

Blood Pressure

An estimated 50 million Americans have high blood pressure. The U.S. Public Health Service reports that High Blood Pressure affects a substantial amount of Americans over the age of sixty-five. According to the Mayo Clinic, high blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. You can have high blood pressure (hypertension) for years without any symptoms.

Even without symptoms, damage to blood vessels and your heart continues and can be detected. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.



Supplements & Herbs

Options that are said to help regulate and lower your blood pressure as well as to help lower stress levels.

Cayenne Pepper: Promotes the opening of the blood vessels, thereby causing the blood to circulate easily through the body.

Ashwagandha: an adaptogen and helps with stress like Holy Basil, but Ashwagandha tends to work on the thyroid hormones.

Hawthorn Berries: Promotes blood flow by dilating/ widening the arteries, lessening the amount of pressure on your arteries from your blood, decreasing the stress placed on your heart and reducing your risk of heart failure, heart attack and stroke.

Bach Flowers Rescue Remedy: Naturally relieve stress and anxiety. It uniquely addresses emotional and mental aspects of wellness

Turmeric Supreme Heart by Gaia: Supports healthy cardiovascular function.

L-Theanine: an amino acid (a building block for proteins) found in green tea. People use theanine for treating anxiety and high blood pressure. L-Theanine works by relaxing a neurotransmitter in the brain, which causes calming, anti anxiety effects.

Berberine 1200: Stimulates the release of nitric oxide (NO), a signaling molecule that relaxes the arteries, increases blood flow and lowers blood pressure, and protects against atherosclerosis.

Natural Vitality Magnesium: Helps the body relieve stress and anxiety. Magnesium helps with stress by, blocking stress and anxiety hormones.

Holy Basil: an adaptogen that helps the body to reduce stress levels, which promotes physical and emotional endurance. An adaptogen is a natural substance that helps the body adapt to stress.

Sources:

<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/definition/con-20019580>
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The above information is not approved by the FDA is not intended to treat or cure disease.)

Sugar Beet Food Co-op
812 W. Madison, Oak Park - 708.948.7656