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The Invisible Symptoms
Of The Silent Killer

High Blood Pressure

5 Simple Remedies to
Cure Your Hypertension

Eating Your Way To A
Healthy Heart

Are You Triggering
High Blood Pressure
While You Sleep?

God's Prescription
For A Healthy Heart

Celebrity Chefs
Low Blood Pressure
Recipe Tips



GRANDMA'S CURE CORNER
HOW LOW SHOULD YOU GO?

Home Cures That Work

September 2010 – High Blood Pressure

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Hypertension: “The Silent Killer?”

By Dr. Scott Saunders, M.D.

Vital Signs 101

Dave initially came in over a year ago wanting help to get off of his medications for diabetes and hypertension. He was getting weak and tired, partly because numbness and tingling in his feet kept him up at night. His blood pressure was poorly controlled, even on three medications. Over the next six months he was able to get it down from about 220/110 to 146/88 – after stopping his medications. At the same time, he lost



weight, feels better and has more energy, plus he sleeps all night because his feet don't hurt. Dave had a metabolic syndrome that often causes the blood pressure to go up. He was taking medication for each symptom of the syndrome, none of which helped his condition. When we addressed the underlying condition the blood pressure finally improved. While it's important to look at hypertension, it's more important to look at the cause.

The best way to look at blood pressure is as a “vital sign” like the temperature. If you came in to my office and your temperature was 102 degrees Fahrenheit, I could diagnose “hyperthermia” (fever) and prescribe a medication to lower your temperature. If I just sent you home with a prescription for Ibuprofen I could miss a serious infection. A doctor needs to address not the fever, but rather the *cause* of the fever. The temperature will drop by itself when an infection is treated.

Stalk the Silent Killer

Blood pressure is similar. There are hundreds of reasons why your blood pressure might go up (WrongDiagnosis.com lists 398). When you find and treat the *cause*, then the blood pressure will come down to normal without ever taking a pill for it – just like curing a

pneumonia will bring your fever down without Ibuprofen. Remember, hypertension isn't the cause of illness, heart disease, stroke, or arterial disease. It's just an associated symptom.

Dave was put on the "brown rice and vegetable" diet. He eats brown rice with vegetables and legumes for two meals per day. He has nuts for snacks. He exercises three times a week to sweat. He also takes Magnesium and CoQ10. He was able to lose weight, bring down his insulin levels, and correct his metabolism (the "vital signs"), which brought the blood pressure down to almost normal.

Your Guide to Lowering Blood Pressure

If you can't find a specific cause of elevated blood pressure, there are many ways to improve your metabolism and prevent vascular disease:

1) Exercise

- Exercise to sweat three to five times per week. Sweat removes sodium and toxins. Exercise relaxes blood vessels.

2) Stress reduction

- Meditate – We often forget to take time for meditation to focus our minds.
- Pray – Prayer helps us to retain the "big picture" to keep our lives in perspective.
- Enjoy a hobby – Keep your creative juices flowing by practicing your art instead of passively watching TV.
- Start a garden – Getting your hands dirty keeps you grounded, and gives you fresh fruit and vegetables.

3) Food

- A diet high in fruit, vegetables, and whole grains gives you fiber and minerals like magnesium and potassium, as well as vitamins. (Even a can of V-8 juice every day was shown to be as effective as a medication.)
- Avoid those foods to which you are sensitive. Many have sensitivities to gluten (wheat, barley, rye), milk, or the "nightshades." Eating these will cause inflammation and raise the blood pressure.
- Avoid processed and prepared foods: fried food, pizza, fast food, sweets, and so forth promote inflammation and raise blood pressure.

- Drink water – Soda, juices, and even diet drinks increase your risk for “metabolic syndrome.”

4) Supplements

- Magnesium 1000mg per day: Magnesium is a common deficiency and relaxes blood vessels.
- CoQ-10 100mg per day has been shown to lower blood pressure. Most people with hypertension have decreased CoQ-10 levels.
- Vitamin D3 5000IU per day helps the body absorb and regulate calcium and magnesium.

Though it's called “The Silent Killer,” hypertension doesn't kill. But, there are many conditions or vital signs that cause high blood pressure that are deadly if not addressed in a timely manner. I have had several people with hypertension with high levels of lead. When they were given Chelation treatments, the blood pressure became normal. Adrenal, thyroid, and other hormonal abnormalities also affect blood pressure. It's a good idea to check with a doctor who can help you find the cause of high blood pressure. If none are found, the lifestyle changes above will often make a significant difference in your metabolism and keep you off of medications.



Dr. Scott D. Saunders, MD (Contributor) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine.



Eating Your Way To A Healthy Heart

by David Randall

How a Raw Fast Can Transform Your High Blood Pressure and Your Life!

Most people are aware of the strong link between a healthy diet, obesity, high blood pressure, stroke and heart disease. Yet, millions of people are still suffering from these easily treatable and preventable diseases.

Why are so many not willing to change?

Is it the fact that eating a heart healthy diet means cutting out red meat, alcohol, salt and eating more fresh fruits, vegetables and lean proteins?

Or, is it because the abundance of highly processed and highly salted pre-packaged meals that ready to eat rather than make a home made meal each night?

The Good News: Not a lot of hard work

The good news is there is a simple, quick and easy way to get started in the right direction: no hard to prepare meals, no tasteless dinners, and no laborious preparation. You can lower your high blood pressure, lose weight, and start eating healthy in less than 30 days. All you need to do is take the 30-day Raw Challenge.

The 30-Day Raw Challenge

The raw food diet is based on unprocessed and uncooked plant foods, such as fresh fruits and vegetables, sprouts, seeds, nuts, grains, beans, dried fruits and seaweed. The belief is that processed and cooked foods destroy the natural enzymes that aid in digestion and absorption of food.

A raw food diet is ideal for those people suffering from High Blood Pressure because it is low in calories, fat and sodium, but is naturally abundant in potassium, magnesium and other heart-healthy substances such as vitamins, minerals and dietary fiber.

While maintaining a raw food diet for a prolonged period of time can be difficult for most individuals, this challenge is a great and easy way to get started in the right direction. This eating plan will teach you and your body to break old, unhealthy habits and reinforce healthy habits and foods into your diet. You will also learn that eating healthy is easy*, quick to prepare and that it can be very satisfying for the entire family.

The Raw Diet Action Plan

Week 1: Meal Modification

During the first week, you will be removing red meat, refined sugars and white flours from your diet. This means no bread, crackers, lunchmeats or soda pop. Instead of white pastas, eat whole wheat, substitute red meat with grilled chicken, exchange all desserts for fresh fruits and replace cooked vegetables with raw varieties.

