



## Natural Solutions for High Blood Pressure

Hypertension is defined as a blood pressure greater than 140/90. The first number is systolic, which is the force that blood exerts on the artery walls when the heart is pumping. The second number is diastolic, which is the residual force that remains when the heart relaxes between beats. 138/88 is borderline to high and a normal range is 120/80. Hypertension is called the silent killer because it often causes no symptoms, yet it sets the stage for heart attack or stroke, as does any elevation in blood pressure.

### **Garden Solutions for HPB**

The heart is a large muscle, and muscles are made mainly of potassium. Potassium is a healing element, the same as sodium. We need a lot of potassium because our entire body is made up mainly of muscles. Potassium is found in most of our greens, wild lettuce, dandelion greens, endive and olives.

Eating vegetable soup on a regular basis can do more to normalize blood pressure and prevent heart disease, due to its high potassium content. It also goes a long way to prevent cancer, obesity, diabetes and constipation.

What should you put in your soup? Just about any vegetable, but especially, celery, garlic, onion, broccoli, carrot, and assorted spices such as, fennel, oregano, basil, and tarragon. Tomato soup is also wonderful for lowering blood pressure.

**Celery** is used in Traditional Chinese Medicine to lower pressure. Eating as few as four celery stalks has resulted in the same.

**Garlic** normalizes blood pressure, but reduces cholesterol. In a study people with HBP were given one clove of garlic a day for 12 weeks. They had significantly lower diastolic BP and lower cholesterol. ½ ounce per week was also shown to lower pressure. (1/2 oz. is equivalent to 1 clove). You can cook with it and put it in your salads to easily get it in. You can also take it in capsule form if you don't like the taste or smell.

**Tomatoes** are high in gamma-amino Butyric acid (GABA), a compound that can help bring down blood pressure. They also contain six other things that do the same thing.

**Broccoli** has at least six chemicals that reduce blood pressure.

**Carrots** contain eight compounds that lower blood pressure.

**Fennel** contains at least ten compounds that lower pressure.

**Oregano** has seven compounds that lower pressure.

**Basil** and **Tarragon** each have six compounds that lower pressure.

### **Herbal Solutions for HBP**

There are several herbs which have a profound effect on normalizing or lowering blood pressure.

**Hawthorn** has been used as a heart tonic for centuries. The extract (according to a study) can widen (dilate) blood vessels, especially the coronary arteries. You can try a tea made with one teaspoon of dried herb per cup of boiling water, and drink two cups a day.

**Purslane** along with poppy seeds and string beans are the best dietary sources of magnesium. To get magnesium eat green leafy vegetables, legumes, and whole grains. Magnesium deficiency has been implicated in high blood pressure. Daily supplements of 400 mg's may also help.

**Saffron** contains a blood pressure-lowering chemical called crocetin. In Spain the nation's intake is high, and it's believed that contributes to them having a low incidence of heart disease. You can use it in your cooking or make a tea with it. Saffron is a rare spice produced by the stigma of saffron flowers. The centers of about 75,000 flowers are required to make a pound of spice.

**Valerian** contains a chemical called valerenic acid that inhibits an enzyme that breaks down GABA (a substance that helps control blood pressure). So taking something containing valerenic acid, would in effect ensure higher levels of GABA and lower pressure. Valerian is also a tranquilizer/sedative, which also helps reduce blood pressure.

**Cayenne** is a great herb that helps the circulatory system. It influences the heart immediately, and then gradually extends its effects to the arteries, capillaries, and nerves. The frequency of the pulse is not increased but it is given more power. It feeds elements that may be lacking into the cell structure of the arteries, veins, and capillaries to give them the elasticity of youth again, as the blood pressure adjusts itself to normal. When the venous structure becomes loaded with sticky mucus, the blood has a harder time circulating; therefore, higher pressure forces the liquid through. Cayenne regulates the flow of blood from the head to the feet so that it is equalized.