

# HERB STOP

## March 09 Highlight



### HIGH BLOOD PRESSURE

Did you know that the number of people experiencing high blood pressure (hypertension) worldwide has increased in the last year with alarming proportions? While no one knows exactly what causes high blood pressure, there are some contributing factors: genetics, diet, allergies and kidney problems.

However, in recent times, the underlying cause of high blood pressure is more of a psychological factor than a physiological one. When we experience out of control stress, tension builds up and blood pressure can rise. Emotional problems, work pressure, financial difficulties, and especially worldly circumstances can all contribute to a state of mind that is reflected in the body as tension, inflexibility and constriction, a tightening of the whole being, therefore raising the blood pressure. During these difficult times with so much chaos going on, it is so important to be in control on how you are seeing and reacting to these worldwide changes. You may want to learn about relaxation techniques, or go for a walk into nature, get a massage, watch a comedy and have a good laugh, etc.

There are a number of herbs that can be helpful in maintaining healthy blood pressure:

Hawthorn is the most important herb for the cardiovascular system. Hawthorn has the amazing ability to either gently stimulate or depress the heart's activity, raising blood pressure if it is too low, or lower blood pressure if it is too high. Hawthorn dilates arteries and veins, allowing blood to flow more freely.

Linden is the choice herb for type A people. In Europe you can find linden on the shelves of any apothecary, even grocery stores, right next to the chamomile and peppermint. Europeans drink linden tea for all sorts of health problems, or just for the joy of it (tastes wonderful). When blood pressure rises due to nervous tension, linden is very helpful.

Garlic has a reputation in lowering blood pressure, especially the systolic pressure.

#### Heart Calm©

Heart Calm© combines hawthorn, linden and garlic, herbs traditionally known to normalize blood pressure. This formula is available in Veggie Caps and may be helpful for cardiovascular problems associated with nervous tension, stress and insomnia. Heart Calm© has also been suggested by herbalist to prevent the development of arteriosclerosis and hypertension, when associated with nervous condition.

#### Motherwort

Motherwort has long been known to treat both the heart and the female reproductive system. Glycosides found in motherwort lower blood pressure, which reduces stress on the heart.

#### Valerian

Valerian root contains high amounts of calcium and magnesium, nutrients for a healthy nervous system. Throughout history people have used valerian root for its strong nervous system sedative properties to ease anxiety, irritability, depression and insomnia, due to excessive worry. Herbalists suggest taking valerian root, as it is known to slow the action of the heart while increasing its general force.

#### Eleuthero

Eleuthero has long been used by Russian people to normalize blood pressure and to reduce stress. It is known to act on the adrenal glands to

normalize stress hormone levels, thereby smoothing out the peaks and valleys of energy that characterize chronic stress.

#### Heart-Felt©

Heart Felt© combines hawthorn, motherwort, valerian and eleuthero, traditionally known for its calming effect on the heart and blood pressure, especially when it is due to emotional upsets, anxiety, insomnia, and during menopause.

#### Controlled Perception©

Controlled Perception is a blend of herbs, traditionally known to calm the emotions and release tension in the body, thereby reducing blood pressure.

#### Circulatory Calmness©

Circulatory Calmness© is a tea blend containing red clover, hawthorn and linden. It is a nice tasting tea that can be sipped throughout the day to promote healthy blood pressure levels. Red clover is high in minerals that relax the body. It is also famous for its blood cleansing properties.

#### Dandelion leaf

Dandelion leaf is highly nutritious and can be used on a long term basis for high blood pressure associated with water retention, heart weakness and decreased blood circulation. The leaves of dandelion clear the body of excess water without depleting potassium.

#### Lavender

This beautiful flower is known for its balancing, relaxing, pain-relieving and anti-inflammatory properties. Some after shave products use to be “laced” with lavender essential oil to calm and uplift the type A person, keeping blood pressure in check.

#### Marjoram

Marjoram is related to oregano, but tastes less pungent. Flavor your meals with this soothing and calming herb, as it regulates blood pressure. You may also place a few drops of marjoram essential oil in your shampoo, conditioner, and lotion to help in regulating your blood pressure.

## Things To Avoid

#### Cola Drinks

Too much cola depletes magnesium, which can cause high blood pressure and, eventually, heart disease. Cola contains phosphoric acid, which binds with magnesium. When phosphoric acid is excreted from the body, it pulls the magnesium out with it. *Dr. Kenneth Weaver, East Tennessee State University, Johnson City.*

#### Coffee

Drinking coffee on a regular basis can increase blood pressure.

#### Noises

Being exposed to excessive noise for more than thirty minutes can increase blood pressure and can affect the heart for up to thirty minutes after the noise subsides.

#### The Color Red and Orange

The colors red and orange can elevate blood pressure. Instead, try wearing blue colors, as they lower blood pressure. Doctors working in the hospitals use to wear blue colors, especially in the operating room.

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