



Normalize Blood Pressure Fast!

“WARNING: A high-protein/low-carbohydrate diet is so effective in lowering blood pressure that if you are on blood pressure medications, you must be careful. You may become dizzy and faint within just a few days and you will need to be taken off your medication quickly.” - Dr. Bruce West

Now that is the kind of warning you want to see if you have high blood pressure.

If you are one of the more than half of Americans consuming the standard American diet, with high insulin levels and high blood pressure, you may want to **kick the carbohydrate habit**. You will be so glad that you did. Besides dropping blood pressure quickly, having your doctor wean or toss your prescriptions will make you a new person. Add in these side effects: losing weight if necessary; lowering insulin levels, triglycerides, and LDL cholesterol; raising HDL cholesterol; and increasing stamina, endurance, strength, and tone. Then you'll really have something to celebrate.

Some cases of high-insulin induced hypertension will resolve with diet change alone. These are usually the folks who are overweight and out of shape. They usually consume loads of refined carbohydrates (junk food, rice, cereals, potatoes, bread, cakes, pies, cookies, crackers, and the like) and have blood fat levels out of the norm. The fasting glucose may be high, the triglycerides are usually high, the LDL is usually high, and the HDL is usually low.

The body's response is to raise insulin levels, affecting the heart and kidneys. This all spells high blood pressure. The only way to resolve this properly is with the right diet. With stubborn cases, supplementation is needed. Products come from Standard Process and success is often remarkably fast.



The thinking that high-protein diets are dangerous for people with high blood pressure of whose kidneys are being damaged by prescription drugs and carbohydrates is hopelessly outdated. So, why not try a low-carbohydrate diet? And remember the **WARNING**: Your high blood pressure can normalize really quickly when treated properly. You'll need to be ready to get off drugs fast! What a concept!

- Dr. Bruce West

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- ✓ Supplements and herbs that can lower blood pressure
- ✓ Hair analysis to help make permanent changes in the state of your health