On a raw food diet, you should only be consuming unprocessed whole foods such as:

- Fresh fruits and vegetables
- Nuts
- Seeds
- Beans
- Grains
- Legumes
- Dried fruit
- Seaweed
- Unprocessed organic or natural foods
- Freshly juiced fruit and vegetables
- Purified or filtered water
- Young coconut milk

See Recipe: Asian Vegetable Nori Rolls

Week 2: Get The Juices Flowing

This week you'll eliminate meat, poultry, eggs and dairy from your diet. Supplement these nutrients with lots of fresh vegetables and fruit smoothies. Try interesting combinations of fruits and vegetables to substitute for dairy and meats. Try combinations of fruits and vegetables that are both colorful and nutrient rich such as bananas, blueberries, apples, spinach, tomatoes, carrots and beets.

See Recipe: Super Fruit Juice

Week 3: Getting A little Nutty Now

During the third week of your diet action plan, add raw nuts and seeds to your meal planning. You can substitute some dairy items with those derived from nuts, like raw almond milk or yogurt. When snacking on nuts, soak them in water first to wake up their natural enzymes. An excellent lunch on the go is a raw veggie burger made with almonds and walnuts, which can be purchased at most vegetarian restaurants.

Week 4: Full Raw Diet

This week you will now be substituting the whole grain pasta, from week 1, with raw shredded vegetables. Try a meal consisting of shredded zucchini pasta marinara. This may be the most challenging week, as you will be eating 100% raw foods.

See Recipe: Zucchini Pasta Marinara

Grandma's Tips

To the body, fasting is a natural process. During water or juice fasting, the protein levels of the blood remain constant so don't worry about removing animal protein from your diet.



Follow up: Watch Your Numbers Drop

At the end of each week, evaluate what you liked best and work into your regular diet. Make sure to always substitute whole grain pasta for white pasta or even better yet, with raw shredded vegetables.

You should also try incorporating as much of the raw aspect as you can into your diet. Instead of red meats, eat lean chicken or fish. Snacks should be raw nuts, fruits or vegetables. You will notice that you have not only cut a majority of the sodium that your previous diet may have contained, as well as a large portion of the fats and cholesterol. Now you can watch your blood pressure and weight drop.

Sample Recipes:

Recipe: Asian Vegetable Nori Rolls

- 4 sheets raw nori* (thin, dried seaweed sheets)
- 4 large, flat collard greens or romaine leaves
- 1 ½ cups shredded carrots
- 1 ½ shredded daikon or radish
- 1 avocado, thinly sliced
- 8 scallions, green sections only
- 2 cups clover or cress sprouts*
- ¼ cucumber, seeded and cut lengthwise
- 1 red bell pepper, seeded and thinly sliced



1. Lay out the nori on a clean, dry surface. Arrange the collard or romaine leaf on top of the nori so it covers one half of the sheet completely.
2. Place the carrots along the nori sheet leaving ½ inch room to one end. Top with remaining ingredients making sure to keep them in a narrow pile.
3. Roll the nori sheet over the filling and away from you. Roll into tight, firm wrap leaving a little exposed edge. Seal edge by wetting with a little water and fold over to seal.
4. Continue with remaining 3 nori sheets and ingredients.

Recipe: Super Fruit Juice

- 4 Carrots
- 1 beet with greens
- 1 Apple
- Large handful of spinach

1. Cut ingredients so they can fit into your juicer.
2. Process ingredients in juicer, mix well and enjoy.



Recipe: Zucchini Pasta Marinara

- 1 1/2 cups blended tomato
- 1/2 cup fresh lemon juice
- 2 tablespoons Nama Shoyu*
- 2 tablespoons olive oil
- 2 table spoons copped yellow onion
- 3 cloves garlic, peeled
- 1 cup sun-dried tomatoes
- Pinch sea salt
- 6 to 8 zucchini peeled and cut into spaghetti shaped noodles.

1. Using Spirooli slicer or food slicer. Let sit at room temperature for a few hours if possible – texture improves when left sitting out in for 6-8 hours.
2. Combine all ingredients (except zucchini noodles) into blender and blend until smooth.
3. Place noodles in a large bowl and poor the sauce over them, mixing well.



Enjoy, Serves 3 to 4

*Having trouble finding any of these ingredients? Most specialty vegetables can be found in the foreign section of your local grocery store or at many of the fine natural health food stores near you.

After experiencing the incredible energy and vitality of the 30-day Raw Challenge, you'll see the incredible feeling of well-being — emotionally, mentally, physically, and spiritually – is perhaps the diet's most attractive benefit. Get a taste of that feeling to know that it's worth some effort to figure this out: lower your high blood pressure by eating your way to a healthy heart!



David Randall (*Healthy Recipes & Eating Ideas*), diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.



How Low Should You Go?

By Grandma Barton

Low Blood Pressure Strengths

There is a pride that comes with being healthy. However, the Good Book says, “Pride comes before a fall.” Exactly. My sister’s fall in blood pressure to a natural healthy low reading had her gloating with pride. Unfortunately, the fall to an even lower blood pressure went unnoticed and soon complications became apparent indicating something was wrong.

Low blood pressure can mean a variety of things. Mildly low blood pressure, or hypotension, may be a sign of good health. People who have lower blood pressures have a lower risk of stroke, kidney disease, and heart disease. People who exercise regularly, people who maintain ideal body weight, and non-smokers tend to have lower blood pressure. As in the case with my sister, she worked hard to lose weight, kept a nightly walk schedule and ate more cantaloupe (her favorite fruit in place of desserts).



Is Low Blood Pressure A Problem?

But, in some people, hypotension can be a problem when it falls beneath acceptable ranges. These are the normal low blood pressure readings:

- Adult: 117/70
- Teen (12-17): 116/70
- Child (8-12): 104-6/58-61
- Infant: 50-70/20-45

When blood pressure dips beneath these levels, blood flowing through the arteries to the heart is weak. The problem with this is the blood doesn’t delivery enough oxygen and nutrients to your vital organs (brain, heart, kidney). As a result, these low blood pressure symptoms become present:

Lightheadedness	Intolerance to heat
Dizziness	Feeling cold all over
Exercise intolerance	Belching after meals
Blurred Vision	Delayed gastric emptying
Chest discomfort and/or pain	Sleep disorders
Clamminess	Cold hands
Anxiety	Loss of sweating
Flushing	Chills
Fatigue	Light Sensitivity
Headache/migraine	Lethargy
Blood pooling in limbs	Weakness

You've probably noticed that lightheaded feeling when you get up quickly. Someone who has low blood pressure will experience this symptom often times throughout the day. The blood pressure simply isn't strong enough to deliver blood to the heart, and even a chest pain similar to a heart attack can develop. Your brain is the first organ to feel the lack of oxygen and nutrients, which accounts for the lightheadedness or dizziness.

When insufficient blood is delivered to the kidneys, the kidneys fail to eliminate wastes from the body, regulate acid concentration and maintain water balance. Due to my sister's efforts to lose weight on a busy schedule with hectic demands, her body became dehydrated, vitamin deficient and her low blood pressure dropped so she ended up with in a kidney infection.

