

If blood pressure is elevated, the heart must work harder to pump an adequate amount of blood to all the tissues of the body. Ultimately, the condition often leads to kidney failure, heart failure, and stroke. In addition, high blood pressure is often associated with coronary heart disease, arteriosclerosis, kidney disorder, obesity, diabetes, hyperthyroidism, and adrenal tumors.

Because high blood pressure usually causes no symptoms until complication develops, it is known as the "silent killer". Warning signs associated with advanced hypertension may include headaches, sweating, rapid pulse, shortness of breath, dizziness, and visual disturbances.

Normal blood pressure readings for adults vary from 110/70 to 140/90, while readings of 140/90 to 160/90 indicate borderline hypertension. Any pressure over 180/115 is severely elevated.

RECOMMENDATIONS

Seek professional help.

With or without medication it is important to loose weight where indicated.

Decrease salt intake and increase fiber intake. Freshly ground flaxseed, a tablespoon twice daily provides good fiber.

Mega-Dolemite (Calcium, Magnesium and Potassium) one tablet three times daily.

Coenzyme Q10 – 30 mg one three times daily.

"FISHOL E.C." (Omega-3) essential fatty acid, enteric coated one capsule three times daily.

Vitamin C Slow Release 10000 mg three times daily.

Selenium 200 mcg daily.

Two "BEST" Vitamin and Mineral tablets daily.

Mega-GARLIC E.C. (triple strength enteric coated) One three times daily.

Avoid all animal fats; use only virgin olive oil, plenty of fruits and vegetables. Get regular to moderate exercise and be sure to get sufficient sleep. Have your blood pressure checked every four to six months by a professional, especially if you are in a high-risk category.