

High Blood Pressure

Harmony & Health

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Important Deciding Factors: High blood pressure is a symptom of other problems. The heart pumps blood throughout the body and when the blood flow is restricted in some way, the heart has to beat harder which raises the blood pressure. Some reasons why the heart might be working harder:

1. *Hardening of the arteries* is caused by plaque obstructing the flow of blood in the vessels. Use **Mega-Chel** to help clean the plaque out of the arteries.
2. *Vasoconstriction* is when the blood vessels tense and reduce the flow of blood. There are several causes of this and specific remedies for each.
3. *Stress* causes the heart to beat harder and blood pressure to rise. **NutriCalm** might be helpful for dealing with the stress.
4. *Caffeine, chocolate, sugar and alcohol* are stimulants that increase stress responses and raise blood pressure.
5. *Magnesium deficiency* can cause muscle tension, including the heart. **Magnesium** helps muscles relax.
6. *Water retention and poor kidney function* put pressure on the blood vessels causing blood pressure to rise. Reduce salt consumption. Try **Chinese Kidney Activator**.
7. *Excess weight* increases blood pressure because of more blood vessels to pump blood through.

Some Products to consider:

- **Blood Pressurex** reduces inflammation in the arteries and helps dilate blood vessels.
- **Capsicum & Garlic with Parsley** helps with circulation and stimulates kidney function.
- **Eleuthero** helps the body cope with stress.
- **Olive Leaf** helps to lower blood pressure and increase blood flow in the coronary arteries.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



Help Your Body Stay Healthy with Natural Remedies.