Malnutrition Cause - Focus on Dietary Change

This is a direct outcome of a weakened and devitalized system. The most important cause of low blood pressure is faulty nutrition. It makes the tissues forming the walls of the blood vessels over-relaxed, and flabby or stretched. This results in less supply of oxygen and nutrients to the tissues. Malnutrition can result from a diet deficient in calories, proteins, vitamin C, or almost any one of the B vitamins and dehydration.



Treating low blood pressure naturally should aim at rejuvenating the whole system. In addition to antibiotics for my sister's kidney infection, she followed this diet to restore her body to health:

- Three meals a day of fresh fruits at five-hourly intervals for 5 days.
- Followed by 2-3 weeks of fruit and milk.
- Adding raw vegetables, seed nuts and grains after 3 weeks of the milk and fruit diet.

Here are other low blood pressure home remedies:

- Try drinking a cup of beet juice twice a day for a week.
- Soak in an Epsom salt bath for 10-20 minutes before bed.
- Liberal use of pantothenic acid.
- Vitamin C, B vitamins and protein for adrenal production.
- Bring salty foods into the diet.
- Drink more fluids.
- Avoid alcohol.
- Adjust medications to lower dosage.

Since hypotension can contribute to falls, you should see the doctor if you have any blackouts or if you repeatedly feel faint and light-headed during the day.

Low blood pressure is not a fatal problem, but a persistent case can make a person timid in life. These natural cure remedies are simple to revive the problem in a cost effective and natural process. Regular exercise, healthy diet and disciplined lifestyle add a hue of health on a person that you should be proud of!



Grandma Barton (*Grandma's Cure Corner*) is grandmother to Joe Barton, founder of Barton Publishing and Home Cures That Work. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

The Invisible Symptoms Of The Silent Killer HBP Revealed

By Martin Jacobse

Did you know in 2009, an estimated 785,000 Americans had their first heart attack, and of those about 470,000 will have another? That means about every 25 seconds an American has a heart attack and about every minute someone dies as a result.¹

That makes High Blood Pressure (HBP) the #1 cause of sudden death America. HBP is called “The Silent Killer” because for most people their first symptom is a heart attack or death. Why is that?

Medical Myth: HBP has no cure and there are no symptoms.

Truth is every action has a reaction, every cause has an effect and every dis-ease has its symptoms.



I'm sure you'd agree that if you simply don't know what to look for, you'll never find it. Right?

I want you to know that worrying yourself to death is NOT your only option. So, today, I hope to help you learn how to stop a heart attack before it happens. Once you can recognize the effects of HBP, then you can better address the cause(s).

There's no need to worry about curing your HBP if you'll focus on the root cause of it.

“The only thing we have to fear is fear itself.” ~ Franklin D Roosevelt

Uncommon Sense

Common sense is no longer “common” because so many people have become confused by all the mixed messages concerning their health care. As an independent medical investigator, consumer health advocate and author, I’ve found even doctors find it hard to keep up with all the advancing scientific discoveries and still manage their practices. Helping make common sense more “common” is why Home Cures That Work (HCTW) is such an exciting publication for both professionals and laymen alike.

Home Cures That Work helps keep intelligent people like you in the loop.

New Science Based On Time-Tested Remedies

The business of Western medicine, the American Medical Association (AMA), is actually quite young —historically speaking —and as a result, has made many costly mistakes over the past 160 years. One of them was the exclusion of all holistic, alternative and ancient time-tested medicine of the east.

The good news is America is finally realizing the benefits of joining ancient healing wisdom with cutting-edge medical science.

Cutting Edge Health Breakthroughs



Because of recent breakthroughs in “epigenetics,” we now know your hypertension is NOT usually determined by your genes. In fact, HBP is a direct response to your whole environment. The incorrect belief that your body was only a chemical machine without any intelligent design has caused untold suffering in the world.

The truth will set you free!

You are NOT a victim of chance and your fate was NOT determined by faulty genetics. Believing degenerative disease is nothing but a drug deficiency condemns you to counting on

the dark side of western medicine to repair, replace or remove your “mechanical parts” when they finally breakdown. That’s just wrong and it doesn’t have to be that way — at all.

The key to unlocking the cure to any dis-ease is to understand the real cause of the problem. Once you grasp the nature of “cause and effect,” it doesn’t take a rocket scientist to learn what to do.

Knowing your hypertension can be prevented, reversed or cured definitely determines your results.

“Since both in importance and time, health precedes disease, so we ought to consider first how health may be preserved, and then how one may best cure disease.” ~ Galen 170 A.D.

If you recall, back in the HCTW Volume1, Issue 10, I revealed how you can successfully reverse the degenerative effects of dis-ease by first identifying the **root cause**.

I call it “The 7 Rungs of The Health and Wellness Ladder.”

Let’s review the seven hidden symptoms of High Blood Pressure:

1. The first symptom, or effect, is loss of cellular energy.
2. The second is cellular toxicity.
3. The third is cellular stress.
4. The fourth is cellular inflammation.
5. The fifth is cellular degeneration.
6. The sixth is cellular hardening.
7. The seventh is cellular mutation.

Ignoring these 7 symptoms will inevitably result in a fast track to a dead end. By devoting your efforts to increasing cellular energy, you can cure your HBP. Breaking it down, you need to be able to recognize the symptoms of loss of cellular energy, because that leads to everything else.

It’s no coincidence the symptoms of lost cellular energy, lack of oxygen and HBP are the same:

- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain

- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Pounding in your chest, neck, or ears

Don't think of it as curing HBP, think of yourself as curing the cause of the your "loss of cellular energy" (the first symptom). Restoring cellular energy naturally reverses all the HBP symptoms, respectively.

No matter how complex your symptoms become, the cure remains to simply remedy the root cause.

Holistically Speaking

The question is, "What triggered your loss of cellular energy?"

Based on the latest and greatest scientific breakthrough of our time, your HBP is being caused by "disturbing signals" sent from your environment to your cells.

Exposure to noise, chemicals or radiation can harm your cellular energy levels and trigger symptoms of hypertension. As you know, the foods you eat, the lifestyle you live and the thoughts you have either help or harm you. That's why it's so important to learn more about the healing arts, Complementary Alternative Medicine (CAM) and breakthrough scientific discoveries.

Curing your hypertension is a lot like solving a crime, you need to get into it, investigate it and gather information like a detective would — as if your life depends on it.

The closer you look, the more you see the connection between what you believe, your lifestyle and your health. The more you learn the clearer it becomes that both your physical and mental environments play a vital role in curing your hypertension.

5 Simple Things That Drain Your Cellular Energy Away

1. Unnatural Posture
2. Unnatural Breathing
3. Unnatural Foods
4. Unnatural Thoughts

5. Unnatural Lifestyle

Posture Yourself For A Healthy Lifestyle

Your posture has a profound effect on your HBP. Have you ever noticed how hard it is to do any kind of physical activity with a poor posture? If you have a history of back problems you know exactly what I mean. Poor posture robs you of strength, balance and ultimately energy, which leads to stress, inflammation and increase your risk of HBP.

Imagine your life like a walk in the park. Nothing helps poor posture, increases oxygen and relieves stress better than enjoying a casual walk in the park.

