HYPERTENSION

“THE SILENT KILLER”

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS HYPERTENSION?

Hypertension is defined as a systolic blood pressure reading (the top number) consistently over 130, and/or a diastolic (the bottom number) reading of 85 or above. The optimal level is now below 120/80.

Blood pressure is the force of blood flow inside your blood vessels. When you check your blood pressure, you are given two numbers, such as 130/80 mmHg ("one-thirty over eighty).

Both numbers are important:

• The first number is the pressure as your heart beats and pushes blood through the blood vessels. This is the "systolic" pressure.
• The second number is the pressure when the vessels relax between heartbeats. This is the "diastolic" pressure.

When your blood moves through your vessels with too much force, you have high blood pressure. Your heart has to work harder when blood pressure is high.

Hypertensives are three times more likely to have a heart attack, five times more likely to develop heart failure, and eight times more likely to suffer a stroke than people with normal blood pressure. p.40, Health Power It also raises your risk for diabetes, eye problems, and kidney disease.

There are two types of Hypertension. Primary and Secondary. Primary hypertension is not caused by other diseases whereas Secondary hypertension can be caused by chronic kidney disease, tumor growth, diabetes or other conditions.
Knowing that if you have the faith of a mustard seed, your faith can move mountains

Blood Pressure Chart

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic (mm Hg)</th>
<th>Diastolic (mm Hg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120 and Less than 80</td>
<td></td>
</tr>
<tr>
<td>Pre-hypertension</td>
<td>120-139 or 80-89</td>
<td></td>
</tr>
<tr>
<td>High</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 1</td>
<td>140-159 or 90-99</td>
<td></td>
</tr>
<tr>
<td>Stage 2</td>
<td>160-179 or 100-109</td>
<td></td>
</tr>
<tr>
<td>Extremely High</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 3</td>
<td>180-199 or 110-119</td>
<td></td>
</tr>
<tr>
<td>Dangerously High</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 4</td>
<td>200 and above over 120 and above</td>
<td></td>
</tr>
</tbody>
</table>

SYMPTOMS

Is Hypertension A “Silent Killer”?
Medically, hypertension is called a “Silent Killer” because it is deadly and is said to have no early significant symptoms. However, this is not true. There are always signs of disease, we just are usually not listening to what our bodies are saying.

<table>
<thead>
<tr>
<th>WHERE TO LOOK</th>
<th>WHAT TO LOOK FOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart</td>
<td>Racing, palpitations, irregularity, pain</td>
</tr>
<tr>
<td>Kidneys</td>
<td>Aching lower back, changes in urine color or smell, urination patterns, night sweats</td>
</tr>
<tr>
<td>Hands</td>
<td>Slight swelling at the fingertips, signs of poor blood flow, water retention, tingling</td>
</tr>
<tr>
<td>Legs and Feet</td>
<td>Swelling, signs of poor blood flow, water retention, aching or tingling, varicose veins</td>
</tr>
<tr>
<td>Head</td>
<td>Headaches, light-headedness, dizziness, ringing in ears, blurry vision</td>
</tr>
<tr>
<td>Bowels</td>
<td>Constipation, bloating or gas</td>
</tr>
<tr>
<td>Lifestyle</td>
<td>Sedentary, stressful, financial, family issues, illness, TV, sports, sin</td>
</tr>
<tr>
<td>Testing</td>
<td>Blood Pressure needs to be tested twice per day</td>
</tr>
</tbody>
</table>

If you have been blessed by this information, please send a Donation to the above address or log on to www.nhtlh.com - Thanks for your support.
In severe cases of High Blood Pressure when symptoms do appear, they may include:

- Feeling confused or other neurological symptoms
- Nosebleeds
- Fatigue
- Blurred vision
- Chest pain
- Abnormal heartbeat

Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal, these signs and symptoms typically don’t occur until high blood pressure has reached a severe – even life-threatening – stage.

CAUSES

Certain traits, conditions, and habits—known as risk factors—can raise your risk for High Blood Pressure. Some major causes are:

**Tumor growth.**
Tumor growth on the adrenal gland increases adrenalin and this causes inflammation in the arteries.

**Chronic Kidney disease.**
The kidneys help regulate blood pressure. However, if the kidney filters less water it increases the pressure in the arteries.

**Diabetes.**
Diabetes adversely affects the arteries, predisposing them to atherosclerosis (hardening of the arteries). Atherosclerosis can cause high blood pressure, which if not treated, can lead to blood vessel damage, stroke, heart failure, heart attack, or kidney failure. [www.webmd.com/hypertension-high-blood-pressure/guide/high-blood-pressure](http://www.webmd.com/hypertension-high-blood-pressure/guide/high-blood-pressure)

**Increased cortisol.**
While cortisol hormone is good to give us the energy we need. Too much cortisol causes inflammation in the arteries, which will lead to an increase in blood pressure. Staying awake after 10:00pm can cause an increase in cortisol.

**High salt intake.**
While sodium is essential for body metabolism, too much can cause body tissues to hold water. This swelling causes the blood pressure to rise.

**Low potassium intake.**
Potassium helps balance the amount of sodium in your cells. If you don't get enough potassium in your diet or retain enough potassium, you may accumulate too much sodium in your blood.
Overweight.
High blood pressure is twice as common in adults who are overweight than in those who are of a healthy weight.

Narrowed or plugged arteries.
If the arteries are narrowed, the blood moves through your vessels with too much force. Your heart has to work harder when blood pressure is high,

Lack of exercise.
People who are inactive tend to have higher heart rates. The higher your heart rate, the harder your heart must work with each contraction — and the stronger the force on your arteries. www.mayoclinic.com

Low Estrogen.
Estrogen helps keep the blood vessels flexible and to modulate other hormone activities that can contribute to developing high blood pressure. As levels of estrogen decrease, a woman’s risk of developing high blood pressure increases.

