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This recording of this call is available to download online at: http://www.highbloodpressurereport.com/freereport/
The following is the transcription of a recorded interview on “How to Work With Your Doctor to Get Off Drugs” between Dr. Scott Saunders, M.D. and Mo Alkady, Host.

ALKADY: Welcome everybody to Barton Publishing Talks. My name is Mo and I’ll be your host for the night. We have a very special guest with us this evening: Dr. Saunders. I’ll give you the floor for a minute and let you introduce yourself. Tell us who you are, what you do and we’ll go from there.

SAUNDERS: OK. Currently I am the Medical Director of the Integrative Medical Center of Santa Barbara. We have two offices, one in Lompoc and one in Santa Barbara. What we do is integrative medicine and what that means, essentially, whatever works. It is a very pragmatic type of health care. So, what we try to do is instead of just treating symptoms, we try to find the cause to treat the cause and then the symptom just disappear. It is actually very effective because the new medicine, the 21st Century medicine allows us to do testing on individuals.

I went to UCLA medical school and I did a family practice residency. I delivered hundreds of babies. I took care of everybody from babies, up to – I was the medical director of a nursing home.

It was actually at that time when I was in the nursing home and I was taking on the hardest cases because no one else wanted them and I had to take some. I ended up with these people who were on 10, 15 or 20 medications and we know that medications interact with each other and cause problems within, just the medications themselves. They are likely to do more harm than good when you get over about 6 of them. So, I tried to pare down the medications and I taught myself how to get off medications and what types of things to use instead. So, alternatives to drugs and that is why I do what I do now.

ALKADY: That’s interesting. It is a different philosophy of thinking and it is kind of brings us to the topic we are going to talk about today, which is high blood pressure. But, ultimately, how to work with your doctor to eventually get off the drugs but maybe start by lowering the dosages.
I think you touched on something that is very important. The root cause is not always the symptom. I think that might be a good place to start with High Blood Pressure.

So, why don’t you tell us a little bit about high blood pressure and why people will get it.

SAUNDERS: OK. Blood pressure is the actual amount of pressure you have. Your heart is pumping out blood and there is some resistance in your blood vessels and that creates pressure. So, you have a certain amount of pressure that is required to circulate your blood all through your body. Your middle capillaries are tiny blood vessels that are actually smaller than your red blood cells, so you actually need some pressure to get blood through those, as well. That turns out to be somewhere around 120/80. That is what is generally used as a normal blood pressure.

So, the reason this pressure goes up is for all the reasons you have pressure in the first place: your heart is pumping harder and that can generate more pressure. Or, your blood vessels can constrict, can create more pressure. Your blood vessels all have muscles in them and that is another thing that can create more blood pressure. Sometimes, you have extra blood volume and that extra volume creates more pressure. Within that, above that, there are so many reasons your blood pressure can go up.

Something that increases the flow of blood to your heart - or through your heart – would be things like if you have a lot of stress and your stress hormones cause harder contractions of your heart and that produces more blood pressure. So, stress can do it, of any kind: physical stress, emotional stress and mental stress. People walk into a doctor’s office. They sit down and they go, “I hate being in a doctor’s office,” and their blood pressure goes up.

ALKADY: That is a very good point. I was going to ask, how do you determine that if I am at the doctor’s office. I know I hate going to the doctor, just because it makes me very anxious. I am sure I would get high blood pressure at that point. But, what is determining to say you have high blood pressure.
SAUNDERS: That is a really good issue! Actually, if you follow the guidelines, it requires at least 3 measurements before you ever tell someone you have high blood pressure. If you have one high reading, you go, “Okay. You have one high reading. Your blood pressure is high right now.” But, that doesn’t mean it always is. What is required from doctors is to take 3 readings. Ideally, more than that, before they tell somebody they have high blood pressure. Because, like I said, that one reading doesn’t make a person have high blood pressure necessarily.

