

# For your Health and Wellness!

## Get Down!

### Some Natural Ways to Drop Your Blood Pressure

Some info from Better Nutrition/Art Ditmar

It's an emerging epidemic in North America: one out of every three people has pre-hypertension, a condition that leads to high blood pressure. And most of them don't know it. It's easier and wiser to prevent high blood pressure or bring it down naturally then to depend on pharmaceuticals for the rest of your life. Fight this key risk to heart attacks, strokes, and kidney disease now!

1. Watch your weight: in overweight people, a 10% reduction will sometimes normalize blood pressure.
2. Get physical: even a 20 minute workout three times a week will start to bring those numbers down.
3. Relax: use meditation-a new study shows it works for teenagers too, or try yoga that reduces stress.
4. No butts about it: all forms of tobacco dramatically raise blood pressure.
5. Reject refined foods: get off the salty, sugary, preserved, processed, pseudo-food and replace it with natural protein and complex carbohydrates such as vegetables.
6. Swear off the soda: soft drinks dramatically increase sodium, contain toxic amounts of sugar and deplete potassium, a cardiac electrolyte. Artificial sweeteners are poison to the nervous system.
7. Toss out the trans fats: trans fats are a greater risk to coronary artery disease than are saturated fats from meats. When heated, trans fats are cancer causer's.
8. Watch the calcium intake: yes that's right, calcium causes contraction or spasm of the muscles that line the arteries. Many women taking calcium for osteoporosis are finding themselves on high blood pressure medication too. Many types of calcium are "insoluble" and never make it into the body. If you have concerns about calcium, talk to Dr. C.. He can point you in the right direction.
9. Use the correct form of vitamin E. One form of vitamin E. increases blood pressure while the other form will decrease blood pressure.
10. B vitamins may do the same as vitamin E above. Talk to Dr. C.
11. Juicing; ginger, garlic, parsley, soluble fiber such as that in peas, beans, apples, pears, citrus fruit; spices such as basil, black pepper, cinnamon, chili powder, cloves, curry, dillweed, fennel, horseradish, oregano, rosemary, sage, tarragon and thyme all can help. And these spices may decrease your salt intake too!
12. Chiropractic care: that's right get adjusted! A chiropractic study wound up in the medical Journal of Human Hypertension which found that people in the study under chiropractic care with Stage 1 hypertension who were not currently taking *any* medication showed *marked improvement* in their blood pressure compared to the control group, those not receiving chiropractic adjustments. The researchers stated "**We conclude that restoration of alignment is associated with marked and sustained reduction in blood pressure similar to the use of a two drug combination therapy**". Not bad! So there's a dozen ways to help. Dr. Caprile can perform Nutrition Response Testing and Chiropractic care in order to improve your health on many levels.



**Compliments of Dr. Robert Caprile, Chiropractor**  
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