

# Halting Hypertension-Roby Mitchell M.D.(Dr.Fitt)

High blood pressure is a problem that affects millions of Americans. Many are unaware they have it. Most people on blood pressure medication have poorly controlled blood pressure. Incidence increases with age, weight, salt intake, sedentary lifestyle, Premarin/Provera use, hypothyroidism, insulin resistance, low progesterone, chronic stress, use of NSAIDS (Celebrex, Bextra, ibuprofen, Advil etc.) and alcohol intake. Some people are sensitive to caffeine. High blood pressure increases your risk of stroke, heart attack, heart failure, Alzheimer's, senile dementia, impotence and.....high blood pressure! Women are more susceptible to diseases from high blood pressure than men. It is more important for diabetics to control blood pressure than blood sugar.

## Is your number Up?

The numbers for normal blood pressure have been revised since your doctor went to school. Blood pressure is evaluated by measuring the pressure of blood against the walls of your arteries when your heart beats (systolic or top number) and when your heart is relaxed (diastolic or bottom number). Optimal blood pressure is 120/80 or less. Numbers over this increase your risk of the above diseases. There is no "borderline" high blood pressure. **It is not "normal" for blood pressure to go up as you get older!** The systolic (top) number is more predictive of vascular disease. A blood pressure monitor should be as common in homes as bathroom scales. Cuff monitors that go around your upper arm are the most reliable. Blood pressure that is high in the Dr's office (white coat hypertension) predicts future problems with hypertension. High blood pressure during pregnancy predicts future problems. You may have no symptoms with high blood pressure. You may have headaches, nosebleeds, fatigue, leg swelling, blurred vision or other symptoms of uneasiness. Sometimes

the first symptom is a stroke. The latest research shows that high blood pressure is related to damage to the cells lining the arteries. These cells normally produce a chemical called nitric oxide that keeps blood pressure normal. Inflammation from yeast overgrowth can damage these cells and compromise nitric oxide production.

## Drug Free Management of High Blood Pressure

High blood pressure is a symptom of imbalance, not a disease. Take these steps to get back in balance

**1. Follow the BALi diet <[www.drfit.com](http://www.drfit.com)>**

**2. Exercise-40 min 4x/week**

**3. Evaluate your hormone levels-**hypothyroidism is a commonly missed cause of high blood pressure (it causes glaucoma also).

Progesterone is the hormone that causes you to absorb magnesium and potassium, two minerals critical for normal blood pressure. Too much insulin works in concert with the above hormone deficiencies to cause fluid retention. Insulin also produces fat cells that produce estrone, an estrogen that promotes salt retention.

**4. Relax-**Elevated adrenal hormones cause high blood pressure.

Pets, aquariums, meditation, laughter, rhythmic sounds like ocean waves, sexual intimacy ("Sorry honey, doctor's orders") biofeedback, prayer, and exercise are positive stress reducers. Watching Fox or CNN is not.

**5. Eliminate gasoline on the fire-**Things that can raise blood pressure include: caffeine (coffee can keep blood pressure 8 hours after drinking it), cigarettes, excess alcohol, salt laden foods, over-the-counter stimulants (ephedra, pseudoephedrine, ma huang, guarana, yohimbe, cold/allergy meds), licorice, synthetic steroid medications, bad life decisions that increase stress.

**6. Supplements that lower blood pressure-**garlic oil; Calm-1-3tsp at bedtime; Vitamin C 1000mg twice/day. Fish oil 1tblspn/day. Vitamin

D3 from Vitamin Research Products 5000 IU/day(you can safely take this amount but have your doctor test your levels. You may need more)

**7.Foods that lower blood pressure**-foods high in vitamin C such as bell and jalapeno peppers;fish such as tuna,salmon,and mackerel;celery(2 stalks/day);low sodium,low sugar tomato juice;foods in the garlic/onion family;olive oil,and foods high in potassium(don't do bananas if you're watching your weight). Using 2tsp of No Salt brand of potassium chloride each day is very effective.

**8.Kill your yeast**-Use Iodoral iodine supplement for maintenance. Oregabiotic from North American Herb and Spice will take care of a more challenging yeast problem. **Prior to starting this regimen get with a healthcare professional who can help you monitor your progress and help you decide when increasing or decreasing medication is appropriate.** Medications for high blood pressure have been shown to cause:breast cancer,broken hips from falling,impotence,depression,thyroid dysfunction,fatigue,weight gain,nutritional imbalances,and sudden death.