Smoking.
Nicotine in cigarette smoke causes large and small blood vessels to narrow and become hard, resulting in reduced blood flow to the rest of your body.

Alcohol.
Too much alcohol can raise your blood pressure to unhealthy levels.

Caffeine.
Caffeine is stimulating and elevates the blood pressure.

Stress.
High levels of stress can lead to a temporary, but intense, increase in blood pressure.

Too little vitamin D.
Vitamin D may affect an enzyme produced by your kidneys that affects your blood pressure.

**You can also get High Blood Pressure from the use of drug medication.**

LIFESTYLE

- Exercise is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am.
- The body also produces more melatonin between the hours of 10:00 pm and 2:00 am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- Carefully read labels and select items low in salt, sodium and soda.
Knowing that if you have the faith of a mustard seed, your faith can move mountains

All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten at least 5-6 hours apart.

**DIET**

- Cut out all **flesh foods** (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) Meats are high in sodium; contain hypoxanthine (caffeine) and increases cholesterol, which narrows or clogs the arteries, thus increasing the blood pressure. If one so desires to use milk, non-harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.) *Recipes can be found in the following cookbooks: Ten Talents, Give Them Something Better, It’s All Good, Seven Secrets, The Optimal Diet, Of These Yea May Freely Eat and Foods with their Healing Powers vol. 3.*

- Use **nuts, seeds, peas, and beans**. All forms of **Beans** and **Whole Grains**. The body converts the amino acid in these foods called L-Arginine into nitro oxide, which relaxes the blood vessels. Also a handful of walnuts or almonds are excellent in lowering high fat in the meal.

- **Fried foods**, highly processed foods, and all free oils should be avoided and/or eliminated from the diet.

- Eating **fresh fruit** daily (3-5 servings) is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber need for regularity; juice is robbed of that essential fiber.

- Increase **fresh vegetables** daily (3-5 servings) as this would increase potassium and lower blood pressure. Other foods high in potassium are, black strap molasses (do not use if you have Diabetes), soybean, nuts, bananas.

- Use **salt** with potassium, iodine and trace minerals.

- ALL **white** breads, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items.

- Avoid **alcohol**, vinegar, apple cider, nutmeg, cinnamon, hot peppers, remember anything that stimulates will elevate.

- At least 8 glasses (64 oz) of **water** should be drunk each day. 16 oz to 32 oz of warm water should be taken before breakfast. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.
“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

HERBAL REMEDIES

**NHTLH HERB STORE** by calling (678) 432-0384, The Herb Store.

- **Garlinase** 2 tablets twice a day with each meal (high blood pressure/cholesterol/diabetes) or 4 cloves of fresh garlic daily.
- **Flax seed** take two tablespoon freshly grounded daily
- **Pumpkin seed** take a handful of pumpkin seed daily unsalted
- **Corn silk** - 1 handful of corn silk in 32oz of hot water. Steep for 40 mins and drink as water daily. Use treatment for 90 days then one month off then repeat until condition is resolved.
- **Breadfruit** – take 5 to 6 breadfruit leaves in 32oz of hot water. Steep for 40 mins and drink as water daily. Use treatment for 90 days then one month off then repeat until condition is resolved.
- **Avocado** – take 7 of the leaves in 32oz of hot water. Steep for 40 mins and drink as water daily. Use treatment for 90 days then one month off then repeat until condition is resolved.
- **Bay Leaf** - take 7 of the leaves in 32oz of hot water. Steep for 40 mins and drink as water daily. Use treatment for 90 days then one month off then repeat until condition is resolved.
- **Hibiscus tea** - take 7 of the fresh flowers or 2 tablespoon of the dried flowers in 32oz of hot water. Steep for 40 mins and drink as water daily. Use treatment for 90 days then one month off then repeat until condition is resolved.
- **Linden tea** – take 2 tablespoon for the dried leaves in 32oz of hot water. Steep for 40 mins and drink as water daily. Use treatment for 90 days then one month off then repeat until condition is resolved.
- **Blackstrap Molasses** take two (2) Tablespoon daily if you are not **Diabetic**
- **Vitamin D** - take 5000iu daily, until your levels are back in line. Correct Levels of vitamin D are 40 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with **Natural Sunlight** then you are fine.) For the colder climate, as a regular maintenance from June – September use the Natural Sunlight, May and October take 1000iu daily, April and November take 2000iu daily, March and December take 3000iu daily, January and February take 5000iu daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D with fat is best and easily**
absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).

If you live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 10:00am – 2:00pm daily). (high blood pressure/MS/diabetes/cholesterol/all bone problems/colon and breast cancer).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000 ius per week for 8 weeks of supplemental vitamin D (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat soluble vitamin).

Here is another option: If there is a chronic deficiency in vitamin D, I would recommend as much as 10,000 iu daily for either 3-4 months, then you can resort back to the 5000 iu daily.

Testimony: We had a chance to work with a Health and Temperance Leader at one of the local churches and his Blood Pressure was running 181/104 and we put him on the plan and in one day his Blood Pressure dropped to 117/77. We found out that this gentleman was going to bed between 1:00am – 2:00am nightly for 3 weeks and this was the main cause of the increased pressure. So we had him go to bed by 9:00pm and the pressure dropped with a good night’s rest.

PLEASE COMBINE THIS SHEET WITH THE FACT SHEET TO GET THE BEST RESULT.

For further information, please visit our website at www.nhtlh.org or call us at the above number.

If you have been blessed by this information, please send a Donation to the above address or log on to www.nhtlh.com - Thanks for your support.