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## **DASH – Dietary Approaches to Stop Hypertension**

The DASH diet – was a study that found that a diet with reduced saturated fat and abundant in whole fruits, vegetables, and low-fat dairy foods can significantly lower high blood pressure. The DASH diet lowered blood pressure to the same extent as did antihypertensive drugs. Visit [www.Cspinet.org/nah/dash.htm](http://www.Cspinet.org/nah/dash.htm) for more info specific to the diet or go to [www.brighterdayfoods.com](http://www.brighterdayfoods.com) go to the links section – the first part has a link to a pdf of the booklet explaining the DASH diet in its entirety.

### **Tips to Reduce Hypertension**

- **Drink water** – Drinking pure water at room temperature or warmer throughout the day can be a very effective tool in controlling blood pressure.
- **Avoid saturated and trans fats.** Focus on healthy fats like those from wild fish, which supply beneficial omega-3 fatty acids. Olive Oil, Flax Seed Oil, and Canola Oil can also be used. Fish Oils are the most potent. Avoid all trans fatty acids found in all partially or fully hydrogenated oils.
- **Increase intake of potassium, magnesium, and calcium.** Include more whole, fresh plant foods in your meals. Some potassium-rich foods include avocados, bananas, beans spinach, and squash. Choose organically grown produce whenever possible – organically grown foods have a higher mineral content than commercially grown. *See the recipe from Dr. Julian Whitaker MD below.* **Don't forget the celery** it has a compound in it called 3nb that directly lowers high blood pressure – 4 stalks a day has been found to lower blood pressure.
- **Skip the salt.** This is particularly important for salt-sensitive individuals. Sodium is present not only in table salt, but also in many processed and restaurant foods/
- **Cut refined sugars.** Refined sugar is often converted to body fat, which is a primary risk factor in hypertension. Sugar itself has also been implicated in raising blood pressure.
- **Reduce alcohol intake.** Chronic, excessive alcohol intake is one of the strongest indicators of hypertension.

### **Specific Foods to help with Hypertension**

Celery, Chili peppers – all kinds including hot sauce, garlic, onions, ginger, oats and oat bran, brown rice, spinach, green peas, shitake and oyster mushrooms, wakame (an edible seaweed), apple cider vinegar, dark chocolate 70% +, green tea and black tea, olive oil, sesame oil, all nuts – they are rich in magnesium, cold water fish – sardines, salmon, cod, fresh water trout, halibut, mackerel, herring. Small amounts of red wine, concord

grape juice, pomegranates or pomegranate juice, bananas, blueberries, borage or primrose or black currant oil (found in supplements).

**Note: Dr Julian Whitaker MD** – has all his patients with hypertension follow this recipe – purchase potassium chloride powder – (available at Brighter Day from Now Foods) or in the grocery store as NuSalt salt substitute – this product contains 730mg of potassium per ¼ teaspoon. Use 3 parts potassium chloride with 1 part natural sea salt or real salt or celtic salt ect. The sea salt gives the product a much more natural salty taste but you still get a much higher ratio of potassium to sodium.

## Supplements to help support persons with Hypertension

**Take a vitamin D supplement** – D3 2,000iu's – vitamin D is turning out to be the superstar of nutrients. It acts more like a regulating hormone than a vitamin and tells cells how to behave properly. New research is showing it to regulate hypertension. D supplements are incredibly cheap ! *Get your blood work checked for Vitamin D levels – you want it to be at least 50 – 75 nanograms per ml.* \$ 2.00 a month is all it costs if you take 1 a day. .

