Lower Your Blood Pressure Naturally By Raising Nitric Oxide Transcript

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Introduction to Natural Blood Pressure Treatment

If you have high blood pressure, listen up. I'm cardiologist Dr. Jack Wolfson, and there is a better way to treat blood and therefore lower your blood pressure down naturally.

Remember, you're not deficient in blood-pressure drugs. You're deficiant in things to normalize your Blood Pressure. That's why Blood-Pressure Drugs, when you take them and they artificially lower the number down, that's like putting a sticker on the check engine light.

It's a cover-up, it's band-aid, It doesn't work. you have to address the root cause. when you just don't pay attention to the check engine light and you cover it up, the engine will fail.

Well, your body will fall if you don t address the root cause. High blood pressure is a sign that there is problem.

Why Nitric Oxide Matters for Blood Pressure

So one strategy that I like to address is the fact that it is likely a nitric oxide deficiency and that is driving high blood Nitric oxide is nitrogen and oxygen together in the body that form a gas.

And this helps blood vessels relax. It's a signal to the muscles of the arteries to relax, and when that happens, again, blood pressure naturally goes down, circulation gets better.

Also, nitric dioxide can be considered as a natural anticoagulant or a blood thinner that prevents clotting inside of arteries as well, and there's just dozens and dozens of studies on this.

Now, pharmaceutical companies know that nitric oxide is very important. That's why they create things like nitroglycerin. And that's what they created things, like Nitroprusside that we use in the emergency rooms and in intensive care units.

That's why they also created something to increase nitric oxide. It's known as the blue pill. Yes, Viagra and similar are nitrich oxide boosters and they're very effective to lower blood pressure.

Food-Based Nitrates and Oral Health

Again, many people have used it for that condition, but it is a root cause strategy to improve nitric oxide naturally and maybe avoid the use of the blue pill and other and avoid blood pressure drugs.

So we can address this naturally. All right, so what do we do now? I want to talk to you about strategies to increase nitrich oxide levels. Now, one is that we take in food-based nitrates.

This is things like beets, this is arugula, other green leafy vegetables that are a good source of food nitrate. that the oral microbiome converts to nitrite and then in the acidic stomach into nitric oxide.

This is basic physiology that we all learned in medical school. We want to have a good oral micro biome, the bacteria, and that's why it's important to take good care of your mouth.

And I'll have other videos and stuff like that regarding good, oral care and something like, but you need a Good oral Microbiome. That's also where fermented foods come in, being careful about your mothwash and toothpaste.

Antibiotics, dental care, so a lot of different, you need a good healthy mouth and that'll be helpful. The other thing is that you an acidic stomach and many people are on acid blockers and stuff and therefore they don't convert nitrite,

NO2, into NO nitric oxide.

So we need to good, healthy stomach. It all plays in together.

Amino Acids and Nitric Oxide Synthase Support

It's one of the reasons why I invented this product here called HeartBeat, and Heartbeat is a wonderful solution to get these organic beets and leafy greens and nitric oxide boosters through food.

And it's right here. This is manufactured for me by Biotics Research, one the worldwide leaders in nutraceuticals for 50 years. They third-party test everything.

It's all organic, no fillers, nothing, and it tastes good actually as well. So you may want to look into getting a heartbeat for your blood pressure. Now that's one pathway, what we call the nitrate pathway.

The other pathway is the Nitric Oxide Synthase pathway So there's different enzymes that synthesize nitric oxide. And when you make nitrich oxide through amino acids like L-arginine, combined with things like l-citrulline and even L taurine plays a role here.

Those amino acid that we get from food, And there's many different food sources of those. Also, they plug into nitric oxide synthase to synthesize nitrous oxide.

There can be some genetic variability here. It was definitely genes that control nitroxide and nitroc oxide synthesis. So some people may have a problem there, so they need a good additional support.

But in general, we find that when we pair HeartBeat with this product here, Vessel Support, vessel support is a largenin, citrulline, taurine and grape seed extract to help prevent the breakdown of nitric oxide.

So these are two different strategies to boost up nitrate oxide levels. And we mix the two of them together in powdered form. And that's how we're going to help to address the root cause of why people have high blood pressure because it's a nitric oxide deficiency.

Sunlight, Lifestyle, and Root-Cause Strategies

We can address that with food and amino acid supplementation. The third thing that can increase nitrous oxide is sunshine. And so ideally you would mix these two together and you wouldn't do so outside in the sun.

because the sun, in particular the wavelength of UVA, converts nitrate stored in your skin and converts it into nitric oxide. A good example of that would be if you get a sunburn, your skincare is very red, you push on it, it becomes white, and you release it.

It becomes red again. That's because your blood vessels in the skin are very dilated because of the nitrous oxide that's being produced there. We don't want a sunburn, but we want to get our food base and our amino acids into a drink.

And ideally, we enjoy it in the sun. That would be the ideal situation of what I recommend. So when you do these kind of strategies, that is going to be how we address the root cause of high blood pressure.

We talk a lot on my website about natural treatment strategies for high pressure, we talk about food, We talked about the healthy lifestyle, and we talked mindset as it relates to blood pressures.

The key is you got to address it naturally. It's not that blood pressure drugs don't work because they can lower numbers down, but because the don t address the root cause, you don get the full benefit.

In fact, some studies show that controlled blood on drugs actually is the highest risk. What we want to do is we you

to have normal blood I know pharmaceuticals following the tenets of eat well, live well.

Think well test, don't guess evidence-based supplements. That's what we do at Natural Heart Doctor. I hope you enjoyed this video. If you did, share it with someone you care about, especially someone with high blood pressure.

Don't forget to subscribe to this channel and follow us for all things heart health and wellness at natural heart doctor.