

Healthy Treatments for High Blood Pressure

HYPERTENSION

High Blood Pressure (Hypertension) kills **43,000** and is involved in **227,000** Americans death. This commonly joked about disease **KILLS 270,000** of our family members and friends each year!!



High Blood Pressure/Hypertension increases the pressure in the arteries causing damage to the arteries in the body. The body responds by making the arteries more brittle and hard, this leads to circulation problems (stroke, heart attack) and possible ruptures of arteries.

What is Blood Pressure measurement?

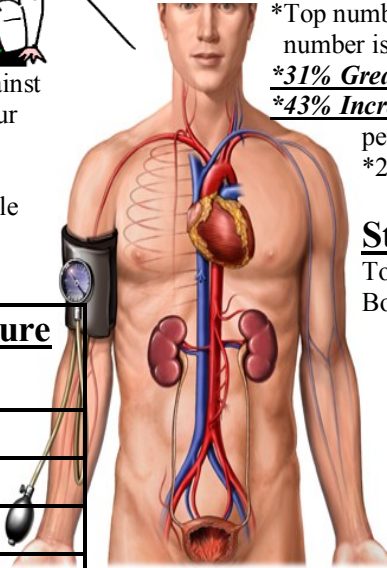
In our bodies we have hose like vessels called arteries, these arteries carry blood from the heart to every part of the body. Blood pressure (BP) is the force of the blood pushing against the arteries. Every minute your heart beats (60-75 times) it causes pushing or pressure against the walls of these arteries in your body, and they can expand and contract. Your pressure is at its highest when your heart is contracting/beating to push blood throughout your body. This is called systolic pressure (top number). Diastolic pressure (bottom number) is measured in between heart contractions/beats while your heart is relaxed. These numbers are written as 120/80 and said as "120 over 80." 120/80 are normal values for BP.

Stage 1 Hypertension:

- *Top number is 140-159 or Bottom number is 90-99
- ***31% Greater RISK or HEART ATTACK**
- ***43% Increase DEATH rate**, compared to person with normal pressure
- *200% RISK of STROKE

Stage 2 Hypertension:

- Top number above 160 or Bottom number above 100



<u>Classification</u>	<u>Systolic Pressure</u> Top Number	<u>Diastolic Pressure</u> Bottom Number
Normal	90-120	60-80
Pre-Hypertension	121-139	81-89
Stage 1 Disease	140-159	90-99
Stage 2 Disease	≥160	≥100

Source: American Heart Association (2003).

Would you like to have normal blood pressure without terrible side effects of drugs?

Below are healthy options Dr. Marc S. Gottlieb may prescribe for you to help achieve your goal of normal blood pressure.

Causes of Hypertension

Essential Hypertension – Is high blood pressure responsible for ~95% of all cases of hypertension. Common causes are **diet**, stress etc.

Secondary Hypertension – Is high blood pressure indirectly due to a specific problem such as diabetes, prescription meds, kidney disease, or allergic reaction.

*Emerging research is so compelling that Good Morning America and news segments were seen on T.V recently, revealing Chiropractic Care helps the nervous system to decrease blood pressure.

***Anti-Inflammatory Oils**– Reduce pressure and prevent the things that lead to, irregular heart beats (arrhythmia), hardening of arteries, and platelet stickiness (causes clots). Research shows Anti-Inflammatory Oil will lower your pressure up to 8 points. Reducing body weight and taking Anti-Inflammatory Oil may reduce top number of pressure by 13 points and bottom number by 9.

***CoQ10** – More studies are showing ~100mg of CoQ10 a day reduces top number of blood pressure by 15 points and lower bottom number by 10 points.

***Weight Loss** – Most estimates say it takes **1 MILE** of capillaries (small blood vessels) to supply each pound of fat. This is 1 extra mile of tubes the heart must push blood through. That is a lot of PRESSURE and strain on the HEART!! 10 -20 pounds overweight = **10 – 20 MORE MILES** of tubes the heart must push blood through by increasing pressure. **Ask Dr. Gottlieb about healthier food choices that will lower blood pressure, make you feel better and lose weight at the same time!! High blood pressure MUST be managed, but you do have choices for your health.**



Salt!!!!

The U.S. population consumes 6-10 **grams** of salt per day!! Our bodies need about half or .5 gram per day! Salt intake is so high because most processed foods have large amounts of salt to preserve the food and increase shelf life. **Buy fresh fruits and vegetables to decrease salt intake.**



Most Commonly prescribed High Blood Pressure

Drugs include:

- Diuretics (dehydration pills)
 - Calcium channel-blockers
 - Beta-blockers
 - ACE inhibitors
 - Specific vasodilators
- (All of these have negative side effects)**