

Baritz Wellness Center, P.C.

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High Blood Pressure (part 2)

The Program

12/12/10, 12/27/10

Address the Basics

1. Exercise 20 - 60 minutes at least 3 x/week. Exercise that leaves you feeling warm and slightly out of breath is ideal.^{1, 2}
2. Reduce salt, even a modest reduction in salt intake can lead to a fall in blood pressure (BP).³
3. Achieve and maintain a healthy weight.⁴ See my Health Tip: *Weight Loss Program*
4. Alcohol is a major contributor of high blood pressure⁴ and preferably limited to one glass of wine or beer a day.
5. A diet rich in fruit and vegetables has been shown to significantly reduce blood pressure⁶. Eat at least five portions of fruit and vegetables every day. Include raw vegetables as they contain protective antioxidants.
6. Address other risk factors for cardiovascular disease such as smoking and diabetes.
7. Proper hydration can be very important; we suggest six to eight glasses of water per day.
8. Usually we start nutritional support at *Step 1* for 30 days and if BP begins to go down we continue with that till BP is in normal range; if not go to *Step 2* and so on till BP moves into a more healthy range.

Step 1: Feed the body with whole food nutrition⁹

6/day	Organically Bound Minerals	Potassium supplementation has been shown to significantly reduce BP ⁴
10/day	Tuna Omega-3	Six grams of fish oil per day has a mild blood pressure lowering effect ⁷
6/day	Albaplex	Whole food support for the kidneys
6/day	Antronex	Has natural blood pressure lowering capacity, by decongesting the liver.
6/day	Cardio-Plus	Whole food support for the heart

Step 2: Check for and address any hidden blocks

Food sensitivities, immune challenges, toxic chemicals, heavy metals and interferences with the energy field of the body can all hinder results when addressing BP, these are checked for and addressed if found to be an issue.

Step 3: Support the vital force¹⁰

2/day	Garlic 5000mg	Garlic has been shown to enhance BP and cholesterol normalizing activity. ⁸
2/day	Coleus Forte	Coleus enhances blood pressure lowering and weight loss mechanisms. ⁸
4/day	Hawthorn	Reduces BP, assists restoration of peripheral circulation, supports heart muscle ⁸

Grade the results

- Keep a daily record of your blood pressure to monitor effectiveness of treatments.
- The goal is slow progress over time; rapid changes in blood pressure are not targeted or desirable.
- When BP is in normal range, supplements may be reduced to a maintenance level.

To have a custom program created for you or for a free consult call 508 583-2565

1. Hypertension and exercise; Where do we stand? *Postgraduate Medicine*, 1992, 91 (5): 429-434

2. Exercise and hypertension; Maximizing the benefits in patients receiving drug therapy, *Postgraduate Medicine*, 1992, 92 (6): 139-150

3. Double-blind randomized trial of modest salt restriction in older people, *The Lancet*, 1997, 350: 850-854

4. Epidemiology of hypertension, *Medicine International*: 1993, 351-355

6. A clinical trial of the effects of dietary patterns on blood pressure, *The New England Journal of Medicine*, 1997, 336(16): 1117-1124

7. Effect of eicosapentaenoic and docosahexaenoic acids on BP in hypertension, *The New England Journal of Medicine*, 1990, 322(12): 795-801

8. Principles And Practice of Phytotherapy 2000; publisher Churchill Livingstone; by Mills and Bone

9. Standard Process Products for more info: www.standardprocess.com/display/sponlinecatalog.spl

10. MediHerb products for more info: www.standardprocess.com/display/mhonlinecatalog.spl. Do not take these herbs if you are pregnant or lactating. Before taking herbs advise Dr. Baritz of any medications you are taking. Do not take garlic supplements if you are allergic to garlic. Do not take Coleus Forte if you have gastric or duodenal ulcers. Advise Dr. Baritz of alcohol use while taking Valerian.

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