Breathe Easier Using The Ancient Science Of Life

For more than 5000 years Eastern healers have practiced the art of Ayurvedic medicine, literally known as “the science of life.” Today the Western world considers using ancient healing herbs, massage and yoga as a form of Complementary Alternative Medicine (CAM).



Ayurvedic literature reveals the secret to optimum physical health is to work in harmony with your body, mind and spirit. This gentle art of yoga teaches unity of body, mind and spirit strengthening your vitality through simple breathing techniques.

New technology is using this ancient time-tested practice of deep rhythmic breathing along with machines called “Personal Stress Relievers” (PSRs). These biofeedback programs help balance emotions, reduce HBP and increase overall wellbeing. By controlling your breathing technique using yoga, biofeedback or software devices like PSRs, you can prevent, manage and reverse the negative effects of stress.

By learning proper breathing techniques you can change your heart rhythm pattern, increase energy and create a more efficient internal state where all your body systems work together in harmony.

This marriage of old science and modern technology is endorsed by leading doctors around the world. It's called Heart Math². Scientific based evidence supports that deep breathing technique exercises, used regularly, can lower High Blood Pressure (HBP). Some people who use these slow breathing programs for only 15 minutes a day for two months experienced their high blood pressure drop 10 to 15 points³.

Some of these (PSR) programs even offer patented methods for harmonizing biological rhythms and breathing techniques using musical melodies.

So, take a deep breath, stand tall and start walking, it will help you improve your heart health.

Turn On Your Happy Genes With Food

Not too long ago scientists believed your genes totally determined your health, they called it genetic determinism⁴. As I already mentioned, the belief that your HBP is solely determined by your genetics is simply NOT true. The good news has been slow getting around because "Big Pharma" \$600 Billion a year if everyone continues to think they are a victim of defective genes. Fact is there is a relatively small percentage of dis-ease from inherent DNA.

Grandma's Tips

Studies show wealth does not equate to happiness. However, being happy is similar to being healthy. When one finds happiness in his or her life, the whole body chemistry is affected and the bodily systems function well.



If your genes determined whether you had High Blood Pressure (HBP) or not, it wouldn't matter what your lifestyle, environment and diet were. But, thank God the opposite is true.

Frankly drug companies sell more drugs when people lose hope of their recovery and give up on taking back control of their own lives naturally.

People have a lot more ability to respond to dis-ease than they are told to believe. Did you know you are, in fact, the programmer of your genes? Before today, when was the last time anyone told you how more than 90% of your genes behave like a "switch board" and that you can control them with attitude, diet and lifestyle?

"Don't worry be happy!" ~ Bobby McFerrin

Due to this new science called “epigenetics,” leading scientists now know that you can control your genes, rather than your genes controlling you⁵. You can’t change the inherited color of your eyes and other physical traits, but researchers are finding you are able to control just about everything else by making attitude, dietary and lifestyle changes, including your HBP.

Searching For Your Lost Sugar & Salt?

As you may already know, eliminating “refined” salt, oils and sugar from your diet can help prevent HBP, as well as other illnesses. According to one study supported by the National Institutes of Health, the high fructose corn syrup in just two-and-a-half regular soft drinks a day may lead to clinical hypertension⁷. Another thing the study found was the increase consumption of sugar also increased the body’s sodium absorption, which is also ridiculously high in soft drinks and other processed food products.

By the way, too much refined salt, sugar and oils will definitely reduce your cellular energy levels.

More Food For Thought

Did you know that your Recommended Daily Allowances (RDA) advertised by your friendly government agencies is based on the minimal nutritional needs of a lab rat? It’s no wonder Americans consume more empty calories and suffer more nutritional deficiencies than any other developed country. Now they’re even prescribing High Blood Pressure (HBP) meds to school children. What’s with that?

Your government food and drug agencies claim you need about 2000 milligrams (that’s about 2 grams) of sodium daily. What they don’t tell you is you need sodium from natural whole food sources, including sea salt, which also contains natural blood pressure regulating minerals. What they fail to tell you is “refined table salt” is a toxic poison and that you should have ZERO milligrams of it. It’s no wonder Americans feel confused and helpless about taking control of their own health care, when everything they’re told is a blatant lie or at best a half-truth.

You Have The Need To Know!

Americans are averaging between 4,000 to 8000 milligrams of “refined salt” a day because it’s hidden in about everything we eat. That’s up to four times the recommended amount!

“Refined table salt” builds up in your kidneys and leads to obesity, kidney problems and High Blood Pressure (HBP) from all the retained fluids trapped by the chemical salt. Truth is sea salt will help flush your kidneys clean, help you lose water weight and help regulate normal blood pressure levels naturally.

Cutting back on consuming “refined salt” could save America \$10 to \$24 BILLION in health care costs, as well as tens of thousands of lives every year⁶.

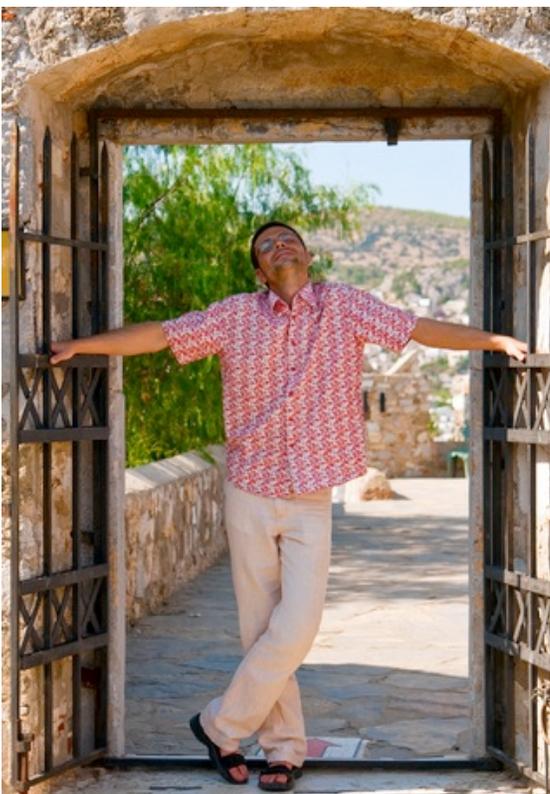
Change Your Thinking And Your Heart Will Thank You

Few people realize the power of the mind.

Most people feel they’re responsible for their actions, but few feel responsible for what they think. As underestimated as the “power of thought” is, you still have to admit it’s the only level where you can exercise free choice. When your thoughts are combined with belief, they create an unlimited burst of energy that can literally move mountains.

Here’s a little known secret: It’s your fearful thoughts, which keep you from tapping into the mind’s true ability allowing natural healing to occur.

Everything you do comes from what you think and if preventing, managing or reversing your High Blood Pressure (HBP) depends on your behavior, then it must first begin with what you think.



Knowing you need a HBP remedy is only the first step. Nothing can be remedied until you take the remedy. There’s a big difference between opening the healing door and actually walking through it.