- 1) **Sustained Release L-Arginine** – L-Arginine stimulates the release of nitric oxide on the blood vessel wall which causes it to open up and relax thus lowering blood pressure. This also increases circulation throughout the body. ***Sound Nutrition Polifusia.*** Studies have found it can lower blood pressure by 10 points if it is high and 4 points for normal blood pressure.
- 2) **Anti-Ace Peptides** – These are compounds derived from the bonito fish that work in a similar manner to the ACE inhibiting drugs such as lisinopril, lotensin and vasotec, but don't have the side effects – one of the major ones being a night time cough. It works by inhibiting angiotensin from forming in the blood vessels. “If you use a garden hose as an example, angiotensin would be similar to pinching off the hose while turning up the faucet full blast. Anti-Ace Peptides relax the arterial walls and reduce fluid volume. Clinical studies confirm that is reduces systolic blood pressure by at least 10mm Hg and the diastolic by 7mm Hg in people with borderline and mild hypertension. Ask for the information sheet by Dr. Michael Murray ND for more information. ***Natural Factors Anti-Ace Peptides.***
- 3) **Celery Seed Extract** – Celery Seed contains a compound called 3nb that has a beneficial effect on lowering blood pressure – this is particularly helpful for those individuals who are taking a diuretic type of blood pressure medication. It acts in 2 ways 1) as a vasodialator – it acts like a calcium channel blocker the balancing protaglandins. 2) It acts like a diuretic reducing the volume of fluid in the arteries, but it doesn't alter the ratio of potassium and sodium in the blood. ***Natural Factors Celery Seed Extract.***
- 4) **Magnesium** is a very important mineral in supporting persons with hypertension. Magnesium acts as an anti-spasmodic and relaxes the arteries. Magnesium levels have been found to be consistently low in individuals with hypertension. In one

- study, supplemental magnesium lowered blood pressure in 19 out of 20 hypertensives. See reference - #1. **Peter Gillians Calm Powder or Source Naturals – Ultra Mag, or Brighter Day Brand Magnesium Glycinate tablets.**
- 5) **CoQ10** is a nutrient that enhances the production of ATP in the mitochondria, by doing this it supports the heart and the entire cardiovascular system. Research has shown that taking 100mg of CoQ10 daily that after a number of months that it supports lowering blood pressure. ( see - *Dr Ronald Hoffman's article on Hypertension*). **Jarrow Formula Qsorb CoQ10 – 100mg caps. The new form Ubiquinol – has been found in research to work better than regular COQ10 in persons over 50 at up to 3x the efficiency. So if you are over 50 years of age seriously consider supplementing this form of CoQ10.**
  - 6) **Lyc-O-Mato (Tomato Lycopene Extract)** 15 mg a day (2 Israeli studies) can be found to bring the upper number down by 10 points – according to Robert E. Kowalski – author of the new book *The Blood Pressure Cure – 8 weeks to lower Blood Pressure without Prescription Drugs. Brighter Day Brand – Lycopene from Lyc-O-Mato or Jarrow Formulas*
  - 7) **Grape Seed Extract** 200 – 300mg a day or **Pycnogenol** 100 to 200mg a day. In a study done in 2006 with 24 individuals with metabolic syndrome. The diastolic blood pressure dropped by an average of 12mm and the average drop in diastolic pressure was 8mm. A 2001 double blind study done in France Pycnogenol lowered both systolic and diastolic blood pressure after eight weeks. In a separate study, it helped cut the dosage of blood pressure medication in 60% of the patients who needed to take drugs to keep their blood pressure in a healthy range. **MRM Grape seed extract 120mg – or Source Naturals or Now Foods**
  - 8) **Olive Leaf Extract** – so far only rat studies have been done, but Olive Leaf have positive effects on the cardiovascular system. **Source Naturals – Olive Leaf Extract**

1. Dyckner, T., and Wester, P., "Effect of Magnesium on Blood Pressure", BMJ 286 no. 6381 (Jan, 1983) 1847-1849.
2. Robert E. Kowalski – *The Blood Pressure Cure – 8 weeks to lower Blood Pressure without Prescription Drugs – John Wiley & Sons, Inc publisher May 2007 – info on the Sustained Release L-Arginine, Grape Seed extract, Pycnogenol and Lycopene.*
3. Whole Foods Magazine – Feb 2008, page 28 – Full references on p. 57.
4. Grape seed extract – UC Davis Study Shows Grape Seed Extract May Be Effective in Lowering Blood Pressure.  
[www.polyphenolics.com/news/UCDavisStudy.html](http://www.polyphenolics.com/news/UCDavisStudy.html).
5. Tomato Extract may help lower blood pressure – Reuters Health, January 11, 2006