

# EAT-RITE NEWS

February 2011

## HIGH BLOOD PRESSURE

High blood pressure is a major risk factor for a heart attack or stroke. The blood pressure denotes the resistance produced each time the heart beats and sends blood coursing through the arteries. The peak reading of the pressure exerted by this contraction is the systolic pressure. Between beats the heart relaxes, and blood pressure drops. The lowest reading is referred to as the diastolic pressure. A normal blood pressure reading for an adult is: 120 (systolic) / 80 (diastolic). Readings above this level are a major risk factor for heart attack and stroke. High blood pressure readings can be divided into the following levels:

Prehypertension (120-139/80-89)

Borderline (120-160/90-94)

Mild (140-160/95-104)

Moderate 140-180/105-114)

Severe (160+/115+)

Borderline to moderate high blood pressure is generally without symptoms. Severe hypertension may be associated with increased sleepiness, confusion, headache, nausea, and vomiting.

What causes High Blood Pressure?

Although medical textbooks state that the cause is unknown in 95% of cases. Genetics definitely play a role, but the cause of high blood pressure is closely related to lifestyle and dietary factors. Some of the important lifestyle factors that may cause high blood pressure include: coffee consumption, alcohol intake, lack of exercise, stress, and smoking. Some of the dietary factors include: obesity; high sodium-to-potassium ratio; low-fiber, high-sugar diet;

high saturated-fat and low essential-fatty-acid intake; and a diet low in calcium, magnesium, and vitamin C. **Pept-ACE** from Natural Factors contains a purified mixture of small peptides (proteins) derived from muscle of the fish bonito (a member of the tuna family). Basically, these peptides work to lower blood pressure by inhibiting ACE (angiotensin converting enzyme). This enzyme converts angiotensin I to angiotensin II, which is a compound that increases both the fluid volume and the degree of constriction of the blood vessels. If we use a garden hose model to illustrate the pressure in your arteries, the formation of angiotensin II would be similar to pinching off the hose while turning up the faucet full blast. By inhibiting the formation of this compound, anti-ACE peptides relax the arterial walls and reduce fluid volume. The peptides in **Pept-ACE** exert the strongest inhibition of ACE reported for any naturally, occurring substance available.

Clinical studies have shown anti-ACE peptides from bonito are effective in about two thirds of people with high blood pressure - about the same percentage as many prescription drugs. The degree of blood pressure reduction in these studies was quite significant, typically reducing the systolic by at least 10 mm Hg and the diastolic by 7 mm Hg in people with prehypertension and borderline hypertension. Greater reductions will be seen in people with higher initial blood pressure readings. *If after 2 months if there is no change or blood pressure remains above normal, go to Level 2 Support.*

Level 2 Support

Celery Seed Extract standardized to contain 85% 3-n-butylphthalide (3nB).

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3nB is a compound that is unique to celery and is responsible for the characteristic flavor and odor of celery. 3nB was discovered as the active component of celery in response to investigations by researchers seeking to explain some of the medicinal effects of celery including the lowering of blood pressure and the relief of arthritis. 3nB first drew significant scientific attention when researchers at the University of Chicago Medical Center identified it as the factor in celery responsible for the blood pressure lowering effect of celery. The research was prompted by one of the researcher's father, who after eating a quarter-pound of celery every day for one week observed his blood pressure dropped from 158 over 96 to a normal reading of 118 over 82. Subsequent animal studies found that a very small amount of 3nB lowered blood pressure by 12 to 14% and also lowered cholesterol by about 7%. It appears to have a similar effect in humans at a dosage of 75 to 150 mg twice daily.

Coenzyme Q10 (CoQ10) has been shown to lower blood pressure. The dosage is 200 mg daily - make sure to use CoQ10 in a soft gel for enhanced absorption.

*If after 2 months if there is no change or blood pressure remains above normal, go to Level 3 Support.*

## Level 3 Support

If you have severe hypertension or with the natural approach your blood pressure has not dropped below 140/105, you will need to work with a physician to select the most appropriate medication. If a prescription drug is necessary, a calcium channel blockers or ACE inhibitors alone or in combination with a diuretic appear to be

the safest when Level 3 Support is required. Follow the supplement recommendations given for Level 2 Support. When satisfactory control over the high blood pressure has been achieved, work with the physician to taper off the medication.

## How do I know if the program is working?

You will know if the program is working by monitoring your blood pressure. As a reminder, high blood pressure must not be taken lightly. By keeping your blood pressure in the normal range, you will not only lengthen your life, but you will improve the quality of your life as well. This is especially true if natural measures, rather than drugs, are used to attain proper blood pressure; the drugs carry significant side effects such as fatigue, headaches, and impotence.

High blood pressure should not be taken lightly. By keeping your blood pressure in the normal range, you can improve the quality and quantity of your life. As always be sure and check with your healthcare provider for more information.

## Highlights

Be sure and tune in to the Eat-Rite Health Promotion Center Wellness Hour every Thursday at 5:00 on the Kingdom Keys Network. 88.3 fm in Amarillo.

Mark your calendars now for April 18th and 19th for blood testing.

Don't forget the pick-up window on the north side of the building for call in orders. Call your orders in to 353-7476 and we will have it ready at the window.

Sign up for e-mails at [www.eat-rite.com](http://www.eat-rite.com).