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# HYPERTENSION

*Extreme Dangers of Antihypertensive Drugs  
Nonpharmaceutical Prevention  
Nonpharmaceutical Cures*

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NOTE: Those who need immediate relief may jump to the section “[Action summary](#)”.

**A note for the reader:**

*This was written hastily on February 4<sup>th</sup>, 2019 as a quick (and incomplete) letter to a friend who needed some information on curing high blood pressure. High blood pressure is so easy to cure; why make a long report? There are higher priorities.*

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NOTE: Those who need immediate relief may jump to the section “[Action summary](#)” (even without reading the book until later).

Dear \_\_\_\_\_:

I apologize that I didn't speak up when you mentioned that you were suffering from high blood pressure. I assumed it might be annoying to always be saying, "I know how to cure this, I know how to cure that." But now I realize that I was actually being neglectful by trying to not sound annoying. I should have explained to you that high blood pressure is easy to cure with nutrition, and that I have experience doing this. Others have more experience but I have done my best to compile their work here.

So I have included below a few major categories of things I would do to cure high blood pressure—that is, if I still had it.

High blood pressure is not a disease in itself. It is a symptom. Some believe it to be a protective mechanism. While it is true that the blood pressure lowering drugs have succeeded in lowering blood pressure, it seems to me that they have not improved long-term outcomes.

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NOTE: Those who need immediate relief may jump to the section " <a href="#">Action summary</a> ".
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#### **Transcript from Track number 12: HIGH BLOOD PRESSURE and MUSCLE CRAMPS from my Calcium Metabolism audio report:**

*The following transcript (indented) should teach you about deficiencies of the four electrolyte minerals (calcium, magnesium, sodium and potassium), about the great benefits of unrefined salt for high blood pressure, and about the relationship between kidney failure and high blood pressure in some patients:*

Sometimes a patient might have high blood pressure because of lead poisoning, and what with the recent study on the contamination of vaccines with lead and many other terrible substances, along with the use of PVC plumbing which contains lead, arsenic and antimony, lead poisoning might be even more common today than I used to believe. But most of the time, both high blood pressure and muscle cramps are caused by the same thing: deficiency of one or more of the four primary macrominerals. [more precisely these four are the electrolyte minerals]

[UPDATE: Jonathan Wright MD of Tahoma Clinic says that nearly everybody he tests in his practice has a body burden of lead, mercury arsenic—all the toxic heavy metals.]

For both high blood pressure and muscle cramps, a calcium deficiency is usually the main problem, but I think it is necessary to make sure the patient is emphasizing all four primary macrominerals in the diet: calcium, magnesium, sodium and potassium. [Dr. Wallach has said that a calcium deficiency is the one and only cause of high blood pressure, and he reports that many people have been cured by taking a complete supplement program including Beyond Osteo FX. I differ here with Dr. Wallach only in that I know that some other strategies have been highly significant in curing high blood pressure, but I believe he is right that a calcium deficiency has been the main problem.]

I used to have muscle cramps, even while drinking raw milk and taking magnesium supplements. But not any more. Because I take the supplement Beyond Osteo FX—the letter 'F' and the letter 'X'—I do not have muscle cramps anymore. Even with all the raw milk I was drinking I was not getting enough calcium—it might take about a half gallon per day, depending on the raw milk. Raw cheese is a great source of calcium and that option can be very practical for people who do well on raw cheese. I have helped people to relief from their muscle cramps and to cure themselves of high blood pressure using Beyond Osteo FX. Since many calcium supplements can be harmful—especially things like oyster shell and limestone—I don't recommend any other calcium supplements at this time. Beyond Osteo FX also contains some magnesium and important trace minerals.

