

A NATURAL APPROACH TO CURING HIGH BLOOD PRESSURE



The following is a list of supplements and dietary changes that can significantly lower your blood pressure without medications. Consult with your Doctor if you have any questions or concerns.

- **Hawthorne** 200mg to 500mg 3x a day the dose varies based on your response so start with the lowest dose. It should not be mixed with prescription medications as it can interfere with some medications and increase their toxicity.
- **Omega 3 fish oils.** Keep refrigerated and take 3000 mg a day. Be sure it comes from a pure and filtered source free of mercury.
- **Vitamin E.** It must be a natural form as opposed to the synthetic type. The dose is 400 IU per day
- **Quercetin** is found in apples, onions, cranberries and certain teas. You can also use the new water soluble brand in a supplement form.
- **Hesperidin** is another flavonoid like **Quercetin** and can be taken in supplement form. **Hesperidin** is a natural anti histamine great for allergies, hay fever and sinus disorders. The recommended dose for **Quercetin** and **Hesperidin** is to take 250 mg of **Quercetin** and 250 mg **Hesperidin** with 1,000 mg of vitamin C 3 x a day. Take these 20 minutes before each meal.

- **Aged Garlic** extract thins the blood, improves blood flow through the arteries and has anti cancer effects. Take 2 capsules a day. This has blood thinning effects equal to 1 aspirin a day.
- **Coenzyme Q10** increases the strength of the heart and lowers blood pressure. It is a powerful antioxidant. The recommended dose is 75-600 mg a day depending on your response. Start with the lower dose and increase after 3 weeks if necessary. Some people have avoided heart transplants as a result of this amazing supplement!
- **L- Carnitine** 500mg 2-3 x a day on an empty stomach.
- **N-Acetyl-L-Cysteine.** **N-Acetyl-L-Cysteine** been used for years to treat Tylenol poisoning. It increases Glutathione levels which guards the body against disease such as cancer, liver failure neurodegenerative diseases and toxic metal poisoning. Helps reduce blood pressure and progressive deterioration of the heart associated with hypertension. The recommended dose is 500-1,000 mg a day to be taken with water on an empty stomach.
- **Alpha Lipoic Acid** a natural strong antioxidant. It also helps remove mercury from the body. Take 50 mg daily before your largest meal.
- **Eat lots of vegetables.** Liquify in a blender with a little water and drink. You will acquire a taste for it! or steam the vegetables. Broccoli, cauliflower, brussel sprouts, kale, spinach, turnip greens, collard and mustard greens. Check out my other section on keeping your heart healthy for more.
- **Eat 5 or more servings of vegetables a day.** A cup full is 1 serving.
- **Exercise 5 days a week.** Light weight training, walking, swimming or elliptical machine. Gradually build up to 30 -60 min. each time you exercise.