

Nutrition: Complementary And Alternative Choices

High Blood Pressure

John W. Jones, MD, MPH
Nutritional Consultant, Nutrition Pure and Simple
www.jjconsulting.net

Note: to have optimal response, all recommendations begin with **Ultra-Vites**, **Ultra Omega-Linic**

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Q/Day
A good multi vitamin mineral*	Ultra-Vites	2
High levels of Essential Fatty Acids	Ultra Omega-Linic	8
Vitamin E mixed tocopherols	Vitamin E 400	1
Vitamin D3	Vitamin D3 5000	1
Calcium and Magnesium 2:1 or 1:1 ratio	Calcium D Chelate	1-2
	Ultra-Magnesium Chelate	1
Additional Consideration:		
Monolaurin	Ultra-Monolaurin	2 scoops
* Use a multi without iron unless there is a known need for iron		

June 2015

There are approximately 35 million Americans being treated for high blood pressure (BP) with a cost from \$65.00 to \$140.00 per month per prescription. There are four major prescription drug classes for treating high blood pressure. Rarely is only one drug used. When several are used at one time, the adverse reactions are additive, often quite impressive, and sometimes fatal.

Blood Pressure (BP) Guidelines

Optimal	119/79 or lower	
Pre hypertension	Systolic 120-139	Diastolic 80 to 89
High	140/90 or higher	

Despite the above information, there is good evidence that a systolic pressure of 140 should be the target BP, and 130 should be the target systolic in diabetics.

The first step in BP normalization is lifestyle modification. This includes losing excess weight, exercising, limiting alcohol intake, following a heart-healthy diet (see Low Carbohydrate Nutrition), cutting back on salt, and quitting smoking.

For optimal response, all of my nutritional

recommendations begin with two important products that I formulated. They should be used by adults of all ages who are eating our typical 'Western' diet.

Ultra-Vites is an outstanding multi vitamin/mineral preparation. It is immediately available to the body. Digestion is not a concern.

Ultra Omega-Linic supplies preformed long chain polyunsaturated omega 6 and omega 3 essential fatty acids. The high level of GLA, a

PG1 precursor, makes it superior to fish or krill oil supplements. PG1 prostaglandins have very powerful activity against inflammation. Wild Alaskan salmon, which provides EPA and DHA, comes from the clean protected waters of Alaskan fisheries.

The effect of using Ultra Omega-Linic is to increase HDL, decrease inflammation, and decrease platelet stickiness. In these ways it is cardioprotective and protects the blood vessels from the effects of elevated blood pressure. It also helps to normalize the blood pressure.

Use **Vitamin E-400** with these high level of Ultra Omega-Linic to provide anti oxidant activity.

ADDITIONAL SUPPLEMENTS

There are additional nutritional supplements that are effective and safe. They have many other health benefits in addition to normalizing blood pressure. Adverse effects have been minimal, unlike their drug counterparts.

VITAMIN D3

Vitamin D is nature's leading blood pressure regulator. This has been shown in several clinical studies. Vitamin D supplementation may reduce both systolic and diastolic blood pressure by preventing the formation of excess angiotensin II. This is the same mechanism by which ACE inhibitors lower blood pressure. Vitamin D regulates renin by causing the renin-controlling gene to become less active. When the renin-controlling gene becomes less active there is less angiotensin II and therefore lower blood pressure.

Ultra-Vites contains 1000 IU vitamin D3. If additional vitamin D is needed, use **Vitamin D3 5000**, which contains 5000 IU of cholecalciferol.

Calcium and Magnesium should be used with any Vitamin D supplementation, especially at the 5000 IU or higher level. Blood pressure and

serum calcium levels should be monitored. If serum calcium is elevated (an indication calcium is being mobilized from the bone), increase the amount of Calcium supplementation. This approach to blood pressure normalization is inexpensive, particularly when compared to prescription drugs, and causes no adverse side effects.

Consider **Calcium D chelate** and **Ultra-Magnesium Chelate** with **Vitamin D3 5000** initially to help normalize blood pressure. Calcium is synergistic with magnesium in lowering blood pressure. Magnesium has an action on the blood pressure similar to calcium channel blockers. .

Two **Calcium D Chelate** and one **Ultra-Magnesium Chelate**, 2 to 3 times per day is the starting recommendation. Ultra-Magnesium Chelate can be increased to 4 per day if needed. This form of magnesium does not usually cause GI irritation. The slippery elm in it is soothing to the GI tract.

With the increased risk of atherosclerosis caused by chronically elevated blood pressure, **Ultra-Monolaurin** should be considered at 1 scoop twice per day to decrease the risk of atherosclerotic plaque caused by infection.



These statements have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or mitigate any disease.