# Doctor Explains Every NATURAL Solution for HIGH BLOOD PRESSURE Transcript

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## Introduction to Natural Blood Pressure Control

Do you have high blood pressure? So many Americans are dealing with high pressure and they're looking for natural solutions. I'm Dr. Mark Stengler. I've been a naturopathic medical doctor practicing for over 30 years.

In this video, I am going to go over some of the best natural treatments for high blood pressure and also give you an understanding of what is really occurring in the body in terms of high pressure.

Now your body has ways to control blood pressures.

## Why Weight Loss Matters for Hypertension

There are many different systems that are integrated to help you deal with blood blood and so we can treat the root causes of blood by working on these systems which become overbalanced.

First, let's talk about being overweight or obese because that's an issue that has to be addressed for blood pressure control. And we know that research has shown that about 70% of hypertension, the typical type of a hypertension called essential hypertension in men, and 65% in women is due to obesity.

So in addition to the heart having to work harder, blood vessels are under greater stress. Moreover, you have increased body fat, which elevates blood pressure because of these mechanisms that are going on.

In addition, we have excess body, fat that's a major contributor to insulin resistance, cardiomatabolic syndrome and type two diabetes, all of which with the spiking in insulin, the insulin resistant and the inflammation that occurs, elevate blood.

So dramatic weight loss often results in a substantial reduction in blood pressure. So this is why it's critical. If you have high blood, probably your main focus needs to be on reducing your weight.

And there's many different ways you can do that. Now, beyond that, there are a lot of good studies on the types of diets that can help manage hypertension.

One of the most well studied dietary strategies is to reduce sodium intake while increasing potassium rich foods, and that combination really works well.

## Diet Strategies: DASH and Mediterranean

And this includes what's known as the DASH diet, which stands for Dietary Approaches to Stop Hypertension Diet. This diet focuses on vegetables, fruits, whole grains, fish, poultry, beans, nuts and seeds, as well as vegetable oils, while restricting foods high in saturated fat, such as full fat dairy products.

The Dash diet also limits sweets and sugar sweetened beverages. the target amount of potassium from food is 4700 mg daily and 1500 mg of sodium. The other diet to consider is the Mediterranean diet, which has also been shown to help regulate blood pressure.

And so you can see with the standard American diet the amount of potassium tends to be way too low and certainly sodium levels are three to four times too high.

Now let's talk about exercise, which is also critical for those with high blood pressure. Both aerobic and resistance exercise can reduce blood-pressure.

A general recommendation is to do moderate-intensity aerobatic exercise for at least 30 minutes at 3 days per week, or resistance for 2-3 days.

## Exercise and Stress Reduction

Exercise reduces blood through several mechanisms, including a reduction in your heart output, decreased nervous system activity, reduced blood vessel resistance, and other mechanisms.

Some people have constant nervous stimulation that causes hypertension. Stress reduction techniques are important for naturally lowering blood pressure.

There are many stress reduction technique that can be helpful. Research has shown that older adults who frequently prayed or studied the Bible daily or more often had lower blood pressures.

Another way to reduce blood pressure is to use devices that monitor slow, deep breathing. So again, find a stress reduction technique that works well for you and be consistent with it.

Things that relax the nervous system that go beyond exercise and proper sleep are very important for many people in regulating their blood Also, you wanna identify and treat toxin levels that can lead to high blood pressure, such as lead, arsenic, cadmium, and mercury have been studied.

## Toxins and Chelation Support

And there's different chelation treatments that could be done with supplements such a glutathione, supporting the liver with a supplements like milk thistle, N-acetylcysteine, alpha lipoic acid, using chelaid agents such EDTA and fiber supplementation.

There's also prescription cheloid agent and intravenous cheliating agents, which your integrative doctor can use if you need a more aggressive protocol.

Now let's get into the nutritional supplements which can help lower blood pressure. The enzyme natalkinase can lower pressure at a daily dose of 2000 fibrolinic units per day or FU units.

Also, aged garlic extract has been shown in several studies to lower the blood A typical dose is 1200 mg daily. Hibiscus can lower blood pressure at doses higher than 1 gram per day.

Also, consider the supplement Pycnogenol, an extract from pine bark. And that's been shown in studies to reduce blood at 100-200 mg per daily, often I use the herbal extract Hawthorne.

That's also been showed in a meta-analysis of 6 studies, to help reduce systolic blood by almost 7 mmHg.

## Supplements That May Lower Blood Pressure

at a daily dose of 250 to 1200 milligrams daily. Also, I highly recommend Coenzyme Q10 at doses of about 200 milligrams a day. That has been shown in 26 studies to reduce systolic blood pressure by about five points.

And lastly, calcium and magnesium have been showing reduced systoly and diastolic pressure. Typical doses are calcium 500 milligrams, magnesium 250-400 milligrams.

So really, with high blood pressures, you want to address the weight, address insulin resistance, Address the ongoing stress which can be elevating your blood pressure.

Make sure you don't have those toxins, especially the toxic metals, which could be causing dysfunction in your Blood vessels. And take the more well studied supplements to lower your BP.

If you're on medication, make sure that you are being monitored by your doctor, that your BLP is being regulated properly if you use medications and supplements.

Whatever you do, be sure to monitor your blp on a fairly regular basis so you can make what you doing is working. Well, I hope you found that video helpful.

You can look for other videos on blood pressure, cardiovascular health, and all the common conditions on my YouTube channel. If you're looking for high quality nutritional supplements, see my website, drstengler.com.

## Monitoring Blood Pressure and Closing Advice

Well it was good being with you and I'll see you soon.