

LOWERING BLOOD PRESSURE NATURALLY



In the United States, high blood pressure is at epidemic proportions, affecting almost 50% of all adults. High blood pressure must be taken seriously and taken care of early to avoid its potentially devastating health effects, such as heart disease, stroke, early dementia, blindness, and kidney disease. High blood

pressure can send your heart into overdrive and damage your arteries. Despite the damage that is occurring inside your body, you may not feel anything until the damage is irreversible. This is why high blood pressure is called "The Silent Killer."

High-Ho, High-Ho

Treating blood pressure naturally requires you to work on yourself and your diet everyday.

Studies have shown that diet, nutritional supplements, stress management, exercise, and body weight can reduce blood pressure as much as prescription medication.

Just as prescription medications do not work when left in the bottle, so too a natural blood pressure prescription plan requires you to take action everyday. Many herbs and vitamins have been shown to reduce blood pressure. As part of an overall natural approach to controlling high blood pressure, supplements can help support a normal blood pressure.

For my complete regimen, ask for "High Blood Pressure: Lowering Your Blood Pressure..*Naturally*" Brochure

Easy Way to Get Greens into your Diet

GREEN GEMS

by MyBestHealth

- Great taste!
- 17 Fruit and Vegetables



It's hard to eat five or more servings of fruits and vegetables every day. For patients trying to lose weight, the added calories of healthy fruits can actually be converted into body fat.

While most green powders require you develop an "acquired taste," Green Gems is a great tasting, easy-mix powder that even "veggie-wary" children will enjoy. Green Gems has no grittiness or after-taste but still contains all of the powerhouse nutrients of more than 17 fruits and vegetables. Green Gems contains all these nutrients but with the calorie equivalent of just one serving of broccoli. Green Gems also contains the nutritional superstars, spirulina and wheat grass, to aid in daily detoxification.

As part of a healthy diet, add one or two scoops of Green Gems to water, juice, or any smoothie, once or twice daily. Great for the whole family.

PRODUCT #	SIZE
236	240 gm

FDA Regulated Medical Food

HYPERTENSA

by Physician Therapeutics

- Lowers blood pressure
- Available only from MD
- Invented by Cedar-Sinai cardiologist
- Increases Nitric Oxide



Using technology invented by Cedars-Sinai cardiologist, Bill Shell, M.D., Hypertensa contains a blend of herbal and natural ingredients to lower blood pressure. Hypertensa works by increasing blood levels of Nitric Oxide (NO) which relaxes the walls of arteries, thereby lowering blood pressure. Hypertensa is typically dosed by taking two or three capsules two or three times daily.

Hypertensa is regulated by the F.D.A. as a medical food and is only available in physician offices.

PRODUCT #	SIZE
156	60 cap



Berry Good for You HAWTHORNE

by Karuna

- Preferred in Germany over other heart medications



Hawthorne berry extract has also been shown to reduce blood pressure by relaxing the artery walls. German physicians prefer using Hawthorne berry to some other medications when treating patients with heart failure because Hawthorne berry has fewer side effects.

Our Natural Pharmacy carries a trusted brand of Hawthorne berry, Karuna. This extract also complies with the strict dosing and quality guidelines used in clinical studies.

PRODUCT #	SIZE
152	90 cap

Bone up BONE

by MyBestHealth

- Helps build health bones
- Joint protection



High blood pressure is a disease of the heart and blood vessels. As such, it is important to support your body with anti-oxidants, calcium and magnesium. I recommend BONE as a properly balanced calcium/magnesium vitamin.

Our BONE formula contains all of the vitamins and minerals in the proper proportions needed to build and maintain healthy bones and joints too.

PRODUCT #	SIZE
104	120 tab

The Stinking Rose GARLIC

by Pure

- Reduce blood pressure by 7% after just 4 weeks



Garlic has long been used as a heart-healthy herb and there is ample evidence that garlic can help support a normal blood pressure.

Most vitamin suppliers do not properly manufacture garlic, rendering most supplements completely worthless. This includes all garlic supplements that claim to be "odorless" or "aged." Garlic supplements must be specially standardized, something many companies say they do but nonetheless do not do properly. Garlic must also be specially coated to withstand the harsh stomach acid environment.

PRODUCT #	SIZE
144	60 cap

Anti-oxidant, Calcium & Magnesium CARDIOVITE

by MyBestHealth

- Fights disease and aging
- Promotes health



Oxygen breathes life into virtually every living thing on the planet. At the same time, oxygen also slowly damages our vital organs.

To counter the harmful effects of oxygen, scientist have looked toward a special class of molecules called anti-oxidants. CardioVite provides vitamins and minerals that not just prevent disease but promote health.

PRODUCT #	SIZE
106	60 tab

Supports Normal Blood Pressure

LOPRESSIN

by MyBestHealth

- **Extract of fish protein**
- **No prescription side effects**
- **Works like prescription blood pressure medications**



Many herbs and vitamins have been shown to reduce blood pressure. As part of an overall natural approach to controlling high blood pressure, supplements can help support a normal blood pressure.

Lopressin is a natural extract of bonito fish protein that has been shown to reduce blood pressure. Lopressin is thought to work similarly to a

specific group of prescription blood pressure medications known as ACE-Inhibitors but without the side effects of prescription medications. Lopressin offers potent support for healthy blood pressure and should be taken twice daily before meals on an empty stomach.

