilator and as a diuretic, as well as providing more efficient energy to the heart muscle in cases of congestive heart failure. This is especially recommended for persons who have gum inflammation or other forms of gum disease, as this is a symptom of CoEnzyme Q-10 deficiency.

100 mg, 1-2 x daily

Alpha Lipoic Acid

This powerful antioxidant is able to fill in for other antioxidants, if you happen to run short of Vitamin C or E. This is most important for persons who have had high blood pressure for several years, as it helps to heal the inner lining of the arteries, especially along with extra Vitamin C. Alpha Lipoic Acid has been shown to stop the formation of atherosclerosis (hardening of the arteries), and also works as a natural calcium channel blocker. It works best when taken along with 800 mcg of biotin, a B vitamin.

100-250 mg capsules, 2 x daily

Magnesium

Magnesium is a co-factor in the body's creation of prostaglandin E-1, our most powerful vasodilator. Many studies show that there is an inverse relationship between magnesium levels and blood pressure – the higher the blood levels of magnesium, the lower the blood pressure. It is found in abundance in apples, leafy greens, avocados, almonds, and other nuts, all foods that lower the risk for heart disease.

400-500 mg. at bedtime

Omega-3 Fatty Acids

Of all the fats available in our diet, the Omega-3's are most apt to be lacking, and are the most essential in averting heart disease. Omega 3's reduce blood pressure, reduce inflammation, reduce fibrinogen (a blood-clotting protein), stop arrhythmia immediately (heart palpitations or irregular heart beat), reduce triglycerides, and reduce risk for both heart attack and congestive heart failure. Inuit Eskimos in Canada and Greenland consume more than 15 grams daily of Omega 3's in their fish-based diet, and have virtually NO heart disease of any kind. DHA is thought to have more effect on blood pressure than EPA, but both are powerful dietary tools in staving off and reversing heart disease. Take along with vitamin C.

4-15 capsules a day, 1000 mg per capsule

Vitamin C

Along with magnesium, the amount of vitamin C in the blood is inversely related to both systolic and diastolic blood pressure. Vitamin C is most effective in patients with the highest blood pressure, and for those with diabetes and high triglycerides. The higher it is at the start, the more the blood pressure will fall with Vitamin C. Vitamin E and Selenium work well with vitamin C to reduce hypertension.

500-1000 mg, 2 x a day

Flavonoids

These are a large group of plant-based substances found in colorful fruits and vegetables, including green and black tea, wine (quercetin), cranberries (rutin), onions, parsley, apples, cherries, grapes, and celery. These work to reduce the risk of blood clots. The quercetin in red wine has been shown to reduce the oxidation of LDL cholesterol (thus, the French Paradox). Catechins in green tea relax blood vessels.