

## Blood Pressure: The #1 Medical Myth

If what you thought was true turned out not to be true, how soon would you want to know? If you're like me, the answer is *immediately*. Well, hold on to your hat, because this one will take the roof off. High blood pressure (hypertension) is a symptom- not a disease. Most diagnosed "high blood pressure" is not high. Your blood pressure naturally gets higher as you get older (it has to). Medical treatments for high blood pressure are ineffective, fraught with side effects that are so dangerous *they kill thousands of people* every year. And (drum roll please) these expensive, dangerous, and toxic drugs *do not prolong life*- save for a couple weeks at best!

### *How Do They Do It?*

Treatments for high blood pressure make up the single greatest disease mongering program in history. The concept of treating high blood pressure with drugs is sold to well-meaning physicians through manipulated studies, sordid half-truths, lies, misrepresentations, and fraud that are so well covered up and made complicated that it takes a medical researcher with a specialty in statistics to figure it all out.

Since the average physician is not a medical statistician, since they read only the portions of studies the drug companies want them to, and since their profession has made drug treatment of "high blood pressure" the *gold standard*- you pay the price with both our pocketbook and your health. The price of this scam is in the *tens of billions* of dollars and who knows how many lives. It is growing exponentially as thousands of free blood pressure screenings keep magically popping up- the perfect way to keep the public dumb, duped, and in the line for more drugs.

This shift toward pathologizing blood pressure was a result of the Framingham study, which made a radical change in medical philosophy. The study experts change in medical philosophy. The study experts reported to medical community that the higher the systolic blood pressure (the first number), the higher the death rate. Graphs were skewed, statistics were altered, data points were fictionalized, age-adjusted death rates (which radically change the Framingham results) were simply ignored, and *relative* end results were reported, rather than *absolute* results and statistics.

### *The Real Truth is So, So Different*

For those who are skilled enough and take the time to really decipher *all* the medical statistics, the truth is very different. In a realistic interpretation of the results of the Meta-analysis (looking at everything) of blood pressure drug trials and studies, *no measurable difference* could be found for protection from stroke, cardiovascular disease, congestive heart failure, or mortality. In fact, in several categories, patients did *slightly worse* on drugs vs. placebo.

The only positive results were very modest. They were confined to those with the most extreme high blood pressure (at least over 200/100). And those results came at a high price. What the medical community was not told after Framingham was that collateral damage from the drugs was so extreme that up to 50% of people quit the drugs after 3 years.

The astounding truth is that increased lifespan could not be achieved beyond a couple weeks, even after 30 years on drugs! When you understand high blood pressure, you can understand why. **High blood pressure is a symptom.** When your body raises its blood pressure, there is a good reason. That reason is almost always to maintain a good supply of oxygen and nutrients to all organs.

The sledge-hammer approach of using drugs to weaken the heart, dilate arteries or veins, or increase urination (the only things that drugs do) **rarely does anything of overall value!** But big money is calling the shots. When lowering blood pressure by 5 points can bring in billions of dollars, by all means do it-even if benefits are absent, people are hurt, and the drugs transform you into an invalid eunuch!

### ***Causes of High Blood Pressure***

Cause is the one thing medicine simply does not consider. By their own admission, they consider 95% of high blood pressure to be of **unknown cause.** But what the heck, it is just too easy and lucrative to treat the symptoms.

Yet there are real reasons for high blood pressure.

- 1.) The first is the natural rise in blood pressure as you age. Remember when Grandma died at age 95 from cancer after having a blood pressure of 300/150 for 40 years?
- 2.) Surely, a high percentage of the 95% of high blood pressure cases with “unknown cause” is caused by **other prescription drugs.**

All kinds of drugs cause high blood pressure: Pain and arthritis drugs like Vioxx and Arava, migraine drugs like Axert, incontinence drugs like Ditropan and Detrol, and NSAIDS like Motrin and Aleve. The list goes on and on- even if doctors never discuss these as a cause of high blood pressure.

- 3.) Remember the **no-salt diet?** Called **DASH** (Dietary Approaches to Stop Hypertension), it was designed to treat another “cause” of high blood pressure-salt. It was a typical low-fat, low-cholesterol, low-salt diet. Its results were **non-existent.** Or to be fair, DASH trial people lowered their blood pressure by an average of 28/1.1. They systolic (high number) dropped 1.1. These are laughable trial results-except for the fact that they are still taken seriously, and the DASH diet is still extolled and prescribed by many, many physicians.
- 4.) The newest “cause of high blood pressure” coincidentally comes hot on the heels of medicine’s and the public’s love affair with coronary angioplasties and bypasses. It is **stenosis of the blood vessels to the kidneys.** This causes the kidneys to secrete certain chemicals that cause high blood pressure. Of course, the cure is an angioplasty or bypass of the arteries to the kidneys! This rarely works long-term, and will probably go the same route as the band-aid angioplasty and bypass coronary surgeries- it will disappear after it runs its course.
- 5.) Overweight is cause of high blood pressure. By definition, the heart must pump harder to get blood, oxygen, and nutrients to more body area. And your blood vessels do not like high blood levels of insulin (as in Type-2 diabetes). So **overweight and high insulin levels** are directly related to high blood pressure.