Ideally, patients will take intramuscular magnesium injections every week. If you don't think it will help you sleep better, try it! The strategies on this track can also give a lot of help to people who have suffered from insomnia and panic attacks. Sodium may be obtained from good unrefined salt and from sodium-rich vegetables like green beans, zucchini, celery, tomatoes and carrots. For those that prefer sea salt over pink salt, it may be best to get unrefined salt from Ice-land, or perhaps the Southern Hemisphere because of all of the radioactive waste that has been dumped directly into the Irish Sea or the English Channel. For more information on that go on the YouTube and watch “Radioactive Waste: Dumped and Forgotten,” a documentary which was [reportedly] banned in the UK but allowed to air in France and Germany. Eating table salt is not the cause of high blood pressure, but I do think table salt specifically can make high blood pressure a little bit worse in some people—maybe 2 or 3 percent of people. I suspect that those people have been people who have been particularly irritated by the harshness of refined table salt. On the other hand, unrefined sea salt appears to have a stabilizing effect on blood pressure, raising it if it is too low and lowering it if it is too high. Tom Cowan, MD, who is on the Board of Directors for the Weston A. Price Foundation, treats a lot of patients for high blood pressure with just one prescription: he gets his patients to eat only unrefined salt. Dr. Cowan has a 90% success rate with that one strategy alone. Watch out, because some salt can be labeled “sea salt” but is actually table salt that was made using sea salt for a starting material. Unrefined salt is not pure white in color, but can be beige, pink or gray. Many people say that bananas are the best way to get potassium. I'd rather see my patients eating more avocados—they're a richer source of potassium. Also, Back to Eden gardens will produce food that is much richer in potassium than the tough and bitter food that grows from tilled soil!

[NOTE: Dr. Cowan also stressed the importance of intake of omega-3 essential fatty acids for eliminating high blood pressure. See section '**Action Summary**' for further information.]

According to Dr. Wallach in his compact disc *Best of Dead Doctors Don't Lie with Q & A*, a

cardiologist and epidemiologist named Alexander Gordon Logan, on the teaching staff for Canada's University of Toronto medical school, concluded in his meta-analysis of 56 studies on high blood pressure and salt restriction, "You might as well go ahead and salt your food to taste! It's a meaningless exercise." These results were published in the *Journal of the American Medical Association* and popularized in the *New York Times* on May 22<sup>nd</sup> 1996.

Dr. Wallach also states that Japanese, who statistically have been known to live 4.1 years longer than Americans and have half the cancer rate and half the rate of cardiovascular disease eat three times the salt that Americans have been eating.

Sometimes people can have high blood pressure because of kidney failure. When kidney failure happens, the kidneys make a hormone called renin (R-E-N-I-N) that raises blood pressure to force the dirty blood into the filtering units. For kidney failure, Dr. Wallach recommends that folks diligently avoid oils. He says, "No oils! No olive oil, coconut oil, margarine, mayonnaise, salad dressing or cooking oils!" [The avoidance of these damaging oils prevents the lining of those tiny bloody vessels from getting damaged.] And he also gets people on one Healthy Brain and Heart Pak per 100 lbs. of body weight per month along with Niacin Plus and Cardio Stix to help open up the tiny blood vessels in the kidneys. Dr. Wallach and his team of Youngevity representative cure thousands of people of kidney failure every year on this supplement program, and they even get a very large number of people off the kidney transplant list. You can ask if you need more information on kidney failure or healthy fats in the diet. Now finally, we've really reached the end of track number 12.

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### **My personal experience with curing myself of high blood pressure:**

I used to have high blood pressure. It wasn't so high that a doctor would have started recommending that I get on medication. It wasn't too long after the vaccine injury which caused me to have migraine headaches 24/7 that I began to get high blood pressure—I think it may have had something to do with the stress of all that pain. Anyway, I noticed that when I went to the migraine doctor who was prescribing a drug for me, my blood pressure was high when I got to that doctor's office: they measured it there with a cuff, and that's how I know that it was high. Two years in a row, I went to that office to have my appointment so that my prescription would be refilled, and my blood pressure was about 140 over 100. For as long as I could remember it had been about 110 over 70 or 120 over 80—perfect.

In any case, I noted this and went home. Well, as I learned about the dietary guidelines of the Weston A. Price Foundation, I began to learn a little bit about unrefined salt. I realized that I had been using no salt at all on my food—I am very glad that I didn't die from this most dangerous practice!! I began to use some unrefined sea salt which was gray in color and made up of large crystals. It was delicious, mild in flavor, full of trace minerals. It didn't burn my mouth and it didn't make my headaches worse like table salt did. So I ate a lot of it. Really, a lot! And that's fine, because I also ate plenty of vegetables and raw milk. I was getting enough potassium to balance out the sodium in the good unrefined salt I had just added to my life. The next time I went to that doctor, my blood pressure was normal (I think about 110 over 70). I mentioned this to the physician's assistant who was taking my blood pressure, and they looked back at the previous numbers and agreed that it was an improvement. Imagine the look on their face when I said that it must be because I was eating a lot of salt lately!