ALKADY: My Dad had dialysis and I remember getting a call at 10pm at night saying he has to go to the ER room because the test results came back. We all wondered if it was a symptom, or just a misreading, or if it would happen or what the case was. It wasn’t for another couple of weeks that they said this is what you need to do. So, that all made me wonder the basis of saying, “You have X.” Especially with high blood pressure, in any normal stress environment your blood pressure would go up.

So, how can you work to find the cause? What would be something someone would do, most likely with the help of their doctor, to find what the root cause of it is, really.

SAUNDERS: That is where testing comes in. There is a lot of what we do, to start off with, is lifestyle issues. Blood pressure would go up with any kind of stress, including inflammation in the body. So, people have infections and their blood pressure goes up. So, you look around for infections. They could have a dental abscess, for example, and their blood pressure would be higher than normal.

They could have something wrong in their intestines and in their lifestyle. A lot of times people eat, but they don’t eat good food and they cause more inflammation in their body and that makes their blood pressure go up in their body. The foot we eat has a huge effect on our blood pressure.

ALKADY: Really? So, simple food eating, or having a cold or anything like that, can affect your blood pressure.
SAUNDERS: Anything like that. Remember, blood pressure is a vital sign. Blood pressure is not a disease. People often think, “Oh, my blood pressure is high. I got to be on a pill.” But, it is not a disease. It really is just a vital sign. It is an indicator, or a symptom of a disease. Do you take this symptom and say, “Why is it high? Am I getting too much salt?” Well, too much salt increases your blood volume and your blood pressure goes up.

Or, “Is it because I don’t have enough potassium?” More often, that is just the case. Doctors tell people to get off of salt, when they are better off eating more potassium because the kidney can handle all the sodium, 45 grams of salt a day, which is quite a bit, as long as you have enough potassium in the kidney to be able to excrete that salt.

ALKADY: That is very interesting. Just going back to the basics of dialysis, I know my dad eats a very special diet. He is paranoid about any sort of salt, period. I know he watches how much potassium he eats, as well, which actually led him to go on dialysis less times in a week, than normal.

Dr. Scott Saunders Review of the High Blood Pressure Solution Kit

“As I’ve read through the High Blood Pressure Solution Kit by Barton Publishing, I’ve been impressed by how well-researched and comprehensive it is. There is no hype or pushing a specific type of therapy, just well researched alternative treatments and some anecdotes. People are so different so there are a variety of ways to heal illnesses. This kit takes this into account, giving you many options and providing the information you need to heal yourself and be independent of drugs and experts.”

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Why would a doctor, if I go in to a doctor and get a high blood pressure reading, give me medication for high blood pressure instead of try to work why those lifestyle or other causes would be?

SAUNDERS: Because it is hard. There are more than 300 reasons why your blood pressure might be elevated. It takes a long time to go through them. It is a lot simpler to give someone medication and say, “Take this. Your blood pressure will go down and you are going to be okay.” The problem with that is since it doesn’t address the issue why the blood pressure is
elevated, it doesn’t help the disease either. So, people – if they have a condition – their condition continues to get worse.

Let’s just say they have diabetes, and their blood pressure is elevated. It is called metabolic syndrome, a very common metabolic problem when the blood pressure goes up. So, they have the doctor giving them medication and the medication doesn’t address the metabolic problems, so the patient continues to get worse. Their problem, their metabolic syndrome, continues to get worse in spite of their medication. This has been shown in multiple studies.

There was one study in England with 5000 people they followed over time. The ones on the medication had lower blood pressure, but they still got more heart attacks by 12% — more kidney failure, more blindness. It was still they had more complications and left the doctors scratching their heads, “Why? Their blood pressure is normal. Why are they having more complications?” The problem is the disease persists, despite the normal numbers.

ALKADY: So, it sounds like, because it is very hard, how would I...Let’s say I got to the doctor and told I have high blood pressure and now I have to take this medication...What is really should I be doing? What is the first thing I should ask myself?

