

# Health Quarters Monthly

VOLUME 115

(719) 593-8694

MAY

2008

3620 West Colorado Avenue ✠ Colorado Springs, Colorado 80904

## From **D**ave's Heart...



A fella named Paul wrote some Jesus-followers the following information about their bodies: *“For we know that when this earthly tent we live in is taken down (that is, when we die and leave this earthly body), we will have a house in heaven, an eternal body made for us by God himself and not by human hands. We grow weary in our present bodies, and we long to put on our heavenly bodies like new clothing. For we will put on heavenly bodies; we will not be spirits without bodies. While we live in these earthly bodies, we groan and sigh.....”*

Tell me about it. In these earthly bodies we're subject to pain and illness and disease and disappointment and heart-break and....well, we all know the tune.

*“...but it's not that we want to die and get rid of these bodies that clothe us. Rather, we want to put on our new bodies so that these dying bodies will be swallowed up by life. God himself has prepared us for this, and as a guarantee he has given us his Holy Spirit.”* (2 Corinthians 5:1-5, NLT)

In a relationship with God through Jesus, you have a new body to look forward to. Meanwhile, back here where your body requires stewardship upkeep, I thought I'd give you some thoughts this month on blood pressure. If you get a chance, we'd love to hear from you.

## High Blood Pressure (Hypertension)...

### Five Key Ways to Help Prevent or Reduce It

#### 1. Change Your Diet

Dietary changes are in most cases the single most important element of an effective battle plan to prevent or reduce high blood pressure.

#### Foods to Eat:

- ✓ Fruits
- ✓ Vegetables

- ✓ Whole grains
- ✓ Beans
- ✓ Seeds and Nuts
- ✓ Soy products
- ✓ Olive oil
- ✓ Cold-water fish (salmon, tuna, sardines, halibut, mackerel)
- ✓ Turkey and chicken (skinless...baked or broiled)

#### Foods to Avoid:

- ✓ Dairy products
- ✓ “Bad for you” sweeteners
- ✓ Caffeine
- ✓ Red meat
- ✓ Refined grain products
- ✓ Fried foods
- ✓ Partially hydrogenated oils
- ✓ Alcohol

\*As a substitute for cow dairy: goat, soy, rice, almond milks and products.

#### \*\*“Bad for you” sweeteners include:

- ✓ Aspartame (NutraSweet)
- ✓ Brown sugar
- ✓ Corn syrup
- ✓ Date sugar
- ✓ Dextrose
- ✓ Florida Crystals
- ✓ High fructose corn syrup
- ✓ Honey, molasses
- ✓ Splenda
- ✓ Sucrose
- ✓ Sugar

#### \*\*“Better for you” sweeteners include:

- ✓ Sucanat (evaporated cane juice)
- ✓ Stevia
- ✓ Brown rice syrup
- ✓ Barley malt
- ✓ Fructose
- ✓ Blackstrap molasses
- ✓ Xylitol
- ✓ Rapadura
- ✓ Agave

\*As a substitute for refined salt: sea salt or Celtic salt

## 2. Avoid Food Allergens

Consuming foods to which you have an allergy will elevate blood pressure. It's important to know that food allergies come and go, dependent upon the nutritional balance in your body. A few examples of potential food allergies and their causes are as follows.....

If you're depleted in **essential fatty acids** (EFA's), you'll automatically be allergic to wheat and corn.... (and cats, dogs, feathers, wool, dust, and detergent). Fish oil, flaxseed oil, and black currant oil are all excellent sources of EFA's.

If you're depleted in **zinc**, you'll automatically be allergic to barley, brewers yeast, cherries, millet, potatoes, prunes, raisins, rye, and walnuts. We carry a zinc formula that is excellent at replenishing this store.

If you're depleted in **sulfur**, you'll be allergic to all fats—in meat, dairy, vegetable oils, fish oil supplements, etc.

MSM is sulfur. Our Ultra MSM Plus product addresses this deficiency well.

If you are depleted in **sodium**, you'll be allergic to almost everything you eat. Alfalfa is an excellent source of sodium and potassium, and in good balance. I often recommend our alfalfa product as a "multi", since alfalfa is the land plant with the widest array of vitamins and minerals in it.

And the list goes on. The obvious reality is that if you're experiencing elevated blood pressure, let us do some muscle response testing for you to see if specific nutrient deficiencies and their related food allergies are playing a role. Addressing the deficiency with the correct nutrient not only brings balance back to the body, but a halt to the allergic response. Call our office to make an appointment... (719) 593-8694.

## 3. Drink The Two "P's" of Water

Dehydration is a common problem. Not only do we not drink enough water, but what we do tend to drink (things containing caffeine) tend to rob the body of water. For every cup of coffee, 2 cups of water are required to rectify the water robbery. Same with caffeinated soft drinks.

