Hypertension

Hypertension, or elevated blood pressure, is endemic in civilized cultures such as that of the United States and Canada. Anything above 140/90 is considered hypertension by the medical world. If only the top number is elevated, that is referred to as systolic hypertension. If the only the lower number is elevated (less common), that is referred to as diastolic hypertension. As you know, the heart is quite simply a muscle that pumps blood. Systolic represents the pressure at the moments the pump is active, whereas the diastolic number represents the normal steady state or resting pressure. As such, this is the main number I am concerned with, however it is common medical practice to medicate even when the diastolic BP is quite normal.

What causes blood pressure to go up? The two main physical causes are both corrective in nature, meaning that the pressure needs to go up in order for bodily functions to occur optimally.

One is that platelets clumping together tend to form fibrin plugs in the capillaries. One obvious sign that this is occurring is swelling of the ankles. Medical doctors will give diuretics to address this problem, which can relieve it somewhat, but this does not address the underlying problem.

A second major cause of elevated BP has to with the water transport tubules in the kidneys. Think of the kidneys as the water filter of the body. With age or wear and tear, the tubules can become sclerotic or narrowed. In both cases, signals are sent from the body to the autonomic control center in the brain to turn up the BP, so that vital functions may proceed optimally.

When medications are prescribed to put a lid on the BP, this does not do anything to address the underlying condition directly. It is only suppressing the symptom temporarily. The rationale for doing so is that it might prevent a myocardial infarction (“heart attack”) or a cerebrovascular accident (CVA or “stroke”) in a small percentage of the population. The truth, however, is that clots breaking loose and clogging major arteries are most often the real cause of these episodes and artificially lowering the BP does not drastically change the outcome.

What these medications do, however, is subject the person being medicated to a wide range of unpleasant side effects. These may include lightheadedness, disequilibrium, dizziness, headache, fatigue, decreased sexual function and decreased vitality in general. Also, if someone on cardiac medications are separated from their medications for any length of time, there is a possibility that the rebound effect of the blood pressure returning may be detrimental.

So, what needs to be done instead? First, and foremost, unhealthy dietary practices and lifestyle stresses need to be corrected to improve the efficiency of the circulatory system and to begin reversing any atherosclerosis that might exist. Eating more vegetables, fruits, nuts and seeds, while at the same time decreasing animal proteins is very helpful in this regard. It is also necessary to limit tobacco smoking, as nicotine acts like a vasoconstrictor. Also, synthetic fats such as margarine should be avoided completely and replaced by healthy oils, such as those found in olives, flaxseed and fish.

Arteriosclerosis is characterized by thickening, hardening and loss of elasticity in the walls of the arteries. This is caused by high levels of vascular inflammation due to a stressful lifestyle and
can be monitored by a lab test called C-Reactive Protein (CRP). In other words, ongoing stress leads to vascular inflammation, which leads to fibrin being woven into the walls of the arteries to strengthen them. This then leads to a decrease in elasticity and ability to respond to further stress, which leaves the vessels open to micro-trauma injuries.

To address these micro-trauma injuries, the body will deposit fatty gel-like plaques along the inner walls of the arteries, which function like Band-Aids. This is called atherosclerosis. These fatty deposits are made up of cholesterol, but calcium holds the plaque in place. Since the medical scientists realized the sheer absurdity of doing anything that would lead to a net reduction of calcium in the body, they have chosen to focus on reducing cholesterol instead.

Actually, that is just about as absurd, because cholesterol is vital to life. Every cell contains some cholesterol and. In fact, brain cells are extremely rich in it. Also, adrenal and sex hormones are very rich in cholesterol. Therefore, any cholesterol-reducing medication will eventually have a negative effect on neurological and sexual function, as well as a decrease in energy. A more obvious side effect is muscle pain, which ceases once the drug is stopped. They can also lead to irreparable liver damage in some people.