SAUNDERS: The simplest thing is to look and what you eat and how much exercise you get. Those are the two most very basic things for high blood pressure. So, if you have a sedentary lifestyle and you aren’t exercising very much at all, you’re not getting your blood pumping a few times a week, like 3 times a week, then you are more likely to have high blood pressure. The other thing is if your diet is filled with fat, starches and sugars, which cause inflammation, all three of those cause inflammation and will raise the blood pressure. I can take somebody who has metabolic syndrome, who has high blood pressure and can take them down to normal in about 2 weeks on an anti-inflammatory diet. That is just with diet and nothing else. At the Whittaker Wellness Institute, they use a brown rice and vegetable diet and that is pretty much all that they eat.
So, the first thing someone needs to look at is, “What are my lifestyle issues?” Most people that come into me, I ask them about it. “What is your lifestyle like?” “Oh...Well...I don’t exercise too much and I eat too much salt. I just love pizza, so I eat pizza almost every night.” So, I ask them, “What would you do about that?” “Well...I know I shouldn’t, so I am going to have to go off it, right?” So, actually, very often they will tell me what their lifestyle issues are, the things they need to change in order to normalize their blood pressure. A lot of them will say, “I need to loose some weight.” You know, that kind of stuff...Right on. Right on. Right on. Okay. Start with that. It’s easy! Well, for me – I’m the doctor!

ALKADY: I think that might be the hardest part. I think people get on the medication and think my medication is going to lower my high blood pressure, so then I am okay. But, what it sounds like from what you are saying is there could be a whole other cause behind the blood pressure. So, we might be doing more harm to the body because we might be doing something completely different to counteract it and all the medication is doing is pretty much balancing out something that doesn’t need to be balanced to begin with.

SAUNDERS: Exactly Mo. That has been shown. That has actually been shown that is exactly what happens. When people are brought into the emergency department, they were doing studies with strokes. They find that everybody who has a stroke comes into the hospital with very high blood pressure, 200/100 and higher. What is the first thing the does the doctor when he sees the numbers? He goes, “Oh No! We got to bring that down!” So, they use to give them something called Sublingual Nifedipine and what they found out was that their strokes got worse and they died more often when they started doing that. So, now, when people go to the emergency department with a stroke they don’t bring their blood pressure down, even if it is 200/100. So, apparently, they need that in order to profuse their brain properly.

ALKADY: Okay. Interesting. I did not know that. There are a lot of fun-filled facts I am learning about. So, obviously, there are probably several types of listeners that we have. A – the person who hasn’t been diagnosed with high blood pressure and might. So, let’s just say there is someone who just
heard from their doctor today. Then, there is the person who is already on blood pressure medication. Lastly, the person who has been on it the longest. So, there is the person who is just getting on it, the person who is already on it or just started and lastly, somebody who has been on it for several years. Obviously, the steps for one each of those is drastically different. So, it sounds like we covered in the beginning, if I have not been diagnosed, or just got diagnosed, the first thing I should look at it is diet and exercise.

What if I have a good diet and I do exercise? Then what?

SAUNDERS: …and your blood pressure is still high. Then, the next step would be to do some testing. Your doctor would need to test to find out: is your kidney functioning properly because if it is a kidney problem? It is very different if it is a heart problem, for example. Then, you could look at stressors in your life. What kinds of stressors do you have?

Chronic stress are things when people worry about the future, are trapped in the present or have not let go of the past. Those are the real stressors that could create hypertension because those are the things that release adrenaline into the adrenal hormones and into the blood. That causes blood pressure to be elevated. So, stress is a big one. The next step is to actually, with your doctor, say what tests can we do to find out why this blood pressure is elevated. Very often he will do a metabolic count to make sure the livers and kidneys are functioning properly for organs. Then, maybe even a test on the heart. The next step after that is to actually work with your doctor.

