

# LOWERING HIGH BLOOD PRESSURE WITHOUT PRESCRIPTION DRUGS

by Thurman Smith

A few years ago I started to get high BP readings, but am inclined not to take drugs. (For an idea of how problematic BP drugs can be visit <http://www.bloodpressurenormalized.com> (a commercial for an expensive report on alternatives to taking BP drugs, but with the below, you probably don't need it.) So I searched about to see if there were more natural alternatives. There were, I followed them and my BP is now near normal again.

## DAILY HABITS

All the usual common wisdom about healthy living: daily exercise, weight control, no smoking, moderate drinking, good nutrition, and sufficient sleep apply to lowering blood pressure too. Of these, I have found that on days, such as during travel, when the usual exercise was skipped and not being otherwise particularly active has the most adverse affect on efforts to lower BP. If you miss your usual exercise routine, then compensate, like taking the stairs instead of the elevator. Health advisors I have talked with suggest that the best exercise is moderate rather than intense. That is, on a scale of 1-10 shoot for 5-8 with occasional bursts of 8-10.

As for nutrition, skip the salt and ease up on saturated fats. Use olive oil for cooking and unsalted butter rather than margarine (a transfat). Many reports in this area suggest red pepper, garlic, apple cider vinegar, dark chocolate and green tea are helpful (well, they can't hurt!). In general, just eat a variety of things, esp. fruits, veggies and nuts -especially almonds. More suggestions on diet for BP control can be found at the site for the Dietary Approaches to Stop Hypertension (DASH) <http://www.dashdiet.org>.

Slow, deep breathing may help. Try this while waiting for a red light to change or during other 'trapped' moments. Perhaps other stress relief practices such as mediation and yoga, but I don't do either, so I have nothing to add here.

## DEVICES

**Zona Plus** gripper device; somehow strong, sustained gripping lowers blood pressure, as discovered by Air Force pilots. A cycle with this device takes about ten minutes to do both hands. <http://www.zona.com>. \$380 direct.

**Resp@rate** breath control device from InterCure (Israel) guides the user to slower breathing. A cycle takes about fifteen minutes. Many favorable reviews. <http://www.resperate.com>.

You can do the Zona and Resp@rate sessions simultaneously.

And, of course, a **BP monitor**. There are many brands. I think the digital readout style is easier than the stethoscope/gauge style. Take twice daily readings on your home BP monitor; readings in the morning for most people tend to be lower than afternoon. Omron is a widely distributed brand with several models (<http://www.omronhealthcare.com>). I prefer models that inflate automatically as squeezing the manual models might raise your BP a bit.

## NUTRITIONAL SUPPLEMENTS

Nutritional supplements that might be good to take with or without high BP, but may be particularly useful in controlling BP:

*Omega-Q Plus 100* by Dr. Sinatra; fish-oils plus CoQ-10 enzyme plus Resveratrol for cardiovascular health; <http://www.drstinatra.com>.

*Super Beets* by HumanN. Beets have lots of nitrates, which end up increasing the supply of nitric oxide in the blood stream, which helps relax blood vessels, thus reducing blood pressure. But one would have to eat 12 beets each day to benefit, so a concentrated powdered beet preparation is available at <http://www.humann.com>.

*Generic L-Arginine* is available very inexpensively from a variety of online supplement stores such as <http://www.iherb.com>.

*Peptace*, fish-based peptides by Natural Factors Canada. An online distributor is <http://www.iherb.com>.

*Cardio-Klenz*, a nutritional mix that purports to help control arterial plaque; <http://www.xtend-life.com> (New Zealand).

And, of course, vitamin and mineral supplements appropriate for your age and sex. Check on sufficient magnesium, calcium and potassium content, three minerals important for controlling BP.

## STRATEGY

Perhaps the best strategy at the beginning of your health-thyself BP control program is to use both devices and take all the supplements. If there is substantial improvement back to to <120/<80 readings, then start easing up on the devices (they do take some time and aren't in the least bit entertaining). If counts don't go back up, drop one of the BP remedies. After all, the devices take time and the pills cost money. Most of the nutritional supplements are probably a good idea to continue with for general health reasons.



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