**Proteolytic Systemic Enzyme Therapy**

There is a therapy that is used much more in Europe, Russia and Japan than it is here that will address most, if not all, of these issues safely and effectively without causing any of the usual side effects that drug therapy is prone to. It goes by the name of proteolytic or systemic enzyme therapy. Enzymes, whether manufactured endogenously or administered exogenously, are required for virtually every single bodily activity or function. Young people usually have a surplus, so their excess enzymes help them heal and repair most minor damages quickly and easily. As we age and eat poorly, however, people tend to get into a deficient state whereby the body must prioritize in order to maintain vital functions first and foremost. Therefore, just like an absentee landlord, repairs and maintenance often get short-shrifted until later.

A simple solution, besides eating more raw fruits and leafy green vegetables that are naturally high in enzymes, is to take certain proteolytic enzymes that can be utilized by the body to assist in repairs and regeneration. They work beautifully to reverse the fibrin plugs and can at least maintain the kidney tubules, so that no further sclerosis or narrowing will occur. In order for the enzyme supplement to be effective, there needs to be some sort of enteric coating or other protection. This enteric protection is necessary because the highly acidic environment of the stomach would deactivate the enzymes, making them unavailable for their anti-fibrotic applications.

For more information on systemic enzymes, you can go to:
http://www.systemicenzymetherapy.com/TherapeuticApplications/SystemicEnzymes.htm
http://docsprefer.com/zymessence.aspx

**Emotionally Induced Hypertension**

Another cause of hypertension, which is given scarce mention by the medical world, is due to strong emotional reactions within the body. A person with this form of hypertension will sometimes fall within the completely normal range and sometimes not. If it goes up only at the doctor’s office or in other higher stress situations, it is nicknamed “white coat hypertension.” Many elders show signs of this, as they live in more and more fear of old age and death.
This form of hypertension should never be medicated, because it is best addressed by counseling therapies, biofeedback and other stress-reduction techniques. Therapy will help them learn what their triggers are and how best to deactivate them. It is also helpful to coach them how to release the tendency to react to the Universe they live in and to become proactive upon it instead. In other words, one must learn how to operate from a position of personal power rather than from a position of helplessness, even in old age.

Here are some other factors that may be indicated to further the healing process, depending on the person. First, it may also be necessary to leave behind or marginalize any toxic relationships, while enhancing or creating healthier ones. It may also be helpful to create and carry out a positive life purpose for those golden years that contain a component of helping others. Finally, it may be more advantageous to actually move to a climate that feels more pleasant to the individual.

**Bran Muffins**

Both the man and his wife were 85 years old and they had been married for sixty years. Though they were far from rich, they managed to get by because they watched their pennies. Though not young, they were both in very good health, largely due to the wife’s insistence on healthy foods and exercise for the last decade.

One day, their good health didn’t help when they went on a rare vacation and their plane crashed, sending them off to Heaven. They reached the pearly gates, and St. Peter escorted them inside. He took them to a beautiful mansion furnished in gold and fine silks, with a fully stocked kitchen and a waterfall in the master bath. A maid could be seen hanging their favorite clothes in the closet. They gasped in astonishment when he said, “Welcome to Heaven. This will be your home now.”

The old man asked Peter how much all this was going to cost. “Why, nothing,” Peter replied. “Remember, this is your reward in Heaven.”

The old man looked out the window and right there he saw a championship golf course, finer and more beautiful than any ever built on Earth. “What are the greens fees?” grumbled the old man.

“This is heaven,” St. Peter replied. “You can play for free every day.”

Next they went to the clubhouse and saw the lavish buffet lunch, with every imaginable cuisine laid out before them from seafood to steaks to exotic deserts, as well as free-flowing beverages.

“Don’t even ask,” said St. Peter to the man. “This is Heaven, it is all free for you to enjoy.”

The old man looked around and glanced nervously at his wife. “Well, where are the low fat, low cholesterol foods, and the decaffeinated tea?” he asked.

“That’s the best part,” St. Peter replied. “You can eat and drink as much as you like of whatever you like, and you will never get fat or sick. This is Heaven!”
The old man pushed, “No gym to work out at?”

“Not unless you want to,” was the answer.

“No testing my sugar or blood pressure or…”

“Never again. All you do here is enjoy yourself.”

The old man glared at his wife and said: “You and your bran muffins. We could have been here ten years ago!”