

# **SUPPLEMENTS**

## **FOR**

# **HYPERTENSION**

**Compiled by**

**Campbell M Gold**

**(2008)**

CMG Archives

<http://campbellmgold.com>

--()--

### **IMPORTANT**

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.**

--()--

### **Introduction**

Common supplements for hypertension include:

#### **Supplements for Hypertension**

- Vit E - 100 iu daily; building up a dose of 400 iu daily over a period of eight weeks (this is an increase in dose of 100 iu every two weeks)
- Vit B Complex 100 - 100 mg, 1 x daily
- Vit C - 1 gram, 3 x daily, in combination with bioflavonoids
- Lecithin granules - 2 x tablespoon daily
- Safflower oil (cold pressed) - 1 x tablespoon daily
- Magnesium - 2 x chelated magnesium tablets, 3 x daily with meals. Reduce to 1 tab, 3 x daily as the blood-pressure drops.
- Coenzyme Q10 - 120 mg daily

#### **Raw Juice Therapy**

1/2 to 1 litre of two or three of the following juices:

- Celery
- Grapefruit
- Orange
- Pineapple
- Pear

- Cucumber

See also, "*Elixirs of Life*" in the "*CMG Health Archive*"

### **Pomegranate Juice**

- One study has shown that drinking 65 ml of pomegranate juice per day lowered systolic blood pressure by as much as 5 per cent.

### **Honey**

To calm the nerves

- 1 tsp, 6 x daily

### **Cider Vinegar**

- 2 x tsp of cider vinegar in a glass of spring water (not tap water), 3 x daily

### **Pollen**

This is an adjunct to the body resisting the aging process.

- Take as per manufacturer's directions

### **Stress**

Stress often seriously exacerbates hypertension. Consequently, any stress elements should to be identified and countered by lifestyle changes or by learning and practising relaxation techniques.

Hypnosis and subliminal programs may also be of value in reducing stress levels.

Moderate aerobic exercise can also help with stress relief.

--()--

### **Aspirin**

Some authorities suggest that low-dose Aspirin 75 - 81 mg daily, 5 days on, 2 days off, is therapeutic in hypertension.

### **Smoking**

Avoid Smoking

--()--

### **Alcohol**

Avoid Alcohol

End

--()--

<http://campbellmgold.com>

16122008/1