

# Improve Blood Pressure Nature's Way

By Morning: Spirit: Wolf-D.R.M.



We can be in charge of our blood pressure, just as we are in charge of our total health. Using nature's medicine to repair damage and restore and maintain quality of function is a choice more people are making. To be in charge of blood pressure, look to the quality of your kidney and adrenal function. High blood pressure is caused by some degree of kidney failure OR chronic stress, and decreased blood pressure is due to adrenal fatigue.

## What Causes High Blood Pressure

Kidneys determine the power and length of life. Much more than mere blood filters and purifiers; kidneys provide the source for our physical energy and how we perceive ourselves in relation to life. Starting with birth, energy that is not utilized by the body for its everyday needs is sent to the kidneys for storage. This back-up energy is used when the naturally stressful occurrences of life tax the organs for more energy than is available. If one is under constant stress and tapping into these reserves consistently, life power energy is exhausted, and either high or low blood pressure results.



During stressful situations blood pressure elevates by constricted blood vessels, which elevates the fluid pressure inside. When stress is chronic, the perpetual increase of pressure quickly wears down the coronary arteries and the heart muscle, leaving damaged arterial walls and heart muscle to be temporarily repaired with calcification imbedded with cholesterol. Hardened arteries (arterial sclerosis) and heart stressed irregularities (arrhythmias and angina) are the result of these conditions. If the weakened heart has difficulty pulsing energy into the blood fluids, it compounds the energy deficiency in the kidneys, and may cause fatigue, sleep disorders, swelling in extremities, and body weakness.

## What You Can Do

Taking high blood pressure medication is a choice, but it can produce kidney damage, toxify the liver, and worsen high blood pressure. The natural choice is Hawthorn berries, consuming it as tea, extract, or capsule (large amounts at first, then reducing when blood pressure drops). Consider using these three natural plant medicines to help the body's innate ability to regulate, repair, and boost:

- **Hawthorn berries** naturally adjust blood pressure in the human body to healthy levels without adverse side effects. If you're currently taking high blood pressure medication you may choose to reduce the dosage, or alternate days of use while introducing Hawthorn berries. Suggested amounts: 15-30 drops of extract twice daily with meals, or two-three cups of tea, or 3 + 3 capsules daily.
- **Sarsaparilla** can repair kidney damage and increase their efficiency, especially when pharmaceutical drugs have been consumed for durations long enough to sustain kidney damage. Long term stress can also damage kidneys, as can chronic kidney stones, UTI's, and regular table salt consumption. Suggested amounts: 15-30 drops of extract twice daily with meals, or two-three cups of tea, or 3 + 3 capsules daily.
- **Papaya** is the food that can boost kidney and adrenal function and is suggested that during stressful situations, papaya (fresh or dried) be eaten first thing in the morning.



## Other Beneficial Herbs

Many people with high blood pressure due to stress can lower stress by including daily quantities of one or more of the following herbs, oils, and supplements:

- **Hops** - 15-30 drops of extract twice daily with meals, or two-three cups of tea, or 3 + 3 capsules daily
- **Horsetail** - 15-30 drops of extract twice daily with meals, or two-three cups of tea, or 3 + 3 capsules daily
- **Goldenrod** - 15-30 drops of extract twice daily with meals, or two-three cups of tea, or 3 + 3 capsules daily
- **Chamomile** - 15-30 drops of extract twice daily with meals, or two-three cups of tea, or 3 + 3 capsules daily
- **Thyme** - 15-30 drops of extract twice daily with meals, or two-three cups of tea, or 3 + 3 capsules daily to reduce tensions and achieve a relaxing effect
- **Peppermint essential oil** - 3-5 drops in a carrier oil applied around the base of the neck, to temples, and soles of feet to dilate vessels and ducts and ease circulation
- **Lavender essential oil** - 3-5 drops in a carrier oil applied to kidney area on the mid back, at the base of the neck and down the spine eases tension and stress
- With symptoms of poor circulation or lymph fatigue, which put stress on the heart, consider using **Yerba Santa, Heart Harmony, Tranquility, Circulation Improving, or Calm & Collected**

## Vitamins & Minerals

- **B-Complex vitamins** with Potassium are THE most important element for stress reduction and organ efficiency. Those who have large amounts of stress may need copious amounts (they are water soluble so you can't overdose) of 60-100 drops two to three times daily with food which may reduce stress, neutralize acidity, provide energy, and improve fatigue
- **Vitamin C** may repair vessel damage, reduce vessel pressure, and take away kidney stress. Suggested amount: 2,000-10,000 mg daily - try **Grass-C** 15-30 drops twice daily with food
- **Vitamin E** may protect nerves, reduce stress and anxiety, and prevent blood clots. Suggested amount: 1,800-3,000 IUs daily - try **Rice-E** 15-30 drops twice daily with food
- **Magnesium** may lead to improved blood pressure and other heart benefits, such as reduced heart enlargement and "metabolic obesity". A study found that those who took a mere 380 mg daily for 4 months showed improvement in blood pressure stability, glucose and triglyceride levels, and less insulin resistance. Try **Wheat-Magnesium**, 15-30 drops twice daily with food

## What NOT To Do

**STOP:** the use of table salt. THE largest cause of kidney stress producing high blood pressure can result from the regular intake of heat treated sodium chloride - table salt (including most sea salt). Sodium is one of the six essential minerals that kidneys use to pH balance blood fluids, and when sodium is consumed in its heat-treated, non-organic state the kidneys are unable to balance blood fluids and high blood pressure commonly results.

**INSTEAD:** Try Real Salt®, a pure organic, non-heat treated, earth mined, sodium chloride, which is readily usable by the kidneys. Use Real Salt as you would other salt, and see if you, like countless others, get lowered blood pressure with the added benefit of balancing the electrolytes in the digestive system, reducing acid reflux and heart burn. A mere ¼ teaspoon of Real Salt dissolved in 1 cup of water every morning for those who experience high blood pressure may bring down elevated levels. Get it at [www.RealSalt.com](http://www.RealSalt.com)



**TRY** - Yoga, Meditation, Breathing, Laughing, Dancing, and Singing to reduce BP naturally.