

## HIGH BLOOD PRESSURE (HYPERTENSION)

Hypertension is a chronic elevation of blood pressure, previously defined for diagnostic purposes as exceeding 140/90. Amidst some controversy, more recent guidelines have reclassified hypertension as any value exceeding 130/80. High blood pressure is asymptomatic except in extreme cases but is believed to contribute to the pathogenesis of several important chronic diseases. It is the most important risk factor for stroke and is also an important risk factor for left-sided heart failure, atherosclerosis, myocardial infarction, and renal failure. The sympathetic nervous system and renin-angiotensin-aldosterone system have been extensively studied in relation to hypertension. Factors known to contribute include obesity, a high sodium intake, alcohol abuse, smoking, and chronic stress.

### Homeopathics

**Anxiety HP™**- high-potency formula for relief of anxiety and nervousness.\*\*

**Arteriotone™**- tonifier for the arteries, indicated for relief of circulatory complaints, including swollen extremities, bruised feeling, cold clammy feet, mild burning pains in lower legs, and weakness in limbs.\*\*

**Circulapar™**- glandular homeopathic for circulatory system support, indicated for relief of cold clammy feet, numbness of limbs, painful calves upon walking, and muscular weakness of the lower extremities.\*\*

\* **Hypert HP™**- high-potency formula indicated for symptoms of fluid retention and anxiety.\*\*

**Nat Mur-** single homeopathic remedy indicated for high blood pressure, especially in people who are reserved, inclined to grief, and crave salt.\*\*

**Phenylisothiocyanate Phenolic-** homeopathic phenolic cord traditionally used for cardiovascular issues such as hypertension and irregular heartbeat.\*\*

**Relaxatone™**- tonifier for relief of anxiety and stress.\*\*

**Tobaccostat™**- homeopathic detoxifier for tobacco use, indicated to support smoking cessation and for the chronic effects of smoking.\*\*

### Herbals

\* **Equistacom™**- fortifier for the circulatory system, indicated for high blood pressure, enlarged heart, high cholesterol, and arteriosclerosis.

\* **Hypertcom™**- fortifier for the circulatory system, indicated for high blood pressure, palpitations, and poor circulation.

**Hypertcom IR™ (Immediate Relief)**- fortifier for the circulatory system, indicated for immediate control of high blood pressure. **Should not be used in conjunction with pharmaceutical drugs for high blood pressure. Monitor blood pressure daily for sudden fluctuations.**

**Hypertcom S™ (Severe)**- fortifier for the circulatory system, indicated for severe hypertension. **Should not be used in conjunction with pharmaceutical drugs for high blood pressure. Monitor blood pressure daily for sudden fluctuations.**

*\*Denotes primary remedies*



## THERAPEUTIC GUIDE

### HIGH BLOOD PRESSURE (HYPERTENSION) (CONTINUED)

**Lipocom™**- fortifier for the liver, indicated for high cholesterol, arteriosclerosis, low HDL, and elevated triglycerides.

**Solidagocom™**- fortifier for the kidneys, recommended for high blood pressure due to renal dysfunction.

**Stress Formula**- Rainforest Botanical formula indicated to support relaxation and stress management.

**Valericom™**- fortifier for the nervous system, indicated for anxiety and high blood pressure.

#### Nutritionals

**Arginique™**- liquid amino acid blend to support vascular health and healthy homocysteine levels.

**Arteriozyme™**- enzyme formula designed to aid circulation and dissolve arterial plaque.

\* **Co Q-10 C** or **Co Q-10 Chews 100 mg**- Coenzyme Q-10 is a powerful antioxidant which supports the health of the cardiovascular system.

**D-3 1,000 I.U.** or **5,000 I.U.**- vitamin D deficiency may contribute to hypertension.

\* **Enervimin™ C.V. Focus**- full-spectrum vitamin and mineral supplement for those with cardiovascular disease.

**Enervimin™ Stress Focus**- full-spectrum vitamin and mineral supplement for those under stress.

**Intact Kidney**- freeze-dried kidney concentrate, indicated for individuals with hypertension due to renal dysfunction.

**L-Taurine**- amino acid which has been shown to help control hypertension.

\* **Mag-Chlor**- highly absorbable form of magnesium, deficiency of which has been linked to cardiovascular disorders.

**Magnesium Potassium Citrate**- levels of these minerals are inversely correlated with blood pressure.

#### Additional Considerations

The most effective lifestyle interventions for controlling high blood pressure are weight loss, smoking cessation, reducing alcohol use, and reducing sodium intake. Patients should be counseled to pay particular attention to the high sodium content of processed foods. A diet rich in plant antioxidants may reduce the risk of long-term complications.

Room colors can affect mood. Blue has a calming effect. Those who have used color therapy suggest blue for lowering blood pressure.

Anxious patients with high in-office blood pressure readings should be encouraged to repeat these measurements at home to rule out so-called “white coat hypertension.”

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*\*Denotes primary remedies*