

Elevated blood pressure is a major risk factor for heart or stroke.

Are you at risk?

Hypertension, a “silent” condition, is the leading health problem for men AND women today. There are four recognized levels of high blood pressure:

Borderline (120-160/90-94)  
Mild (140-160/95-104)  
Moderate (140-180/105-114)  
Severe (160+/115+)

Over 80% of people with high blood pressure fall into the “borderline” to “moderate” ranges.

Most cases of high blood pressure are caused by arteriosclerosis<sup>1</sup> and atherosclerosis<sup>2</sup>, along with exhausted kidneys, all factors which can be brought under control with diet and lifestyle change.

Severe hypertension requires drug therapy, but even people with severe hypertension benefit from nutritional therapy.

<sup>1</sup>Arteriosclerosis refers to all conditions in which the arteries lose elasticity.

<sup>2</sup>Atherosclerosis, the most common cause of heart disease, is characterized by plaques along the inner walls of the arteries, which block the affected artery and restrict blood flow.

<sup>3</sup>Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure; Australian and Medical Research Council trials; and Multiple Risk Factor Intervention Trial

---

#### **KNOW WHEN TO SEEK PROFESSIONAL HELP.**

The nutritional suggestions in this material is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner. Individuals already under a physician's care should seek the advice of their physician before taking supplements or beginning an exercise program.

## ***Food is Medicine for a Healthy Heart***



***Is lifetime drug therapy the best solution to high blood pressure?***

Over the long-term, side effect hazards of high blood pressure medications may outweigh the benefits. New studies now show that calcium channel blockers actually increase heart attack risk up to 60%.

For men, impotence is a common side effect. Side effects of beta blockers are dizziness, nausea, asthma symptoms, and joint pain.

In clinical comparisons, many non-drug therapies, such as diet, exercise, and relaxation therapies, have proven superior to drugs in cases of borderline to mild hypertension.<sup>3</sup>

## ***Take a natural approach.....***

**The factors which lead to poor cardiovascular health can be brought under control by diet and lifestyle changes.**

# Lowering Blood Pressure Without Drugs

## A Healthy Heart Diet...

....will lower blood pressure. Diet change is the single most effective thing you can do to control blood pressure.

**Eat a predominantly plant-based diet** of a wide variety of whole foods—fruits, vegetables, grains, legumes, seeds, nuts and adequate protein.

**Throw away the salt shaker** and eliminate salty, processed foods.

**Drink lots of water**, a key to keeping body salt in balance.

**Eliminate fried foods** and treats made with saturated fats. Use only non-hydrogenated vegetable oils.

Eliminate these salty foods:

Smoked and canned meats and fish

Canned and frozen vegetables, which also contain oodles of salt

Soy sauce, bouillon cubes, and dried soups

Find no-salt versions of peanut butter, chips and snacks.



## Relax and Exercise

**Find relaxation techniques** that work for you and integrate them into your life. Make meditation a priority. Take that yoga class. Listen to music.....

Chronic stress attacks your entire cardiovascular system. It causes coronary arteries to constrict, blood pressure to soar and cholesterol to build on artery walls.

**Take a brisk 30 minute walk every day**, with plenty of deep lung breathing.

## Healthy Heart Grocery List

celery, garlic and onions  
nuts and seeds  
green leafy vegetables  
broccoli, peas, beans  
fruits and fruit juices  
avocado, bananas, citrus  
acorn squash, potatoes  
whole grain bread  
cold-water fish (salmon, mackerel, etc.)

## Live a Healthy Heart Lifestyle

**Lose weight.** One of the biggest risk factors for heart attack and stroke is excess fat storage. Reach your ideal weight safely.

**Avoid tobacco** in all forms to dramatically lower blood pressure. Smoking constricts blood vessels, making your heart work harder.

**Eliminate caffeine and hard liquor.** They can cause adrenaline rushes that make blood pressure soar.



## Ask Ellen

- ▶▶ to help you design a diet that works for you and which will lower your cholesterol levels in months.
- ▶▶ to identify nutritional deficiencies and recommend safe ways to fill them.
- ▶▶ to find nutritional supplements that make up for the areas you are not able to address with diet

Ellen Coleman, CN, HMC  
Classical Homeopath and  
Certified Nutritionist  
P. O. Box 124  
Mt. Shasta City, CA 96067  
By appointment.  
530/859-2703