ALKADY: So, let’s say I’ve already been on high blood pressure medication for a year or six months? Or, whatever the case may be. What is the first thing I should still look at that point? Diet and exercise?

SAUNDERS: It still is. Part of that – if someone has already been on blood pressure medication, very often they will have had some testing done. They will know the kidneys are function well. The heart is functioning well. This is not a matter of server artherosclerosis, where you have hardening of the arteries or something like that. Because that is an entirely different
treatment from somebody who walks into the doctor office and their blood pressure goes up because of stress, or their anxious about being there.

ALKADY: How organized should the person be about this? Is this something where I ask my doctor, “Hey, I heard that the first thing I should do about my high blood pressure is to exercise and eat normally?” Can you tell me, ask what my blood pressure is and then take a record of that? Also, check it myself at home or how would I know I am improving or having to go to the doctor and schedule an appointment.

SAUNDERS: That is a great question because ultimately what you are asking is should the patient take charge of the problem or relying on the doctor for all the information. That is really important that once the patient takes charge and decides I’m going to find the solution to this problem and then goes into the doctor and asks, “Can you help me find the solution to this problem?” Doctors love that! It is like “Yeah! That is what I live for!” When someone walks in and says, “I am looking for a solution, can you help me find one?” If somebody has high blood pressure and comes into me and says, “I would like to get my blood pressure normal. How do I go about doing that? What is the first thing I need to do?” The doctor would be very willing to help with that, most doctors would. I don’t know of any that won’t.

The person taking his own blood pressure and keeping tack of it is a way to know how you are doing. It is like a person trying to lose weight and never measuring themselves. A lot of people won’t step on a scale because they are afraid to look at the scale, but they don’t know if they are loosing weight or not because they don’t know where they are. It is kind of like
driving a car and don’t have a speedometer; you don’t know how fast you are going. You have to be able to measure it.

Yes, absolutely, every body who has a blood pressure problem who and wants to get off of their medications should start checking their own blood pressure, keeping a log, keeping a record. The way to do that is kind of important: that you not do it times of stress. You do it when you are quiet and relaxed because the question we are asking is not, “Does the blood pressure ever go up?” Everybody’s blood pressure is goes up. I run across the street and it is going to be up over 200. There is always a reason for the blood pressure going up with any kind of stress, even physical stress. So, what we want to see is does it ever come down when you are quiet and relaxed, do you have normal blood pressure. That is really what is the question you are asking. That is why people who walk into the doctor’s office and only have high blood pressure in the doctor’s office should not be on medications or treatments. OK, I got to the doctor’s office and it is high. I go home and it is fine. I very often have people check blood pressure at home. If they don’t have a machine, they go into some of the banks. Some of the pharmacies will have little seat you can sit in with a blood pressure cuff and you can measure you blood pressure. I have them do that.

ALKADY: How fast should I be able to see a result of some sort? I start exercising. I probably want to start easy. If you have never exercised before, don’t go run a marathon. Start out with a 20-minute exercise a day. Eat right. You said brown rice and vegetables seem to be like perhaps the most extreme diet in a good way to kind of transition and work you way up from there. From what I understood, it is always good to start at the bottom, with the least amount of obstacles and then you are more normalized, start adding in things back. Now, how fast? How soon should I expect to see, you know, my blood pressure drop?

SAUNDERS: Within a couple of weeks. You see improvement right away, but blood pressure kind of drops gradually over time. As you are taking in brown rice and vegetables, you are taking in more potassium, which allows you to balance out your sodium with potassium. That doesn’t happen over night. But, within a couple of weeks you should start seeing noticeable
improvement. Such, when you are taking your blood pressure reading, you are like, “Gee, I sort of generally used to be in the 150s-160s. Now I am seeing in the 140s and 150s more. You should start seeing improvement. It may not all be normal right away, within two weeks, but you should definitely see improvement by then.

ALKADY: You say this across the board, doesn’t matter if I just got diagnosed or if I had it for a while or whatever the case may be.