The whole purpose of you reading this far was to decide which way you will take now. The way you came no longer matters. You are standing at a fork in the road and as long as you delay making “your choice,” the more frustrated you will feel.

The new and ancient “science of life” is revealing the intelligent connections between you and the natural world you thrive in. You lack nothing. You lacked

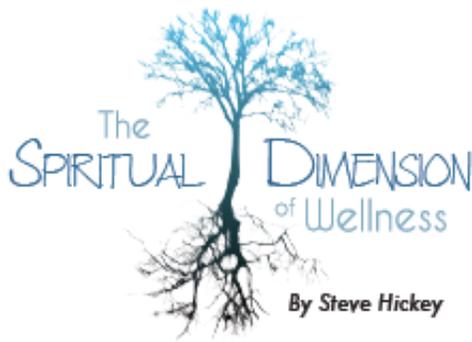
nothing when you were formed within your mother's womb and everything you need to be well is still before you now. Be thankful for the Great Designer of Life.

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- 7) Projected Effect of Dietary Salt Reductions on Future Cardiovascular Disease, Kirsten Bibbins-Domingo, Ph.D., et al, *N Engl J Med* 2010; 362:590-599 February 18, 2010



Martin Jacobse (*Big Pharma Corporate Arm*), a hearing and speech specialist of 30 years, was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.



God's Prescription for a Healthy Heart

By Steven Hickey

Precision Blood Pressure Design

Like the concert virtuoso who sets the tension on a violin string with precision, the Grand Maestro of the Universe determined a specific **blood pressure**, which would be essential to healthy human life. In the Garden of Eden, **God** looked at the living bodies he meticulously fashioned and said, “*It is good.*” In other words:



“Even down to the diminutive details we all take for granted or never slow down to notice, all things both micro and macro, internal and external, are now perfectly set for healthy life to flourish and thrive.”

Stating the obvious, without **blood pressure**, life is over. However, too much, or **high blood pressure** results in the delicate and intricate harmony of every bodily system breaking down. Vascular health determines the well-being and longevity of every cell and organ in the body.

Next time you find yourself sitting with someone both to your left and to your right, one of the three of you is likely suffering from high blood pressure. Researchers report that in 90-95% cases of **hypertension** (aka, **high blood pressure**) no known cause can be found. Of course Newton's Law remains true that to every action there is always an equal and opposite reaction. That being said, something is boiling the blood of millions of people even if the majority of causes are not directly identifiable as medical in nature.

Merry Medicine for the Heart



The Bible says a lot about the heart, and even about the importance of having a healthy heart. Something as simple as joy directly affects blood flow. “*A merry heart is like good medicine, but a broken spirit dries up the bones.*” (Proverbs 17:22) Aside from the astonishing fact that this verse was written a couple millennia before modern medicine discovered the role of the bones in making blood for the heart, there is this now documentable reality that these seemingly non-biological factors directly affect us physically. This monthly column on the *Spiritual Dimensions of Wellness* is devoted to what was obvious even to healing practitioners in the ancient world – that a wide range of intangible dynamics, especially emotional factors and spiritual forces, directly impact our bodies for good and for bad.

At funerals I often quote the verse, which states how, “*None of us lives to himself and none of us dies to himself,*” which in context, refers to how dependant we are on God, each other and our environment. If things are not right in any of those three areas there is a direct correlation to our bodies breaking down. Before God ever created human life, he worked for a number of days on the ideal environmental conditions.

Secondary Blood Pressure Contributors

Those who research the mysteries of hypertension often mention in their medical journal articles how, in Eden-like settings like the tropical rain forests, no one has high blood pressure. Granted, these remote tribal peoples often have high mortality rates, but the point is these unknown factors contributing to hypertension are apparently not present.

Chocolate lovers will no doubt delight to know of the 2003 Harvard Study that uncovered the relationship between the Kuna Tribe in Panama having perfect blood pressure and the fact that tribal members drink five cups of cocoa each day. Chocolate has a relaxing effect on blood vessels due to the presence of flavonoids (a type of antioxidants). Flavonoids stimulate the production of nitric oxide, which acts as a blood thinner and increases blood flow.

Dr. Don Colbert in his book *The Seven Pillars of Health* asserts that something as simple as water will do wonders for our blood pressure as most of us are at least mildly dehydrated each day. Aging and family history of hypertension are considered related but secondary contributors.

Even more significant, medical research has confirmed the direct link to our sedentary lifestyles here in the West as contributing factors to hypertension and a host of other related ailments. For the better part of this past year the issue of health care reform has been debated and continues to make headlines. As contentious as this topic is, we all agree costs are out of control. What's shocking is that two thirds of medical costs in America are incurred treating chronic disease. Chronic disease is disease caused by things like poor diets and gluttony, alcohol and smoking, and promiscuity. One researcher made a convincing case that best way to cut healthcare costs is for people to start living as the Bible tells us to live. Hardly a politically correct plan to promote, even so, it's not hard to establish the relevancy of the Word of God to healthy daily living.

One True Remedy for Blood Pressure

People can reject God's prescription but they pay the price in their own bodies. The laws of God are never meant to be restrictive; they are life-giving. They are very much like the glass on a fish tank. The fish may think they are restrictive and the brazen ones may even jump out of the tank. But, whose fault is it when they shrivel up on the carpet and die?

In his forecast for the days yet to come, Jesus paints a picture of a world under increasing pressure from all sides and how in those days, "*Men's hearts will fail for fear.*" (Luke 21:26) Both sudden and protracted stress, anxiety, and fear are all root causes of heart failure. All are also overcome spiritually as we open our lives to God who says, "*Perfect love casts out fear.*" (1 John 4:8)

Seeking more of the presence and love of God in your life and heart is the only true remedy for hypertension. He is our peace and time spent in quietness with Him each day is just what the Doctor of Doctors orders. One can take a pill to suppress a manifestation of stress, anxiety and fear but like simply plugging a leak with a piece of gum, it's only a matter of time before it springs forth elsewhere.



The One who made us can make us well and make the things that make us well. I try to repeat that often in these columns because there is a growing amount of evidence that popping pills is not working. In her book, *The High Blood Pressure Hoax*, Dr. Sherry Rogers boldly states:

Blood pressure drugs guarantee you will get worse, for they actually deplete the nutrients that prevent high blood pressure, making sure you will need more medicines... There are dozens of ways you can permanently cure your high blood pressure without drugs.

The main way is to follow God's prescription for a healthy heart which is found in the pages of the Bible – recognize your body is a “*Temple of the Holy Spirit*” and don't put anything unhealthy into it, live pure in relation to vice, and foremost, “*Cast your cares to the Lord,*” forgive others and don't “*Let the sun go down on your anger.*” All the Lipitor in the world will never do all that - and that is just a taste of what the Bible prescribes for having a healthy heart.



