

# HIGH BLOOD PRESSURE III

## Circulation Support

Dr. Christopher's Herbal Support to equalize blood pressure whether high or low

Here is a combination of herbs that work to equalize blood pressure while also:

- Working to restore and retain the elasticity of the blood vessels
- Build the health of the circulatory system
- Provides allergy Relief when used in conjunction with our BLD Purifying Formula
- Supports a good systolic over the diastolic reading

### 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:

Cayenne, Ginger, Golden Seal Root, Ginseng, Parsley Root and Garlic



#### CAYENNE

When the venous structure becomes loaded with sticky mucus, the blood cannot circulate freely, so higher pressure is needed to force the blood through. Cayenne equalizes the blood pressure, influencing the heart immediately, and then extending its effects to the venous structure. It also works to cut the mucus in the venous system, and indeed in all the systems throughout the body.



#### GINGER

Dr. Christopher said that Ginger is a milder stimulant than Cayenne. It goes from the capillaries, through the venous structure, to the heart and back again. It is more diffusive than Cayenne. Ginger tea will produce perspiration and increase circulation, thus helping to speed the removal of toxins from the body.



### **GOLDENSEAL ROOT**

Despite the warnings about overuse of the herb, Golden Seal is considered to be one of the best general medicinal aids in the entire herbal kingdom. It is tonic, laxative, alterative, and detergent, or antiseptic.



### **GINSENG**

Recent scientific have shown ginseng to be effective against a variety of stress: Ginseng helped lessen the amount of ascorbic acid lost from the adrenal glands. Ginseng root was also found to be an adrenal cortex stimulant. Two Russian researchers found that ginseng would aid an organism in adapting to stress by helping the adrenal cortex to become more efficient. Ginseng root increases circulation by making the heart muscle contractions stronger during circulatory failure.



### **PARSLEY ROOT**

Dr. Christopher taught that Parsley works on the gall bladder and will help remove gallstones. He said that it is a specific for the adrenal glands, is powerfully therapeutic for the whole sympathetic nervous system. He said that it is a remarkable remedy for expelling watery poisons, excess mucus, flatulence, reducing swollen and enlarged glands, etc.



### **GARLIC**

Garlic has been known for centuries to function as a natural antibiotic. It destroys the unnecessary and harm if bacteria throughout the human system. It emulsifies cholesterol and loosens it from arterial walls.

## **HOW IT WORKS**

This formula can aid to equalize blood pressure. It is the herbal blood circulation formula which assists the blood purifying formulas. This herbal combination helps in blood circulation and flow which is life itself. It will equalize blood pressure whether high or low.

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.