SAUNDERS: Yes. In fact, I had one woman recently that I put on that brown rice and vegetable diet. She is eating green vegetables, brown rice and then she is eating peas and lentils, which is pretty much all that she eats. Within one week, she came back and she said, “I have to do something about this dizziness.” I said, “What do you mean dizziness?” She says, “Oh, man! When I stand up I get really dizzy.” I go, “That is not a good sign. Did you check your blood pressure?” She said, “Yea, it is dropping down to 80/40.” I said, “We have to stop this medication, the blood pressure medication.” We actually got her off all her blood pressure medication in one week, just with diet and nothing else. She wasn’t doing any exercising at all, just with the diet.

ALKADY: I don’t want to get anybody’s hopes up, but I am going to say that is probably a case-by-case basis on how fast you can get off the medication.

SAUNDERS: Absolutely. I have done this many times and hers is an unusual case.

ALKADY: That brings me to a good point. Your doctor should be able to help you with this. So, how do I approach my doctor to say, “Not that I want to get off drugs. They think that anybody who goes into a doctor’s office and says I want to get off these drugs, the doctor is going to go you are crazy. But, what is the first step? “Hey, Doctor. I am not interested in getting off the drugs, but maybe we’ll work with the dosage.” Is that a good step to start in?

SAUNDERS: That is a good step. Very often, the medications may be causing side effects, or if a person is having a problem with their blood
pressure is dropping too low, especially if they are getting dizziness or headaches. This is when you are get up mostly. If you are lying down, stand up and have to hold to something for a few seconds, in order to start going. That kind of thing. That is the easiest way to start. I am having these symptoms and I understand these are the side effects of the blood pressure medication. Is there anyway that I can lower the dose? That idea of lowering the dose is a very good idea to start off with. Then, what can I do and what lifestyle changes should I make in order for me to allow me lower the dose.

ALKADY: Okay. That sounds fairs. I want to circle back to something we talked about earlier. I’m not sure we dove into as much as we would have liked to. We said that high blood pressure is really a symptom or something that is not necessarily... A big myth is that is it a disease or not? You hear all over the streets, “Well, I have high blood pressure.” Which I am like, “What does that mean?” I just ran up here ...I have high blood pressure. What is that?

SAUNDERS: Yes. High blood pressure, there are so many possible reasons for high blood pressure. I look at it like you have this box. We call this the hypertension box. There are 30-50 to a couple hundred different ways to get into that hypertension box. But, your only way out of the box is how you got in.

Let’s take one example. Many people in our society, very commonly 40% of people are deficient in magnesium. Magnesium is something that is a smooth muscle relaxant, so it relaxes the blood vessels and lowers the blood pressure. It relaxes everything. It relaxes the body. People can’t sleep and they take magnesium – Boom, they can be out like a light and sleep very nicely. So, all of these people that are low in magnesium, deficient in magnesium, would not be benefitted by being on a low sodium diet necessarily and wouldn’t be benefited by taking extra potassium because that is not their problem. If you have to deal with the problem with how you got into that box in the first place. The only way out is how you came in.
That is why it is important to deal with all of the different possibilities. To look at all the different possibilities and say, “Is this a nutritional problem? Is this a stress problem? Do I need more exercise? Am I eating well?” Most of the time, we are able to lower people’s blood pressure with diet and exercise program.

ALKADY: So, it doesn’t sound like blood pressure is a disease, necessarily.

SAUNDERS: No, it is not a disease. No, it is just a symptom. It is just a vital sign.

ALKADY: That is interesting and good to know. I think a lot of people go to the doctor and they could say you have anything and you freak out, “Oh my god. I am the only one in the world with it.” Or, maybe you could say it is just a reaction to the word.