F. Batmanghelidj, MD, author of *Your Body's Many Cries for Water* contends that chronic and persistent dehydration may well be the root cause of many of the chronic illnesses of the human body. Included, of course, is elevated blood pressure. Dehydration thickens the blood, requiring greater pressure to pump it through the blood vessels.

### Drink Plenty of Water:

Divide your body weight by 2, calling the resulting number ounces. Drink that many ounces a day. So a 200 lb man

would need to drink 100 oz of water a day. A 520 lb man would need how much? A lot!

### Drink a Particular Kind:

Drink only reverse osmosis (RO) water. All other forms test as weakening the body. Ya, I know, you just bought a water purifier, it's not RO, but you want to get your money's worth out of it. I'll tell ya what, health-wise you'll be further ahead to bite the bullet and replace that non-RO purifier with one that is.

Herbal teas that contain no caffeine are fine, as well. As are freshly made fruit and vegetable juices. We always dilute such juices. We always dilute such juices by 50% RO water so as to avoid the potential of taxing the pancreas with too much natural sugars.

## 4. Use Targeted Supplements

### Support your Thyroid.....I'd suggest Thyrostim

Your thyroid governs the function of your heart and circulatory system. An under-supported thyroid (lacking iodine) can lead to not only high blood pressure, but elevated cholesterol/triglycerides, enlargement of the heart, heart pain, pains in the diaphragm, palpitations, reduced heart function, reduced heart rate, and sense of compression in the chest.

Also important to know is when the thyroid is not getting sufficient iodine, it won't make the hormone called Calcitonin which allows your body to absorb and utilize calcium. Your body will necessarily have to break down and urinate out all the calcium you're getting from your diet...and if it doesn't get purged quickly enough, deposits will begin to form in parts of the body where such things don't belong. One of these places is in the blood vessels, helping to form plaque that elevates blood pressure.

### Support your Adrenals.....I'd suggest ADHS

Your adrenal glands govern inflammatory processes. Inflammation raises blood pressure. Your adrenals also govern electrolyte mineral balance, vital for maintaining proper pumping function of your heart. They also govern the production of digestive acids in the stomach. When the adrenals are weak, insufficient stomach acid is produced, and thus food ferments in the gut rather than being properly digested. Nutrients are not well absorbed, food allergies develop, and elevation in blood pressure is not uncommon.

### Support your Stomach.....I'd suggest Metagest

Helps to provide the stomach with hydrochloric acid thus helping it to break foods down, particularly fats and

proteins. When food is poorly digested, food allergies can develop, along with yeast overgrowth in the intestinal tract. Yeast is unfriendly bacteria that resides in our intestines, kept in check by beneficial bacteria. Poor digestion tends to lead to an intestinal environment in which the yeast grows unchecked. Yeast overgrowth can lead to elevated blood pressure, along with elevated cholesterol, heart palpitations, and heart disease.

- ✓ Lowering of blood pressure
- ✓ Promotion of nitric oxide induced endothelial relaxation
- ✓ Anti-inflammatory effects
- ✓ Retardation of atherosclerosis

## Support your Colon...I'd suggest Perfect 7

"Death begins in the colon" states the British Medical Society. A sluggish colon (which, by the way, gets its energy from the thyroid) leads to a back up of toxic waste in the intestinal tract. Toxins are reabsorbed through the intestinal wall and delivered back to an overworked liver. Dirty blood thus gets delivered to every cell in the body. All kinds of bad stuff can happen as a result, including coronary artery disease, elevated cholesterol, heart attack, high blood pressure, stroke, and varicose veins.

Perfect 7 is a blend of herbs and psyllium husks/seeds that serve to sweep the bowel clean by forming bulk and drawing water into the colon to help things move through effectively.

By the way, those who study such things say that the marks of a perfect bowel movement are these: Five times a day, two feet long, silver dollar in diameter, dark brown, no offensive odor, floats, and breaks up easily when flushed. Practice makes perfect.

## Support your Liver.....I'd suggest Livotrit

Your liver is not only the primary organ for detoxing the blood of any poisons, whether from external sources or those produced within, but is also the primary storage place for all the nutrients derived from your food. Your liver is also the producer of the cholesterol that your system requires in order to make things like hormones and the organ responsible for removal of any excess. When the liver is unsupported and sluggish, cholesterol tends to build up, getting deposited in blood vessels and leading to elevated blood pressure. Your liver gets from your thyroid the energy it requires in order to do its job. Obviously, supporting the thyroid is immensely important. Support your liver itself, as well.

