

THE TRUTH ABOUT BLOOD PRESSURE



**HOW TO BALANCE YOUR
BLOOD PRESSURE NATURALLY**

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Chapter

1

Blood Pressure: What's The Harm?

What Is Blood Pressure?

Blood Pressure is defined as the force of the blood against the walls of the blood vessels created by the pumping action of the heart. ¹ Blood pressure is usually written as the systolic pressure over the diastolic pressure (e.g., 120/80 mm Hg).

It should be noted that blood pressure changes throughout the day based on activities.

So what's all the fuss about blood pressure and why is it the most commonly tested condition at the doctor's office?

Let's first look at the two main types of blood pressure.

2 Types of Blood Pressure: High and Low

Low Blood Pressure (hypotension) causes rather unpleasant symptoms including dizziness, nausea, blurred vision, fatigue, or fainting.

Dehydration is the most common cause of Low Blood Pressure and can occur from trauma with significant bleeding, increased salt, or prolonged exposure to a hot environment. ²

Low Blood Pressure can be treated by determining why it's happening in the first place. It will usually get better on its own- without medicinal intervention.

Hypertension is what we commonly call High Blood Pressure. There are roughly 60 million people in the United States diagnosed with hypertension, and the exact cause of high blood pressure is unknown.

There's a list of various environmental conditions that could potentially increase your risk for high blood pressure including smoking, obesity, stress, older age, and genetics.

But why is so little understood about the cause of High Blood Pressure when between 2012 and 2017 the annual NIH expenditure for hypertension-related research ranged from \$214–\$222 million/year? ⁵

And we are told by medical professionals that there is no cure for hypertension, just management with diet, exercise, and of course medication.

High Blood Pressure's Frightening Risk

What problems do high blood pressure cause?

High blood pressure can damage your health in many ways. It can hurt very important organs such as your heart, brain, kidneys, and eyes. Remember, blood pressure is essentially testing the pumping of your heart, so a deviation could implicate a number of conditions.

If high blood pressure damages your arteries and makes them less elastic, the flow of blood and oxygen to your heart will be decreased. This is shown to lead to heart disease. Decreased blood flow to the heart can also cause chest pain, heart attack, or heart failure.

If that wasn't bad enough...

High blood pressure can cause the arteries that supply blood and oxygen to the brain to burst or be blocked, which can cause a stroke. During a stroke, brain cells die because they don't get enough oxygen. Strokes can cause dysfunctions in speech and movement, and in the worst scenario, a stroke can cause death. Concerning, right?

And adults with high blood pressure, diabetes, or a combination are at higher risk of having chronic kidney disease ⁶ than those without these conditions. But how does any of this matter to you?

Before we get to that, let's look at some common misconceptions.

4 Myths About High Blood Pressure

We're inundated with opinions from everyone at all times. There seems to be an expert in everything and none of them have the same views. To alleviate the confusion we've compiled the most common myths and the facts behind them from various sources.

Myth 1: If you're naturally calm you won't have high blood pressure

Anyone can be diagnosed with hypertension. A person's personality or personal pressures don't contribute to your risk level. That's not to say that breathing exercises or sitting still won't help to lower your blood pressure if it's elevated- it's just that being "naturally calm" doesn't omit you from the condition.

Myth 2: If you're under 50 you aren't at risk

The risk does increase with age, but even children can develop hypertension. Obesity, a sedentary lifestyle, and family history all increase your risk- no matter your age.

Myth 3: High blood pressure can't be prevented

While many research studies state there is no known cure for hypertension, there are ways to manage it. Lifestyle changes that include well-balanced diets and exercise are a great start.

Myth 4: It's in my genes so I'm just going to get it

If a family member is diagnosed with hypertension, you could be at a higher risk of being diagnosed with the condition. But it doesn't matter what the causes or risk factors are, there is always a way to control high blood pressure.

Chapter 2

The High Blood Pressure Disturbance

Medicines Big Secret

The little-known secret in medicine is that experts commonly disagree about what evidence means. Most medical decisions aren't clear-cut. They're usually made with uncertainty about what is best for each person.

This particular secret about who should be treated for high blood pressure has been ousted in a very public disagreement among experts. This disagreement is based on the level of blood pressure that should be the trigger for treatment.

See, in 2017 the American Heart Association, the American College of Cardiology, and many other cardiology organizations announced that the threshold for identifying hypertension had been lowered. The new threshold for diagnosing and treating hypertension was now 130/80 from when it was previously 140/90. ³

So overnight, millions of Americans were diagnosed with high blood pressure, and in 2021 the CDC estimated that nearly half of adults in the United States (47%, or 116 million) have hypertension. ⁷

Now here's where things get interesting.

The American Academy of Family Physicians (AAFP) and the American College of Physicians (ACP), refused to accept this new guideline. In a statement, the AAFP explained that the AHA/ACC guideline was not based on a rigorous systematic review of the evidence. They also expressed concern about the strong reliance on the SPRINT trial and conflicts of interest among the committee members of the AHA/ACC guideline.

⁸

But there's hope!

This disagreement just shows that there are options for patients. This opens the door for patient-centered approaches which are always the best options. The one thing these organizations can agree on is that it's preferable to include lifestyle interventions to prevent and treat hypertension. Diet and exercise should always be the first option.