SAUNDERS: People don’t die because of high blood pressure. You sort of get this image in your head that your blood pressure went up, your artery is going to pop in your brain and you are going to die. Or, your artery is going to pop in your heart and you are going to die. That is not the way it works. It just doesn’t happen that way. People with hypertension, it is not the blood pressure that causes the problem. It is whatever else is going on. If you have hardening of the arteries, if you have artherosclerosis, because of this chronic inflammation in your blood vessels, then your blood vessels are getting harder and harder and you are going to have a heart attack at some point because of the inflammation. The blood pressure is there. It is part of the problem, but is not the cause of the problem.

So, the studies that are done – and this is very interesting, Mo – the studies that are done using blood pressure medication and you give somebody blood pressure medication and you follow them for 20 years and you keep their blood pressure down the whole time, normal and everything. You compare that to people that don’t take any blood pressure medication and their blood pressure is high. Do they live any longer? No. Multiple studies. Years and years of studies, all the blood pressure medications – not one of them has shown that anybody to live one day longer because of their blood pressure medication. It just doesn’t work. It is true, they may have 12-20%
fewer heart attacks, but mostly because those are non-fatal attacks anyway and they die of other things. They get congestive heart failure because of the medication, or they get kidney disease because of the medication. So, they usually die of other causes. But, nevertheless, nobody lives longer because of bringing your blood pressure down. Really, if you deal with the disease that is causing the hypertension, that is where your benefit lies.

ALKADY: Interesting. I like how you said earlier, though, is that there is only one way out of a box, bringing a whole new meaning to that phrase, “To know where you are going you got to know where you’ve been.” Almost like you have to retrace your steps to basically un-do what has happened here. I think that is a really good note to take home, which is how do you backtrack all the way down? First, by removing certain symptoms and working with your doctor on tests.

Is there anything else you would like to add about high blood pressure that we didn’t cover, that may be beneficial to our listeners at all?

SAUNDERS: One of the things about high blood pressure for people is that anxiety brings up your high blood pressure. There is this vicious cycle that comes in where you are kind of anxious, you go into the doctor, he measure your blood pressure, which is high and you go, “Oh, No. I am going to die from my hypertension.” And then you get anxious about that. Then your blood pressure goes up more. Even though that is not a risk factor for heart disease or blood pressure disease or anything like that. It is still one problem of diagnosing high blood pressure as a disease. It is anxiety. Don’t worry about it. It is not a worrisome thing. It is an indicator. If you have a temperature of 102, would you worry about it? Yea, you would go, “Hmmm…. I wonder why I have a temperature of 102. Do I have the flu? Do I have pneumonia or do I have a kidney infection, or cancer or something like that is bringing up my temperature?”

If you look at blood pressure exactly the same way and say, “Why? Why is my blood pressure high? Do I have heart disease? Do I have artherosclerosis? Do I have inflammation in my body? Am I missing some nutrients like potassium or magnesium?” Then, address the problem. It really should not be anxiety provoking.
ALKADY: Interesting. That is good to know because my friends think I am a very naturally anxious person. I bet I have high blood pressure all the time and nobody has ever told me that. But, I do watch what I eat and I probably should exercise more than I do. But I do watch what I eat and mainly that has been because of my back situation and listening to people like yourself and working at Barton Publishing here has taught me just to eat right. It saves a lot of headache in the long run. Perhaps, really, that is the biggest motivation is to eliminate the headache in the long run and not be on any sort of medication, if I don’t have to.

SAUNDERS: Exactly.

ALKADY: Well, with that I would love to thank you for giving us your time this evening and running through this and thank our listeners.

The High Blood Pressure Solution Kit:

The High Blood Pressure Solution Kit is a complete, step-by-step kit for naturally and effectively lowering your blood pressure and keeping it down. It will tell you exactly what will and what won’t help you to safely, naturally, and affordably drop your blood pressure.