Steve Hickey (*Spiritual Dimensions of Wellness*) is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* (<http://www.MomentumHandbook.com>). Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request, visit: <http://www.ChurchAtTheGate.com/prayer.php>

CELEBRITY HEALTH WATCH

Celebrity Chefs Low Blood Pressure Recipe Tips

3 Tips From Celebrity Chefs to Lower Your Blood Pressure

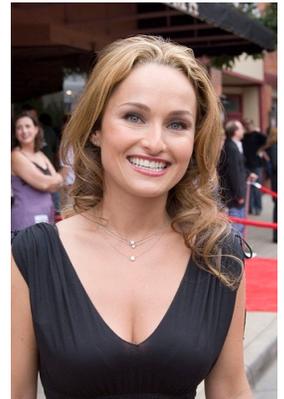
Eating to control your blood pressure is what celebrity chefs are experts at. Take some of their advice and tips for cutting down on fat, cholesterol and salt without losing flavor or fun.

Here are some Celebrity Chef tips and recipes on how to make your diet blood pressure friendly.

1) Giada De Laurentiis, of the cooking show *Everyday Italian*, says that naturally fat-free lemon juice is the most essential ingredient in her kitchen.

She flavors salmon fillets with lemon juice, white wine, rosemary, and capers, so they need just a pinch of salt, which cuts out half the sodium found in this fattier seafood sauce.

Quick tip: Toss the salt in favor of lemon juice often enough, and you may even lower your blood pressure.



2) Ellie Krieger, a registered dietitian and celebrity chef host of the Food Network's *Healthy Appetite* uses nonfat yogurt instead of sour cream in recipes, which cuts out 4 grams of fat and 2 grams of saturated fat, and doubles the calcium to help lower your blood pressure.

Quick tip: Straining yogurt in a paper towel for at least 30 minutes will eliminate some of the water, giving it a rich, creamy texture closer to that of sour cream.

3) Katie Lee Joel, wife of musician Billy Joel, and a reality competition participant for the culinary arts, follows a low phosphorus diet. Excess phosphorus in the blood can lead to serious long-term health problems such as mineral deposits in the heart and blood vessels leading to high blood pressure, bone disease and even death.

Quick tip: Mayonnaise-free salad recipe is phosphate friendly: rice, canned black-eyed peas, chopped onion, chopped red bell pepper, scallions and shredded white cheddar with an olive oil and red wine vinegar dressing.



Stick to natural food sources to avoid the blood-pressure-boosting sodium added to some processed products. Create an eating plan that is low in fat but rich in low-fat dairy foods, fruits, and vegetables. A diet high in calcium, potassium, and magnesium may lower your blood pressure. Fruits and vegetables are excellent sources to increase the potassium in your diet. Dairy products (low-fat) are high in calcium and magnesium. Try eating whole grains, fish, poultry, nuts, seeds, and dried beans (legumes) as part of a balanced diet. Controlling your weight, increasing your physical activity, and reducing salt content in your recipes and diet will help lower your blood pressure. Start with these Celebrity Chef tips!

Anti-Aging
Care



Are You Triggering High Blood Pressure While You Sleep?

By David Kekich

Less Sleep Associated with High, Worsening Blood Pressure

According to a new study carried out by Dr. Rachel Ben-Shlomo of the University of Haifa-Oranim and with Prof. Charalambos P. Kyriacou of the University of Leicester, just one "pulse" of artificial light at night disrupts circadian cell division.

"Damage to cell division is characteristic of cancer, and it is therefore important to understand the causes of this damage," notes Dr. Ben-Shlomo. (Read on to see how to avoid this and high blood pressure.)

The current research was carried out by placing lab mice in an environment where they were exposed to light for 12 hours and dark for 12 hours. During the dark hours, one group of mice was given artificial light for one hour. Changes in the expression of genes in the rodents' brain cells were then examined.

Earlier studies that Dr. Ben-Shlomo carried out found that the cells' biological clock is affected, and in the present research, she revealed that the mode of cell division is also harmed and that the transcription of a large number of genes is affected. She states it is important to note that those genes showing changes in their expression included genes connected to the formation of cancer as well as genes that assist in the fight against cancer.

Sleep Deprivation and Health Effects

I know how hard it is to remember even a fraction of what we read. So, here's reminder of some information and advice I gave you in *Life Extension Express* about quality sleep.



Losing sleep for even part of one night can trigger the key cellular pathway that produces tissue-damaging inflammation. Your body perceives sleep deprivation as stress and responds by producing deadly stress chemicals. A single night of reduced sleep significantly impairs your ability to function. As you add days, impairment becomes cumulative.

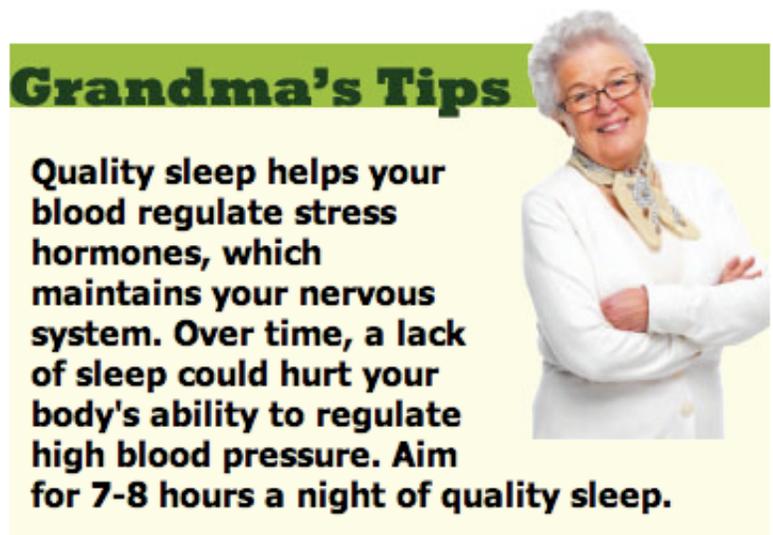
As a result, this sleep deprivation:

- Spikes your blood pressure
- Increases mood swings, stress and irrationality
- Reduces your ability to adapt to change
- Impairs performance
- Saps your energy
- Slows reactions and impairs memory, judgment and decision making no matter what you do.

Worse, you are often the last to notice or admit it. This has been clearly proven in clinical studies as well as in brain scans.

Even more alarming is, lack of sleep contributes to:

- High Blood Pressure
- Heart Disease
- Diabetes
- Obesity
- Weakened immune system
- Depression
- Cancer
- Stroke



Also, a single night of sleeping just four, five or even six hours can impact your ability to think clearly. Sleep deprivation can cause changes in your brain activity similar to those experienced by people with psychiatric disorders.

So, lack of adequate sleep is definitely pro-aging. And if that's not enough reason to get enough quality sleep, consider the fact that sleep deprivation makes you a less active lover.

Quality Sleep Solutions

The average person needs seven to eight hours of *quality* sleep a night. Some need more, and some need less. That means deep, undisturbed sleep.

