

# HIGH BLOOD PRESSURE II

## Arterial Support

Dr. Shook's Herbal Support for High Blood Pressure due to Hardening of the Arteries

Here is a combination of herbs that work to cleans and regulates the system while also:

- Working as a Diuretic to relieve Congestion
- Stimulate Digestion
- Relieve Nervous Tension & Reduce Arterial Action
- Stimulate Glandular action
- Support bowel Function and
- Stimulate the Circulatory System

### Additional Herbal Suggestions

- ❖ With high blood pressure, cholesterol and mucus form a sludge within the body. Avoid the mucus-forming foods and take herbs that act as a solvent by liquefying impurities
- ❖ **Take cayenne, working up to a teaspoon three times a day. This increases the power of the heart and corrects the circulation problems.**
- ❖ Garlic in copious amounts will bring down high blood pressure.
- ❖ **Wheat germ oil is excellent for feeding the heart and helps cut the cholesterol and smoothens its removal from the area.**
- ❖ Avoid the use of liquor and tobacco, do not keep late hours, and avoid over-tiredness and worry. There is an intricate inter-relationship between ones living habits and his body condition.

### BOTANICAL INGREDIENTS:

Sassafras bark, European goldenrod, Buckbean (*Menyanthes trifoliata*), Black Cohosh, Poke root, Senna fruit (*Cassia angustifolia*), Buckthorn, Cassia bark (*Cinnamomum cassia*),



#### SASSAFRAS BARK

Here is an herb that is the finest spring tonic known to man. It thins the blood as it cleanses old sludge from the bloodstream. There is an active ingredient in the herb called safrole, which is said by the FDA to be dangerously toxic. It is only dangerous in its isolated state. In its wholesome state, within the herb, it is perfectly safe when combined with other constituents of the plant.



#### EUROPEAN GOLDENROD

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). As an Antioxidant, diuretic, and astringent, goldenrod is a valuable remedy for urinary tract disorders.



### **BUCKBEAN**

Buck bean, a strongly bitter herb, is used for indigestion, or to strengthen appetite, increase the secretion of digestive fluids, and enhance nutrient absorption.



### **BLACK COHOSH**

Black Cohosh, as a nervine, feeds, regulates, strengthens, and rebuilds the nervous system. Where there is a weak, irregular heartbeat, Black Cohosh gives slowly increased power to the heart and a rise in arterial pressure. Where the pulse is either too fast or slow, or skips, Black Cohosh can allay the symptoms, even in children. It is considered as effective as, but not as potentially dangerous as, digitalis



### **POKE ROOT**

Because it is an alterative the plant is often used as a spring tonic. Poke is said to be one of the most superior alternatives for medicinal uses. It is said to be wonderful for congestion of the lymphatic system.



### **SENNA FRUIT**

Although its action as a purgative is prompt, Senna is remarkable for its mildness. Senna is generally considered to be a non-habit forming, safe and certain purgative. It has a local irritant effect on the intestinal wall, and carried by the circulation to act on the nerves of the large intestine, thus stimulating motor propulsion.



### **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.



### **CASSIA BARK**

This Aromatic spice acts as a relaxant, reducing anxiety and stress. It warms and stimulates the digestive system, and is useful for weak digestion. Cinnamon is a supportive and strengthening herb for weak digestions. It is used specifically in the treatment of debility and in convalescence.

## **HOW IT WORKS**

This formula aids in clearing the old sludge built up in the circulatory system, while also relieved of excess congestion. The bowels also are gently encouraged to better function. 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.