Healing by Design

High Blood Pressure

10 STEPS (Products highlighted)

1. **De-stress and build the adrenals.** We have all heard stress is a major health concern and is linked to blood pressure problems. Why? The adrenal and the release of hormones! It is a real chemical action taking place. *Holy Basil by Cedar Bear* is the best herb on the planet for stress. Taking drops under the tongue hits the bloodstream and provides immediate stress relief that is long-lasting. For a great overall formula try *Anxiety Free by Ridgecrest*. To build the adrenals, try *Adren-All by Ortho Molecular* and Chinese tonic herbs like the *Great Adaptor or Shen Nong Ginseng by Jing Herbs*.

2. **Magnesium Chloride Oil by Health and Wisdom or CALM by Peter Gillham.** Magnesium oil foot baths are live changing for many with heart concerns. Magnesium opens blood vessels and is crucial for regulating the heartbeat. All magnesium is NOT created equal, and magnesium chloride works much better than epsom salts. Get a small foot bath, add warm water to cover toes, add 2oz (1/2 cup) of magnesium chloride oil and soak 15-20 minutes before bed. If taking powdered CALM (magnesium citrate), simply add 1 teaspoon to a glass of water twice daily and drink (once before bed is ideal).

3. **All electrolyte minerals** are important for the heart. Add a good sea salt to your water (yes, we need sodium for hydration and proper heart function). 1 teaspoon per gallon or a pinch per glass. Get himalayan pink salt, celtic sea salt or other quality salt, NEVER table salt. Use the *Himalayan Salt Stones by NHI* and the SOLE method for best results. Also use *ENDURE or Electrolyte Stamina Tablets by Trace Minerals Research*.

4. **Get daily sunshine. Connect to God through nature.** Get your bare feet on the earth, go camping, and just be outside. It is almost impossible to be stressed sitting on the beach or in the woods. Get an *Earthing Sheet* to connect to the ground in your home. Earthing keeps blood platelets from sticking together and sunshine lowers blood pressure and cleans the blood!

5. **Take Neprinol by Arthur Andrew.** This is most important to CLEAR OUT BLOCKED ARTERIES! Empty stomach always, best to do upon rising and before bed. 30 minutes before a meal or at least 2 hours after a meal. Start with 1 capsule upon rising an 1 capsule before bed the first week. Increase to 2 capsules upon rising and 2 capsules before bed the 2nd week. Increase to 5 and 5 (10 daily) as max dosage and stay here 3-6 months.

6. **Work on the kidneys!** Try our *Kidney Cleanse Tea*. For a 30-day cleanse try the *Kidney Detox by Renew Life*. Many cases of high blood pressure are linked to blocked and congested kidneys. Symptoms may be frequent urination, swelling ankles, feet or hands and lower back pain or kidney stones. Stay hydrated and eat a light, healthy diet. If you are taking a diuretic based water pill pharmaceutical drug, there are natural alternatives. Try *Kidney & Bladder Tonic 2 by Dr Morse or Water-X by Ridgecrest*. 
7. **Switch to a LIGHT, almost vegetarian type of diet.** Eat fruits, veggies, greens and maybe a small amount of fish and eggs. Fruit DOES NOT REQUIRE INSULIN, so it is good energy source. Avoiding grains, sugar, dairy, and heavy meat consumption will take stress off digestion, your pancreas, your lymph and your blood. You must clean up the blood and take the stress of digestion for your bloodstream to heal itself. Start juicing, and focus on greens. Eat small meals, do not over-eat and don’t eat right before bed. **GREENS!** like *Spirulina and Chlorella by Ultimate Superfoods, Aloe Life Daily Greens by Aloe Life*. Add these to smoothies or other drinks, even salads. Greens cleanse the blood, build the blood and increase oxygen flow to the body. Also eat your leafy greens like spinach, kale, chard, lettuces, etc.

8. **Be cautious with Angiograms.** They are invasive and not very accurate. For accurate testing of blocked arteries, find someone with a Cardio Max Pulse machine.

9. **Avoid sugar.** Insulin resistance leads to high blood pressure and diabetes. Make your sweet a small amount of fruit and/or honey and avoid the rest. This includes getting away from baked goods, sweets, breads, pastas, crackers, and pizza as well. Grains are the worst foods for our adrenals, pancreas, blood sugars and overall digestion.

10. **Other great ways** to take care of your heart include exercise (walking 30 minutes daily is powerful), cayenne pepper (will save lives from heart attack, take daily to prevent), and CoQ10 is important for heart health. For the strongest, try the *Hot Cayenne by Dr Christopher*. *Garden of Life has a great CoQ10.* For overall support, try the *Blood Pressure Formula by Ridgecrest.*