Helpful hints for stress-free deep, rejuvenating quality sleep:

- Get regular exercise, but do not exercise shortly before going to bed.
- Adopt a regular schedule for quality sleep.
- Keep your TV out of your bedroom.
- Go to bed earlier and get up earlier, rather than going to bed later and getting up later.
- If you drink coffee or tea, drink them early in the day.
- Reduce interruptive noise, even if you need to use some type of white noise machine. Heavy drapes can also reduce noise.
- Keep your bedroom as dark as possible.
- If you normally get up during the night to urinate, stop drinking liquids late in the day, and urinate right before bedtime.
- If you drink, do not have more than one or two alcoholic beverages in the evening. Excess alcohol disturbs your quality sleep cycle.
- Take a warm bath before bed.
- Keep your bedroom cool, under 70° F.
- Use a deep relaxation technique, or listen to a deep relaxation audio right before sleep.
- Quit working at least an hour before turning in to give your mind time to unwind.
- Supplement with: melatonin; sleep-inducing herbs such as kava, chamomile, valerian and/or ziziphus spinosa; 200-500 mg of calcium citrate; or 200-400 mgs of magnesium citrate right before bedtime.

Sleep allows the heart to slow down and blood pressure to drop for a significant part of the day. However, people with sleep deprivation raise their average 24-hour blood pressure and heart rate. This may set up the cardiovascular system to operate at an elevated pressure. Those who lack quality sleep continue to be significantly more likely to be diagnosed with high blood pressure if they are sleeping five or fewer hours per night.



David Kekich (*Living Healthy to 120: Anti-Aging Breakthroughs*) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org.



Product Recommendation: Lower Blood Pressure Using Fighter Pilot Technology – Like Grandma Barton Did!

Grandma Barton Reports from the Cockpit!

I'd like to tell you a quick story about how I (Grandma Barton) recently lowered my blood pressure using a hand-held "video game" type device, which was developed based on some curious results reported from fighter pilots, and favorably reported on in the Harvard Heart Letter for reducing hypertension.

Now, I hate flying.

I haven't flown in an airplane for over 15 years... It would've been 40 years if I hadn't flown to Mexico to receive some alternative health care for my fight against breast cancer (which I beat!! Yeah!)

Anyway, for the past few years, I had high blood pressure. My doctor had me on blood pressure medications, but even then my blood pressure was usually around 150/90.



Don't Play a Game with Your Health

Recently, Joe Barton (my son) was given a gift from a friend of his who works with a company called Zona Health. They make a product called the Zona Plus, which is a hypertension relief "game-like" device created with fighter pilot technology.

He gave this to me, and asked me to use it for a month to test lowering my blood pressure and relieve the effects of hypertension.

To remind myself to use the Zona, I printed out a picture of my 8-year old grandson making a goofy face, taped it next to my computer, and wrote in big letters, "Do the Zona today?"

Medication Costs Too High - So is Your Blood Pressure

I have been using the Zona Plus for a couple weeks now, and already [amprotect=all] experienced tremendous success in lowering my blood pressure!

My blood pressure has consistently dropped to around 134/74.

The Zona Plus is all natural, safe, and comes with a 60-day money back guarantee.

It's a little on the spendy side, but the science and fighter pilot technology behind it, the results it produces. The fact it only takes 12 minutes a day (while sitting in your chair), make this a worthwhile investment in your blood pressure health.



I'm also really concerned that for many of our customers, the cost of blood pressure medications is over \$1,000 per year, and the hypertension side effects are just awful.

If you have been struggling to lower your blood pressure, I highly recommend the Zona Plus.

Use the link below and you'll save an extra \$50.00

<http://www.zona.com/c/ER7U5Semail.html>

Weight
LOSS
Corner

Leptin Resistance: The Real Reason
You Can't Lose Weight

- **Is it difficult to suppress tears when you look in the mirror?**
- **Do you shun shopping for new clothes because you can't bear the thought of needing a larger size than last year?**
- **Are you sick and tired of your thyroid medication not doing its job?**



Male or female, we all want to look our best and feel healthy. A woman's weight is closely tied with her self-image. She's been trained by the media and society to be pretty, nice, and thin. And when she's not thin, at her ideal weight or overweight, it's more difficult to be pretty in her own mind.

You've been waiting for years for science to solve the obesity problem to lose weight.

You've had enough of diets that don't work and gave up metabolism hope you can eat anything since every calorie seems to multiply itself by a factor of 5. And you've had it with food cravings that keep your mind focused on food all day long.

Why has your body turned against you? Where is your answer?

With all the thousands of research studies published each year, isn't it possible that there is an answer somewhere? Maybe...

Newly Discovered Leptin Hormone Affects Your Weight

The hormone leptin itself was just recently discovered. Its discovery was viewed as the ‘new frontier’ of weight loss. Why? Well, it may have something to do with the fact that two of its most influential effects are on controlling cravings and burning body fat. But as the science advanced, we learned that due to a number of factors, mainly overeating and eating too much of the wrongs foods, people who were chronically overweight and obese were resistant to leptin’s powerful effects. That reason is now known as “Leptin Resistance.”

The truth is that leptin is exceptionally crucial to your body to function optimally. The leptin hormone has a hand in controlling the two most important factors in weight control:

- Food intake
- Fat storage

But, also:

- Sexual development
- Immunity
- GI function
- Reproduction
- The nervous system during stressful times
- Brain function
- Red blood cell production

“Leptin Resistance” is extremely similar in nature to “Insulin Resistance.” However, most people are completely unaware that they even have this hormonal dysfunction, although it is extremely common. “Leptin Resistance” occurs when the body is no longer efficient at carrying Leptin across the blood-brain barrier to the brain, specifically the hypothalamus.

In order for Leptin to perform its ‘weight loss magic’ to control your body weight and metabolism, it has to do so from the hypothalamic centers in the brain. When brain levels of Leptin hormones are low — because the brain never ‘hears’ or ‘receives’ due to “Leptin Resistance” — food cravings and weight gain occur as the body believes it is hungry and will daily go into a state of persistent fat storage.

“NORMAL BRAIN LEVELS OF LEPTIN HORMONE ARE ABSOLUTELY VITAL IF YOU WANT TO CONTROL YOUR BODY WEIGHT AND METABOLISM”

The Research Proves It

By restoring leptin sensitivity, weight may come off like never before and food cravings can be subdued. You can lose weight safely, and that's not all: thyroid function can improve.

In a study reported in the *New England Journal of Medicine* in February of 2009, when calories were restricted 40% for 25 days, it resulted in significantly reduced leptin, thyroid hormones and increased corticosteroid levels. Leptin replacement for the last 10 days of the study normalized the leptin and TSH levels.

In a University of Miami study reported in August 2008, leptin replacement in a 5-year-old morbidly obese boy with leptin gene mutation resulted in substantial increases in the rates of brain development with some skills increasing more than what was expected for his age. High blood pressure reversed totally as did high levels of insulin and fat storage abnormalities.

In another case study, a female with type 2 diabetes treated with leptin replacement decreased her insulin resistance and lost weight.

