

HIGH BLOOD PRESSURE I

Calming Support

Dr. Shook's Calming Herbal Food Compound for Elevated Blood Pressure

Here is a combination of herbs that exert a calming effect on the entire system while also:

- Feeding the overworked adrenal glands;
- Relieving the body of excess fluid;
- Naturally supporting the regular function of the heart;
- Promotes a healthy arterial system

BOTANICAL INGREDIENTS:

Valerian Root, Licorice Root, Buckthorn, Speedwell, Linden Flowers, Rue and Golden Rod



VALERIAN ROOT

The herb has a beneficial effect on the heart and on blood pressure. Some have felt “jittery and woozy” when taking blood pressure medicine and have found Valerian Root to support this issue. Within a few weeks in some cases the blood pressure has adjusted down to normal.



LICORICE ROOT

This herb supports the adrenal glands while relieving stress, nervousness and Irritability. “When people, who have been under severe stress, overworking the adrenals and becoming extremely nervous and irritable, begin to take Licorice, they think they have suddenly spiritually arrived. It is my opinion that many who suffer in mental institutions could be helped with this wonderful herb”



BUCKTHORN

As a mild Purgative this herb is desirable as an effective laxative, gentle and non-addictive, so it is good for use in long-term constipation. It resembles Senna and Rhubarb in action, effective for thorough and quick evacuation; it is said to be much valued by the Germans for these attributes.



SPEEDWELL

Speedwell is considered to be diuretic, expectorant, stomachic, tonic. Speedwell was once a highly regarded in England as a healthy, relaxing, herbal tea and tonic.



LINDEN FLOWERS

Linden flower tea has been used since the late Middle Ages as a diaphoretic, that is, a medication which promotes perspiration. Linden flower is also recommended as a nervine (tranquilizer) and a stimulant, two quite contradictory uses. These relaxant effects combined with the beneficial action of the bioflavonoids on the arteries make linden blossom a useful remedy for reducing high blood pressure and arteriosclerosis. Linden blossom also relaxes the arteries of the heart, making it useful in the treatment of palpitations and coronary heart disease.



RUE HERB

The herb has been used for heart and circulation problems including pounding heart (heart palpitations) and “hardening of the arteries” (arteriosclerosis). The chemicals in rue help decrease muscle contractions and reduce swelling (inflammation)



GOLDEN ROD

Most commonly, Goldenrod is used as an aquaretic agent, meaning that it promotes the loss of water from the body (as compared to a diuretic, which promotes the loss of both water and electrolytes such as salt)

HOW IT WORKS

This formula aids in calming the stressed out systems of the body while naturally supporting natural heart function. The bowels are gently encouraged to better function while excess congestion is relieved from the system. This herbal combination will, over time, aid in bringing about a good systolic over the diastolic reading.

The herbal aids intended to support a healthy blood pressure must be used along with a good food program and healthy lifestyle. Our Three High Blood Pressure Formulas can be taken as needed during the healing process. Each of the formulas supports a different issue driving up the blood pressure.

DOSAGE

½ to 1 teaspoon herbal extract added to hot water or juice three times daily before or after meals.