PRODUCT #	SIZE
162	120 tab

Did You Know?

SALT CONTENT

1/4 teaspoon salt	= 600 mg sodium
1/2 teaspoon salt	= 1,200 mg sodium
3/4 teaspoon salt	= 1,800 mg sodium
1 teaspoon salt	= 2,400 mg sodium
1 teaspoon baking soda	= 1000 mg sodium

Low Sodium Diet

A low salt diet is used for persons with diseases that affect fluid balance or where a decrease in body fluid volume will relieve symptoms of the disease. Conditions where control may be indicated are severe heart failure, impaired liver function, high blood pressure, and acute and chronic kidney disease.

Healthy American adults should eat no more than 2,000 milligrams of sodium a day.

Common sources of sodium

Be aware of both natural and added sodium content. Table salt is sodium chloride. It's 40 percent sodium by weight. When you buy prepared and packaged foods, read the labels. Watch for the words "soda" (referring to sodium bicarbonate, or baking soda) and "sodium". These products contain sodium compounds.

Some drugs have high amounts of sodium. Carefully read the labels on all over-the-counter drugs. Look at the ingredient list and warning statement to see if the product has sodium. A statement of sodium content must be on labels of antacids that have 5 mg or more per dosage unit (tablet, teaspoon, etc.). Some companies are now producing low-sodium over-the-counter products. If in doubt, ask your doctor or pharmacist if the drug is OK for you.

Most spices naturally contain very small amounts of sodium.

Dining Out:

When dining out, you can reduce the sodium content of a meal by trying these simple suggestions:

- Use herbs, pepper or lemon juice for flavor
- Go easy on condiments and sauces. Mustards, catsup, salad dressings, sauces and gravy substantially increase the amount of sodium in your meal
- Request that food is prepared without added salt and ask for sauces, salad dressing and gravy be served on the side
- Recognize words that indicate a high sodium content; marinated, pickled, smoked, au jus, teriyaki, soy sauce or in broth
- Keep it simple. Often special sauces and toppings add extra sodium to foods. Ordering a broiled cut of meat or fish is a better choice than entrees covered with special sauces. Plain meat-type sandwiches are lower in sodium than chicken, egg or tuna salad sandwiches.

Protects Heart

ALPHA LIPOIC ACID

by MyBestHealth

- Protection from hardening of the arteries
- Prevents neuropathy
- Used to treat victims of Chernobyl



Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent anti-oxidant protection of the brain, nerves, heart, and arteries. This type of protection means a slowing of the aging process.

For patients with diabetes, alpha lipoic acid can help to reduce blood sugar levels and protect the body from the damaging "oxidizing" effects of

high blood sugar, such as hardening of the arteries and nerve damage (also known as neuropathy). Alpha lipoic acid also supports patients with other causes of neuropathy including chemotherapy, toxin-induced, and age-related.

Alpha lipoic acid is so powerful an anti-oxidant that it was used to treat victims of the Chernobyl nuclear accident and was shown to normalize affected internal organs and substantially reduce radiation-induced oxidative damage.

Now, you probably are not dealing with a disaster of this magnitude, but it is nice to know that the supplement you are taking is protecting you as if you were.

PRODUCT #	SIZE
113	60 cap

Should I have an Annual Physical?

There is no machine more complex than the human body, and regular check-ups are an important part of the "routine maintenance" that every person needs. There are many health issues that can be detected, prevented and/or treated by a complete annual physical. As with most problems, the sooner you catch them and the smaller they are, the better your chances of fixing them.

Who should have an Annual Physical?

Anyone over the age of 18 should have an Annual Physical.

Potent Anti-oxidant

GRAPSEED EXTRACT

by PhysioLogics

- Brain cell protection



Grapes (particularly red grapes) contain a potent blend of antioxidants known as oligomeric proanthocyanidins (OPCs).

That's a mouthful.

These OPCs are many times more powerful than the better known vitamins C and E. OPCs have been shown to reduce cholesterol's artery clogging abilities, dilate arteries to improve blood flow, and gently

thin the blood to prevent blood clots from causing strokes and heart attacks.

In research studies, OPCs can also kill cancer cells of the breast, lung, stomach, and prostate.

As an added bonus, OPCs also keeps skin looking more youthful by blocking the enzymes that destroy the underlying superstructure of skin which would otherwise lead to wrinkling and sagging.

Yes, you can get some OPCs from drinking red wine (10 times more than white wine), but you would also be getting the alcohol (I know that's the point). However, alcohol is a cancer-promoting toxin that should be enjoyed infrequently for your best health. The French studies that linked France's low heart attack rates to alcohol consumption also demonstrated France as having Europe's highest rates of cancer, hardly a statistic to celebrate.

PRODUCT #	SIZE
146	120 cap

What happens in an Annual Physical?

The annual physical is a time for you to update me on your health, your vitamin supplements, your medications, and any new symptoms or concerns you have. It allows me time to note any changes in your physical health. The annual physical is also a time for me to update you on the latest medical advances, research publications, vitamin supplements, and prescription medications that are relevant to your health. Together we will decide what, if any, further testing needs to be done after we review the initial test results of your physical. Testing that may be included in your annual physical includes blood tests, EKG, Chest X-ray, lung function analysis and exercise stress test.