Scientists have found that overweight individuals can have leptin resistance. In fact, researchers at Harvard in the journal *Developmental Cell*, say that "Almost all forms of obesity are leptin-resistant..." Leptin resistance is similar to insulin resistance and results in health problems that can contribute to diabetes and lead to diabetes medication.

If you have been chronically overweight or obese, chances are there has been a strong reason why you haven't been able to lose weight. Most likely, you are suffering from leptin resistance. Let's chalk one up for science here, as this is a BIG discovery. People are now searching for 'leptin supplements.'

What you need to do is increase your leptin signaling pathway for truly natural weight loss. There is only one supplement I know of that does this, <http://leptothin.com/>.



Roger Asmus (*Weight Loss Corner*) entered a fitness competition and won the Mr. Teenage Colorado in 1991. He was later named Mr. Mile High in 1996 and achieved his dream when he was proudly awarded the title of Mr. Natural Colorado in 1998. Roger has been highly sought after as a model and authority in the fitness world, appearing in national news and magazines sources. Roger is currently one of the top personal trainers in the country and is president of Core Health Innovations™.



Product Recommendation: **Advanced Artery Solution™**

Oral Chelation with EDTA

Advanced Artery Solution™ is an Amino Acid supplement that works to reduce cholesterol by a process called Chelation. Advanced Artery Solution™ is designed as an “all-natural formula that is intended to be used as part of a cholesterol-reducing regimen” at home. It is safe, natural and assists your body in making healthy arteries.



Advanced Artery Solution™ is formulated with:

- Disodium EDTA (or EDTA for short)—Given to heart patients for over 50 years, this amino acid helps promote healthy arteries and circulation throughout your entire body, including your extremities.
- Malic Acid—In tandem with EDTA, malic acid helps remove heavy metals from your body to fight memory loss and even unexplained fatigue.
- N-Acetyl-Cysteine—To help offset the damages of premature aging and stimulate collagen production for younger, healthier-looking skin.
- Vitamins C, E and Selenium—To help fight free radicals.
- Folic Acid and Tri-methyl Glycine—To help regulate dangerous levels of homocysteine in your bloodstream.
- Vitamin B12—To help protect your heart cells and regulate arterial inflammation.
- Magnesium—To help maintain healthy arteries and blood vessels... promote normal blood pressure... and keep your heart beating strong and steady.
- Bromelain—Widely used in traditional medicine. Helps to reduce minor joint pain, promote normal blood clotting, boost your immune system, and soothe inflammation.

These ingredients assist in producing an effect called “Chelation,” which is the process of removing toxins and deposits in the bloodstream. By cleansing and removing plaque, this will improve blood flow and eventually restore health. Consider it as an alternative to balloon

angioplasty and bypass surgery.

Stay Healthy with Advanced Artery Solution™ oral chelation!

- Reduce Cholesterol
- Improve Circulation
- Better Blood Pressure
- Regular Heart Beat
- Higher Energy
- Increased Sexual Desire
- Sharper Memory
- Clearer Vision

The build up of plaque and calcium on human cardiovascular system is a slow process that can literally go unnoticed for many years. If left unchecked, this will eventually lead to hardening of arteries & blocked arteries. When this happen, it will cause angina pain, strokes and heart attacks in some cases.

http://landing.truehealth.com/products/advanced-artery-solution/TEC_LP01.asp?SC=TEC1711

Product Reviews



Review: Potassium Supplements

Potassium helps to maintain normal blood pressure through the balance of electrolytes in the body, including the proper function of cardiac muscle, the nervous system, skeletal system and metabolism.

Treating high blood pressure with diuretic medication (water-pills) can create a potassium deficiency, as does diarrhea or excessive vomiting. Potassium deficiency leads to irregular heartbeat, muscle weakness, lack of energy and irritable behavior.

Research has shown that healthy levels of potassium can help to reduce high blood pressure.

The independent lab testing potassium supplements checks levels of potassium purity, as well as heavy metal contaminations such as lead.

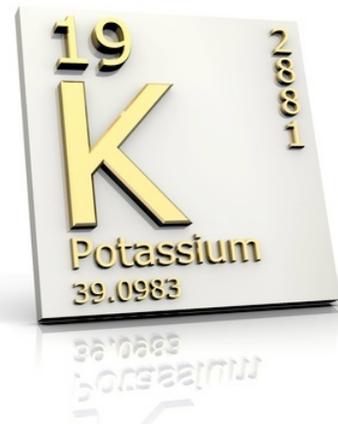
The ONE product that did not contain the claimed amounts of potassium is:

- *Advanced Research™ Potassium Orotate*

None of the tested potassium supplements indicated any level of lead was present.

Approved and safe for consumption, the following potassium supplements are recommended:

- Biotech™ Pharmacal, Inc K-99™ Gluconate
- Country Life® Vegetarian Potassium 99 mg Potassium Amino Acid Chelate Complexed with Potassium Citrate 99mg
- Food Science® of Vermont Potassium Aspartate
- Healthy Ideas™ Natural Potassium 99 mg USP
- Nature Made® Potassium Gluconate 550 mg USP
- Nature's Bounty® Potassium Gluconate 595 mg
- Nature's Life® Sun Food Energy™ Potassium 99 mg
- Nutricology® Innovative Nutrition Potassium Citrate Hypoallergenic
- Puritan's Pride® Potassium Citrate 258.6 mg
- Spring Valley® [Wal-Mart] Natural Potassium 99 mg
- Swanson® Health Products Premium Brand Potassium (gluconate) 99 mg
- Vitasmart® [K-Mart] Natural Minerals Potassium 99 mg



Foods especially rich in potassium (containing more than 300 milligrams of potassium per serving) are:

- Acorn or butternut squash
- Potatoes (with skin)
- Spinach
- Bananas
- Orange juice
- Avocados
- Lima beans
- Cantaloupes
- Peaches
- Tomatoes
- Flounder, salmon, and cod

Adults should get a minimum of 1,600 mg to 2,000 mg of potassium a day and children should get at least 1,000 mg per day. For preventing potassium loss, the daily dose for adults is about 200 to 400 mg taken three to four times a day, for a total daily dose ranging from 600 mg to 1,600 mg per day. For treating potassium deficiency, approximately double the dose is used.

Speak to your doctor before taking potassium supplements for high blood pressure, especially if you have kidney related health problems.

Free Remedy Report

Simple Ulcer Cure

What is really giving you an ulcer? There is more to the big picture than just acid, pain and over-the-counter drugs. You can cure your serious and painful condition with everyday food. In this comprehensive need-to-know report, the focus is on a full recovery with 20 all-natural home remedies for a healthy digest track and ulcer-free living!

Find just what you need to heal in the Simple Ulcer Cure.

Download your free copy today at:

<http://www.homecuresthatwork.com/members/access/free-reports/ulcerremedy-v5.pdf>

Peptic Ulcers:



**The Symptoms,
The Diagnosis,
and The Cures**