



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

Treatment for High Blood Pressure

Whilst many people are perfectly fine taking blood pressure medication, I am aware that some people don't feel well on it and can experience a number of unpleasant side effects.

According to the NHS (National Health Service, UK), this is the list of possible side effects from Blood Pressure medication :-

ACE Inhibitors

Persistent dry cough
Headache
Dizziness
Rash

Angiotensin-2 Receptor Blockers (ARBs)

Dizziness
Headaches
Cold or Flu Like Symptoms

Calcium Channel Blockers

Headaches
Swollen Ankles
Constipation

Diuretics

Dizziness When Standing Up
Needing to Pee Frequently
Increased Thirst
Rash

Beta Blockers

Dizziness
Tiredness
Headaches



<https://www.nhs.uk/conditions/high-blood-pressure-hypertension/treatment/>

Other Side Effects: Metallic Taste in the Mouth (this is from a friend of mine who just started taking BP medication.)

An Alternative Approach

My daughter's Godmother had a blood pressure reading that was 178 over 118. Obviously, her doctor wanted to put her on blood pressure medication. She asked to be given another 6 weeks and she followed the protocol outlined below.

After one round of this protocol her blood pressure dropped to 135 over 72! Her doctor was comfortable with this reading and decided that there was no need for blood pressure medication!

The ingredients are easy to find and not expensive.

Blood Pressure Protocol

Ingredients

30 cloves of organic garlic
6 whole organic lemons
1 litre filtered water
2 tablespoons curcumin (optional)
A little black pepper (activates the curcumin)

Look for a curcumin/turmeric supplement that includes bioperine/black pepper as this improves the absorption of curcumin/turmeric.

Method

Put everything in a liquidiser/blender (including whole lemons) and whizz until smooth. Pass through a sieve and put in a sealed bottle.

Drink 25mls per day for 3 weeks before food (don't worry about garlic breath as it seems the lemon neutralises this but you could drink it at bedtime). You can dilute with fruit juice or water if you prefer.

Then take a break a for a week.

Then drink 25mls for 10 days.



Zest for Life

Do this protocol twice a year.

The concoction will keep in the fridge for months.

Other Benefits

Cleans out your arteries
Strengthens your immune system
Keeps your arteries elastic
Optimises blood flow
Good to fight bacteria
Lowers cholesterol
Alkalises the body

References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4977979/#:~:text=Multiple%20useful%20cardiovascular%20effects%20have,%2DC%2C%20and%20blood%20pressure.>

https://www.nutraceuticalbusinessreview.com/news/article_page/Garlic_and_lemon_juice_improve_lipid_profiles/126119

<https://www.tsmp.com.au/blog/why-turmeric-helps-lower-blood-pressure-and-how-to-use-it.html>

<https://www.mountsinai.org/health-library/herb/turmeric#:~:text=Early%20studies%20suggested%20that%20turmeric,building%20up%20in%20blood%20vessels.>

https://www.healthline.com/nutrition/foods-that-increase-blood-flow#TOC_TITLE_HDR_6

<https://www.express.co.uk/life-style/health/1503249/high-blood-pressure-hypertension-lemon-juice-diet>

<https://www.semanticscholar.org/paper/The-effect-of-garlic-and-cumin-on-blood-pressure-in-Mansouri-Vahed/fbfaebb6a188c6cf409853ed0d049ee1aecc0321>

Helpful Supplements

My friend's husband needed a medical to renew his pilot's licence. Unfortunately, he discovered that his blood pressure was too high and failed the medical.

Luckily, his sister-in-law is a Naturopathic Nutritionist. She advised taking Co-Enzyme Q10 (CoQ10) and using only Extra Virgin olive oil (preferably organic), drinking hibiscus tea and including beetroot in his diet.



Zest for Life

Six weeks later, his blood pressure had lowered and he passed his medical. Pilot licence renewed!

Typical dosage for CoQ10 for migraine is 200mg per day.

<https://www.sciencedirect.com/science/article/abs/pii/S09829979490037X>

Notes

CoQ10 in the form of ubiquinol are best absorbed.
Soft gels tend to be better absorbed than capsules or other preparations.
CoQ10 is fat soluble so is best taken with a meal containing fat

Although CoQ10 appears to be safe with no major side effects, even at high doses, if you are on medication, consult your healthcare professional to check for drug interactions. However, it has been shown to be safe to take with antihypertensive drugs but it 'may' reduce the effectiveness of blood thinners.

It can take between 4 and 12 weeks for CoQ10 to lower blood pressure

<https://www.healthline.com/nutrition/coq10-dosage#dosages>
<https://www.mountsinai.org/health-library/supplement/coenzyme-q10#:~:text=High%20blood%20pressure,weeks%20to%20see%20any%20change.>

Other Useful Supplements

Omega 3 Fat Supplementation

“Over 60 double-blind studies have demonstrated that either fish oil or flaxseed oil supplementation can be effective in lowering blood pressure. One tablespoon per day of flaxseed oil can lower systolic and diastolic blood pressure by up to 9 mm Hg.¹⁶ I generally recommend 1,000 mg of flaxseed oil (in capsule form) twice a day with meals.”

<https://www.massagetoday.com/articles/10396/Reducing-High-Blood-Pressure-with-Natural-Therapies>

Diet and Lifestyle

1. Getting Out In Nature

According to an increasing number of studies, getting out in nature has many health benefits, including lowering blood pressure.



