

## Healing by Design

### High Blood Pressure

#### 10 STEPS (Products highlighted)

1. Living Green Calcium Bentonite Clay. This will detox the body, but also provide critical electrolyte minerals. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation. ***Liquid or Detox Powder by Living Clay.*** Also do bentonite clay detox baths.

2. ***Magnesium Chloride Oil by Health and Wisdom or CALM by Peter Gillham.*** Magnesium oil foot baths are live changing for many with heart concerns. Magnesium opens blood vessels and is crucial for regulating the heartbeat. All magnesium is NOT created equal, and magnesium chloride works much better than epsom salts. Get a small foot bath, add warm water to cover toes, add 2oz (1/2 cup) of magnesium oil and soak 15-20 minutes before bed.

2. All electrolyte minerals are important for the heart. Add a good sea salt to your water (yes, we need sodium for hydration and proper heart function). 1 teaspoon per gallon or a pinch per glass. Get himalayan pink salt, celtic sea salt or other quality salt, NEVER table salt. Also use ***ENDURE or Electrolyte Stamina Tablets by Trace Minerals Research.***

3. Get daily sunshine. Connect to God through nature. Get your bare feet on the earth, go camping, and just be outside. It is almost impossible to be stressed sitting on the beach or in the woods. Get an ***Earthing Sheet*** to connect to the ground in your home. Earthing keeps blood platelets from sticking together and sunshine lowers blood pressure and cleans the blood!

4. Take ***Neprirol by Arthur Andrew.*** This is most important! THESE CLEAR OUT BLOCKED ARTERIES! Empty stomach always, best to do upon rising and before bed. 30 minutes before a meal or at least 2 hours after a meal. Start with 1 capsule upon rising and 1 capsule before bed the first week. Increase to 2 capsules upon rising and 2 capsules before bed the 2nd week. Increase to 5 and 5 (10 daily) as max dosage and stay here 3-6 months.

5. Drink our ***Kidney Cleanse Tea.*** Many cases of high blood pressure are linked to blocked and congested kidneys. Symptoms may be frequent urination, swelling of the ankles, feet or hands and lower back pain or kidney stones. Stay hydrated and eat a light, healthy diet.

6. Switch to a LIGHT, almost vegetarian type of diet. Eat fruits, veggies, greens and maybe a small amount of fish and eggs. You must clean up the blood and take the stress of digestion for your bloodstream to heal itself. Start juicing, and focus on greens. Eat small meals, do not over-eat and don't eat right before bed.

7. GREENS! ***Spirulina and Chlorella by Ultimate Superfoods, Aloe Life Daily Greens by Aloe Life.*** Add these to smoothies or other drinks, even salads. Greens cleanse the blood, build the blood and increase oxygen flow to the body. Also eat your leafy greens like spinach, kale, chard, lettuces, etc.

8. Be cautious with Angiograms. They are invasive and not very accurate. For accurate testing of blocked arteries, find someone with a Cardio Max Pulse machine.

9. Avoid sugar. Insulin resistance leads to high blood pressure and diabetes. Make your sweet a small amount of fruit and/or honey and void the rest. This includes getting away from baked goods, sweets, breads, pastas, crackers, and pizza as well.

10. Other great ways to take care of your heart include exercise (walking 30 minutes daily is powerful), cayenne pepper (will save lives from heart attack, take daily to prevent), CoQ10 is important for heart health. Check the store website, there are various quality products for herbs and coq10.