## Support your Essential Fatty Acid stores...I'd suggest Bio-Omega 3 Fish Oil

The American Heart Association has reviewed the benefits of regular consumption of fish and fish oils. The review concludes that fish and fish oils help prevent cardiovascular disease including fatal and non-fatal heart attacks, strokes, sudden cardiac death, and coronary artery disease (angina). The reviewers believe that the mechanisms by which fish oils exert their protective effect include:

- ✓ Reduction in susceptibility to ventricular arrhythmia
- ✓ Decrease in platelet aggregation
- ✓ Reduction in triglyceride levels

## 5. Exercise Daily

Exercise helps to make your heart stronger, allowing it to pump more blood with less effort. The less its effort, the less pressure is applied to your arteries. Exercise also helps to keep weight down, important to maintaining healthy blood pressure.

What kind of exercise is best? The Mayo Clinic notes that: "Flexibility and strengthening exercises are an important part of an overall fitness plan, but it takes aerobic activity to control high blood pressure."

My suggestion: *8,000 Steps to Better Blood Pressure*. Someone with more time on their hands than they probably knew what to do with calculated that the average adult takes 2,000 strides when walking a mile. I'm a proponent of making walking the central focus of any exercise program, and for an hour a day. Fifteen-minute miles will keep you going briskly, but not breathlessly. And in one hour you'll take....well, 8,000 steps to reducing your blood pressure and to improving your overall health.

If you're not used to walking that long, start slowly and build up. Maybe start out with 15 minutes a day for a week. Walk briskly, but not breathlessly. Fast enough to raise your heart rate, but not so fast you couldn't carry on a conversation. Make it 30 minutes a day the next week...and so on 'til you're walking 60 minutes at a time. Now measure out a 4 mile course via your car's odometer and see how much of it you can cover in 60 minutes. That's the goal to shoot for—the end result to measure yourself against. (Let's see, that's 8,000 steps in 3,600 seconds—a bit over 2 strides a second. You can do it.)

The following information is from the Mayo Clinic's website...[www.mayoclinic.com](http://www.mayoclinic.com).

### Regular aerobic exercise can:

**Reduce health risks.** Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, Type 2 diabetes, stroke and certain types of cancer. Weight-bearing aerobic exercises, such as walking, reduce the risk of osteoporosis.

**Help you manage chronic conditions.** Aerobic exercise helps lower high blood pressure, control blood sugar and relieve chronic muscle pain. If you've had a heart attack, aerobic exercise can help prevent subsequent attacks.

**Keep excess pounds at bay.** Combined with a healthy diet, aerobic exercise can help you lose weight — and keep it off.



HealthQuarters Ministries  
3620 West Colorado Avenue  
Colorado Springs, CO 80904

NON-PROFIT ORGANIZATION

U.S. postage  
PAID

Colorado Springs, CO  
Permit #1041

**Ward off viral illnesses.** Aerobic exercise activates your immune system. This leaves you less susceptible to minor viral illnesses, such as colds and flu.

**Keep your arteries clear.** Aerobic exercise increases the concentration of high-density lipoprotein (HDL, or "good") cholesterol and decreases the concentration of low-density lipoprotein (LDL, or "bad") cholesterol in your blood. The potential result? Less buildup of plaque in your arteries.

**Strengthen your heart.** A stronger heart doesn't need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body.

**Boost your mood.** Aerobic exercise can ease the gloominess of depression and reduce the tension associated with anxiety, as well as promote relaxation.

**Stay active and independent as you get older.** Aerobic exercise keeps your muscles strong, which can help you maintain mobility as you get older. Aerobic exercise also keeps your mind sharp. Researchers say that at least

30 minutes of aerobic exercise three days a week can reduce cognitive decline in older adults.

Need more convincing? People who engage in regular aerobic exercise appear to live longer than those who don't.

Remember this: Those who study these things say it takes 30-90 days of regular exercise to see any positive impact upon one's blood pressure....and benefits last only as long as one continues to exercise.

### Letters and E-mail

"I have been getting your letters for quite a while, and have really appreciated them. I took note of the info on the thyroid. Several years ago I started noticing that my hair was beginning to fall out. I went to see an MD in regards to my thyroid. He took my temperature, and started me taking thyroid hormone replacement. I didn't notice that my hair was doing any better though. About 6 months ago I started taking Thyrostim. My hair stopped falling out, my eyebrows got thicker, and my nails are now stronger." **-Nancy H.**

**Please feel  
free to  
copy  
and/or  
share this  
newsletter  
with your  
family and  
friends.**

HealthQuarters Monthly  
Is a publication of:  
HealthQuarters Ministries

3620 West Colorado  
Ave.  
Colorado Springs, CO  
80904

TEL: (719) 593-8694  
FAX: (719) 531-7884

Website:  
[www.healthquarters.org](http://www.healthquarters.org)  
Email:  
healthqu@healthquarters.org

HealthQuarters Ministries is  
a non-profit organization.  
Your donation helps  
support our ministry and is  
tax deductible.