Indeed a 20 pound weight loss will lower blood pressure by from 10/8 to 16/13. These results alone are better than DASH and most drug therapies.

Blood pressure-lowering results with weight loss are better with a low carbohydrate diet with no wheat. This lowers circulating insulin levels. When you add weight bearing exercise (weight lifting), the results are even better as the cells become more sensitive to insulin, allowing for an even further drop in elevated blood insulin.

- 6.) Stress is a cause of high blood pressure (*emotional hypertension*). Addressing anxiety and stress with medication, deep breathing, and/or anti-anxiety training will lower blood pressure. In fact, deep breathing alone has been shown to be as effective as drugs for this type of high blood pressure. We have a free flyer on this. Just send a self-addressed envelope with two stamps and say DEEP BREATHING. There is now a medical device called the Resp-A-Rate that can be purchased to help with proper breathing. This has been tested to show that it is as effective as drugs in these cases.
- 7.) Liver and kidney problems and overload can cause high blood pressure (*hepatic, portal, or renal hypertension*). These cases usually have a high diastolic (second) number. Two 3-week liver/kidney detoxification schedules can ease the load and strengthen the kidneys and liver. This will help normalize blood pressure as effectively as drugs in these cases.
- 8.) If just your systolic (first number) is high, you usually have clogged arteries and possibly liver problems (atherosclerotic hypertension). Two 3-week liver/kidney detoxification schedules are in order in these cases. If you also have gallbladder problems, or you've had your gallbladder removed, you may also need to perform 2 liver/gallbladder flushes a month apart. Thereafter you may need to take 2-3 **A-F Betafood** tablets from Standard Process per meal to help maintain normal fat metabolism and help control and reverse clogged arteries. I
- 9.) If both your systolic and diastolic numbers are high, you will generally be diagnosed with *benign hypertension*. This can be caused by hardening of the arteries of older age, or by a combination of any or all of the other causes. These cases are the most common when your body is simply trying to get more blood, oxygen, and nutrients to your cell through less elastic arteries.

### ***A Really Simply, Common Sense Solution***

In all these cases, you need to maintain proper weight, stop smoking and drinking alcohol, cut back on carbohydrates and wheat, drink plenty of pure water, and exercise regularly. You'll also need to feed your blood vessels, glands, and heart what they need to heal and maintain proper strength, force, and elasticity. Besides diet, certain supplements may be needed to accomplish these goals.

The basics include the following products from Standard Process: **Cardio-Plus** to maintain a healthy heart (6/day). **Min-Tran** to supply organic minerals that soothe the nervous system (6-9/day). **Diaplex** and **Cataplex GTF** (3-6/day) to help maintain proper blood sugar and insulin levels. **Livaplex** if the cause of your high blood pressure is a congested liver (6/day). And **Renefood** if the cause of your high blood pressure is a kidney problem (6/day).

### ***What Blood Pressure Drugs Do and Why They are Bad***

Drugs work by chemically inducing three changes: 1. reducing the amount of fluid in your body, 2. relaxing the arteries, or 3. making the heart pump slower or with less force.

***Diuretics*** like Spironnolactone work by reducing fluid. To this day no one really knows how these drugs work. Their major problems are interfering with minerals which can cause heart arrhythmias, diabetes, ringing in the ears, headaches, muscle cramps, and even higher blood pressure.

***Vasodilators*** like Apresoline cause the arteries to relax. These are generally used with other drugs because of their side effects. These drugs stimulate the nervous system which increases heart rate, affects the kidneys, and causes fluid build-up and edema (for which diuretics will be prescribed).

***Beta-blockers*** like Inderal and Coreg affect receptors in your heart. But they also affect other receptors in other parts of the body, causing postural hypertension (dizziness and falling when getting up).

***Calcium Channel blockers*** like Cardizem, Norvasc, and Procardia block calcium from doing its job-in an effort to relax stiff blood vessels. Long-term use of these drugs is a dead end because they weaken the left side of your heart. They also have the most undesired inter-reactions with other drugs.

***ACE Inhibitors*** like Capoten actually inhibit enzymes to lower the resistance in your blood vessels. But these drugs produce a dry, hacking cough in a large percentage of people. Newer drugs of this type like Cozaar, Avapro, and Diovan also act as a diuretic and do not have the cough side effect. They do however have many other side effects, the most serious of which is debilitating dizziness.

All blood pressure drugs perform other actions besides lowering blood pressure. And they all cause exhaustion. Many doctors mix and match these drugs routinely. As stated, none of these or their combinations are particularly effective for the long-term, and perhaps the best and safest is the least high-tech...the lowly, low-dose diuretics.

### ***Don't Be Fooled by Disease Mongering***

Studies show that for most people blood pressure drugs are a dead-end for the long-term. Most folks simply can't stay on them. And their results are modest at best. They do not perform as reported. And they do not stop heart attacks, strokes, or increase longevity but for the most-severely high blood pressure cases.

The ratcheting down of normal blood pressure numbers from 140/90 to 110/70 is simply disease mongering (telling healthy people they are permanently ill). This is accomplished via screenings and reporting of skewed, partial, slanted, and biased data by various medical, media, and even governmental agencies. Everyone would do well to use blood pressure drugs? This is the ***#1 medical myth***. It is all enough to raise your blood pressure!