Finding The Source

According to statista.com, the United States spends more on health care than any other country. Annual health spending was **over four trillion U.S. dollars** in 2020, and personal health care expenses totaled 10,202 dollars per resident. ⁹

Think about how much your household spent on medications, office visits, and lab work last year (or last month). And for what? How long will this continue? Even if your cholesterol levels are lower, you have to maintain those prescribed medications.

So even with all the millions of dollars spent on research, scientific case studies, and medical advancements...there is no cure. Why do you think that is?

Are the red flags waving for you yet?

The Blood Pressure Dispute

There are genuine differences in how we're told we should think about health and disease prevention.

In a blog post one clinical trial expert, Milton Packer, pointed out that "the whole idea of a numerical threshold was silly. The risk associated with hypertension is not binary. It does not become real when you exceed a certain number, and it does not fully subside when you are below it. The risk is continuous; the higher the number, the higher the risk." ¹⁰

He went on to say that the new guideline relies on data from the SPRINT trial, "but no one really understands the blood pressures in that study" and the new guideline "applies its recommendations to people who were not even represented in the SPRINT trial."

And suspicions of the SPRINT trial aren't without merit. I mean, it's crazy to think that nearly half the adult population has a disease that needs to be treated. Our healthcare system is already bigger by far than any other healthcare system in the world. Does it really need to grow larger?

Do we really have to turn everyone into a patient?

The American Heart Association, the American College of Cardiology, many other cardiology organizations, and a large number of medical doctors seem to think we do.

Chapter

3

Big Pharma Money

There is no question that High Blood Pressure actually does exist. The debate is mostly over when it becomes a problem, and fortunately, there are common occurrences for risk and prevention.

For example, stress-related habits like overeating, smoking, and drinking alcohol can increase the risk of high blood pressure. There are also some chronic conditions that can increase the risk as well, including kidney disease, diabetes, and sleep apnea.

Once someone is diagnosed with high blood pressure, there is a greater risk for heart disease. Having high blood pressure can also cause damage to your arteries and other vital organs, as well as induce an aneurysm.

What some medical professionals don't want you to know is that, in most cases, you can prevent or manage your blood pressure and lower your risk for serious health problems...without prescription medication.

While some medical professionals whip out their script pad without a second thought, there is more research today that supports prevention and management through diet, exercise, and functional medicine. So why isn't this information plastered on posters in the doctor's office?

Blood Pressure And Big Pharma

Nearly 1 in every 2 US adults (116 million) has high blood pressure, and most of them (92 million) may need to both change their lifestyle and take prescription medicine. ⁴

About 650 million prescriptions for blood pressure medicine are filled each year. This accounts for about \$29 billion in total spending, of which **\$3.4 billion** is paid directly by patients. ¹¹

High blood pressure is one of our nation's costliest health conditions.

Earlier on I talked about the SPRINT trial and how it prompted a nationwide change in the guidelines for how high blood pressure is measured. Within 24 hours, an additional 14% of Americans were within the "high blood pressure" range. Millions of people were given a new label- one that comes with additional prescription costs.

Oddly enough, the SPRINT document applies its recommendations to people who weren't even represented in the SPRINT trial. Meaning, that the recommendations were applied to those with heart failure, even though there is no scientific basis for it.

Some things just don't add up and it leaves room to debate with what the motives behind the SPRINT study actually were.

Chapter 4

The Truth Behind High Blood Pressure

In the first chapter, we talked about what blood pressure is and the different types. We also learned that there is some debate on prevention, diagnosis, and treatment...and that Big Pharma has been cashing in on these medications to the tune of billions of dollars.

Your head might be spinning right now, and that's ok. As soon as you learn the truth about blood pressure, the solution will seem relatively easy.

So what can you do to lower the risk of high blood pressure? Don't worry, we're discussing that next.

The Truth About High Blood Pressure

The current standard of care to manage hypertension is to prescribe medication. This may be a great way to manage the masses, but it falls short of addressing the root cause of the problem. This is partly due to a broken system where medical professionals are limited in time with their patients to discover the underlying factors.

The functional medicine approach to high blood pressure uses a patient-centered approach and focuses on finding the root cause of the condition.

Lab tests are run to determine the natural ways to lower blood pressure and blood sugar. And surprisingly, there are many treatment options for high blood pressure. ¹²

So contrary to popular medical beliefs, there are natural and effective ways to reduce hypertension. Many practitioners use non-pharmaceutical supplements to complement lifestyle changes. The results are powerful and come without nasty side effects. So, you can control your blood pressure and possibly reduce, delay or avoid medication altogether.

The idea here is to address the actual cause of high blood pressure and NOT the symptoms. Studies have shown that lifestyle changes alone can reduce the risk of heart disease by an astounding 90%. Simple lifestyle changes can influence the fundamental biological mechanisms that lead to all chronic diseases.

Regular exercise is one of the best ways known to control high blood pressure. Another important factor is incorporating a whole foods diet rich in plant fiber and low in sugar and sodium. These two things will help you maintain a healthy weight and manage stress.

In case there was any confusion, a person-centered approach versus a disease-centered one is better at preventing and treating high blood pressure.

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