Dr. Scott Saunders Review of the High Blood Pressure Solution Kit

“As a medical doctor with over ten years of research in the field of nutritional and alternative medicine, I’ve seen a great deal of misinformation. As I’ve read through the High Blood Pressure Solution Kit
by Barton Publishing, I’ve been impressed by how well-researched and comprehensive it is. There is no hype or pushing a specific type of therapy, just well researched alternative treatments and some anecdotes. People are so different so there are a variety of ways to heal illnesses. These reports take this into account, giving you many options and providing the information you need to heal yourself and be independent of drugs and experts.”

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See How People, Just Like You, Have Used The High Blood Pressure Solution Kit To Safely and Naturally Lower Their Blood Pressure...

Helena D. Was "Skeptical", but her blood pressure dropped in two weeks!...

"I was skeptical I could bring my blood pressure down naturally. I already walked the dog, went to the gym, ate fresh foods and limited my salt intake. However, I added some of things you recommended and brought my blood pressure down from 197/96 to 150/50 in two weeks and as a result don't have to have tablets. Thank you." -Helena D.

Juliette sure had good results and had a lot to say about the kit...

"Hi. It has been over a week since downloading your Blood Pressure Kit. Prior to reading this report, my blood pressure was considered high by the doctor. I had tried no other products (natural) prior to reading the blood pressure report other than what the doctor had prescribed me which was Ramipril 5mg and 1.5 of water tablets which I had been taking for a period of 8 months.

I never felt right on this medication, as a matter of fact I felt worse than I did prior to the medication.
Your kit gave me a lot of tips and also made me more aware of my bodily function and what may be causing my pressure to rise as the doctor claimed it to be hereditary. From the kit, I took heed to the colon cleanse and bought other various vitamins stated within the Blood Pressure Kit. I do not take the vitamins all at once, but I complete one course and then move on to the next.

I visited my doctor last week, and we came to the conclusion that it was stress causing my blood pressure to rise and he has taken me off of the Ramipril, and apparently if my blood pressure continues to fall (it now ranges between 82/120 - 89/123, that he will begin to wean my off of the 1.5 direutics! Good news!

What I took from the report was the following: Co-Enzymes, acai berries, apple cider vinegar, exercise (yoga and meditation), uptake in drinking water, I have stop using salt in my diet, without this my diet has always been healthy so there was no need to increase fruit and veg. I weighed in at 154 pounds prior to undertaking instructions from the Blood Pressure Kit, I am now down to 147 pounds.

So I guess it has worked for me. I would recommend this kit to others who are serious about improving their lifestyle as a whole and not just those who suffer with blood pressure as since I am the main person to cook in the family home, I see it as preventing the rest of the family from suffering the way I have."

-Juliette J., U.K.

Rick P.'s blood pressure is continuing to drop...

"During the first week, my blood pressure dropped from 145/92 to 125/85. The second week I started eating a bulb of garlic. Currently, my blood pressure is at 118/78. This is after only 2 weeks following your Blood Pressure Solution Kit."

-Rick P.

Grant Thorn - "It was the best thing I ever did..."
"My name is Grant Thorn from Red Deer, Alberta, Canada. I have had high blood pressure for a number of years and my doctor put me on 160mg of Diovan. It seemed to help a little bit but not what I was happy with.

I ordered the High Blood Pressure Solution Kit and it was the best thing I ever did. I started eating all raw foods and got on Hawthorn berries. After two weeks I was able to cut the medication in half.

I then started jumping on a rebounder for 15 minutes three times a day five days a week and now I'm completely off the Diovan.

I would recommend this report to anyone who is willing to do what the report says because it worked for me. My doctor said I would never get off the meds. Was he wrong!"

-Grant Thorn

To learn more about everything included in the High Blood Pressure Solution Kit and to see more stories from people it has helped, simply click on the link below:

Click to below more about the High Blood Pressure Solution Kit now!

http://www.highbloodpressurereport.com/

I really do hope you enjoy and get a lot out of the free audio interview with Dr. Scott Saunders. Drugs are rarely the answer because there are so many safe and natural alternatives to healing!

Yours for excellent health,
Joe Barton
BartonPublishing.com