Studies indicate that the benefits are ‘dose dependent’. Even 30 minutes a week can make a difference to your health, but the more you can do, the more benefits are experienced and last longer.

"If everyone visited their local parks for half an hour each week, there would be 7 percent fewer cases of depression and 9 percent fewer cases of high blood pressure," [says ecologist Danielle Shanahan from the University of Queensland](#).

<https://www.sciencealert.com/just-30-minutes-of-nature-a-week-reduces-the-chance-of-depression-and-heart-disease>

Here is an interesting article by the Yale School of the Environment discussing the benefits of getting out in nature based on a number of studies. It is not just blood pressure, but mental and physical health that benefits as well.

<https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health#:~:text=These%20studies%20have%20shown%20that,reduce%20anxiety%2C%20and%20improve%20mood>.

And another article by the New York State Department of Environmental Conservation, which talks about the benefits of being in forests. It also includes a section about the beneficial effects on children with ADHD.

<https://www.dec.ny.gov/lands/90720.html>

[More information on Benefits of Being in Nature](#)

[https://www.thelancet.com/journals/lanplh/article/piis2542-5196\(23\)00025-6/fulltext](https://www.thelancet.com/journals/lanplh/article/piis2542-5196(23)00025-6/fulltext)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4917833>

<https://www.theguardian.com/environment/2023/apr/04/prescribed-time-in-nature-linked-to-improvements-in-anxiety-depression-and-blood-pressure>

2. Diet and Other Lifestyle Factors

According to the Mayo Clinic, the British Heart Foundation, the American Heart Association and other medical institutions, it is important to follow a broad healthy diet, preferably as organic as possible, that includes mostly plants. Please read the pages [Food as](#)



[Medicine](#) and [Eating For Health and Vitality](#) on this website for more guidance. These institutions also recommend to:-

Avoid smoking,

Avoid processed food – sugar, cooking oils etc (extra virgin olive oil, butter and coconut oil are fine)

Reduce alcohol

Take regular exercise

Get enough sleep and follow a regular sleep routine – see the link below for advice on a healthy sleep routine.

Lose weight if overweight

Reduce salt intake and switch to sea salt or Himalayan salt

Get support and help from family and friends

Reduce stress. I realise this can be easier said than done but there are steps you can take to reduce stress.

Dealing with Stress

Here is a link for advice on reducing stress as well as more information on addressing the above lifestyle factors.

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>

And here is a link to the 5 Ways to Wellbeing. My daughter wrote her dissertation for her Health Psychology Masters degree on her work with the Bath and North East Somerset Wellbeing College. Her experience there showed that the 5 Ways to Wellbeing can really make a difference to stress/anxiety/depression.

Reducing stress/anxiety/depression can be beneficial as part of an approach for controlling blood pressure.

Essentially the 5 Ways to Wellbeing are as follows:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment

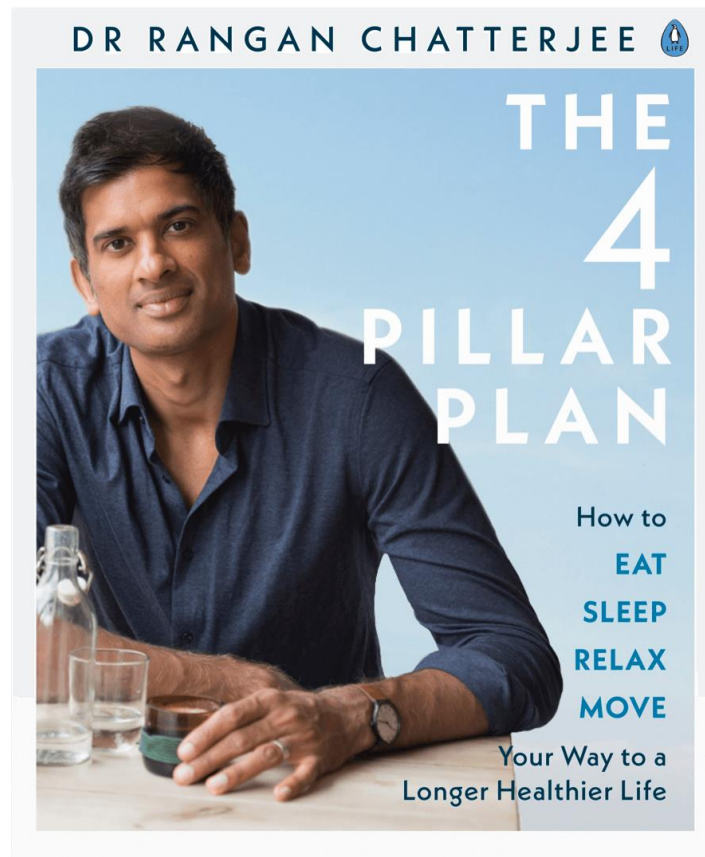
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

<https://www.wellbeing-courses.co.uk/>

Zest for Life

With this in mind, I would also like to recommend Dr Ranjan Chatterjee's book The 4 Pillar Plan.

See below...



“Based on cutting edge research and his own experience as a doctor for over 20 years, the 4 Pillar Plan provides a simple, actionable plan to help you feel fantastic.”

<https://drchatterjee.com/book/>

I hope these measures help you to manage your blood pressure and result in a feeling of well-being, energy and a greater Zest for Life.