But as it turns out, I was right: that good unrefined salt had exerted its stabilizing effect on my blood pressure and I was cured. Later I learned about the work of WAPF board member Thomas Cowan MD in his practice (mentioned above in the transcript from my Calcium Metabolism audio report).

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### **My personal experience with curing my friend of high blood pressure:**

A friend of mine once had high blood pressure. I got him to start taking Beyond Osteo FX and he was able to get off of his blood pressure drug. He reported that any time he neglected to take the supplement for any length of time, he started to feel a bit dizzy or lightheaded, which he had also felt any time he had neglected to take the high blood pressure drug. He was glad to know that he did not need to take the drug to control his blood pressure—it was just a nutrient deficiency.

I will also re-state that Beyond Osteo FX cured me of muscle cramps, even when I was drinking raw milk and supplementing heavily with magnesium. The largest components of Beyond Osteo FX are calcium and magnesium. I think this supports the claim Dr. Wallach made that muscle cramps have been a calcium deficiency.

A different friend also experienced great relief from his muscle cramps by taking Beyond Osteo FX. His were very severe and painful, and kept him awake far too much at night. With this one strategy alone and without making any other changes in his life whatsoever, he reported that his very severe muscle cramps were reduced by 60% and sometimes as much as 80%. I would expect better results if he were to make some other changes, also.

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### **Nitric oxide and high blood pressure:**

Notice in the transcript above of Track number 12 from my Calcium Metabolism audio report that Dr. Wallach recommended a complete supplement program (the Healthy Brain and Heart Pak) and good diet for people suffering from kidney failure. He also recommended the use of Niacin Plus and Cardio STX to help the small blood vessels in the kidneys. Dr. Wallach has reported that he got a lot of people off of the kidney transplant list every year and even more off of dialysis. In other words, he reports success in reversing kidney failure and restoring good function of the kidneys.

But there are some important things to notice here:

- a) The Cardio STX product contains caffeine from green tea. I do not recommend caffeine, as you know.
- b) The Cardio STX product contains L-citrulline and L-arginine, an indication that the product is meant to support nitric oxide production.
- c) Niacin Plus is also meant to improve circulation—both products are meant to do that.

Next, you should be aware that there is a product which has been promoted by someone I trust a lot: G. Edward Griffin. He is a political theorist and has spoken against collectivism (socialism, communism,

fascism) and in favor of individualism. In any case, good ol' Ed Griffin has reported that his high blood pressure was cured with a nitric oxide product called Cardio Miracle. Now Cardio Miracle has a lot of ingredients in it, and I won't go into an great detail here. But I will say that it has L-citrulline, L-arginine and vitamin D<sub>3</sub> in it. Vitamin D<sub>3</sub>, according to the manufacturers, has been known to extend the life of nitric oxide in the human body. According to the makers of Cardio Miracle, a single dose of the product keeps nitric oxide at a maximum level in the body for 12 hours—so they recommend two doses per day.

In any case, I would also point out that I think the L-arginine, L-citrulline, vitamin D<sub>3</sub>, hawthorn berries and beet root crystals are responsible for most of the blood pressure lowering effects of the product Cardio Miracle.

Here's what I suspect might make these supplements unnecessary:

Properly made lactofermented beet kvass + high quality cod liver oil + raw grass-fed butter oil (or equivalent locally-produced raw full-fat dairy foods)

Beet kvass is a fermented beverage similar to sauerkraut or kimchi or real Kosher dill pickles. It has long been recommended by the Weston A. Price Foundation: WAPF President Sally Fallon Morell drinks it every day and reports that it is one of the things which has improved her energy levels the most. Beets are well-known to maximize the oxygen-carrying capabilities of the blood and have been used by athletes for this reason. Beets stimulate nitric oxide production and so I personally suspect that this fermented beverage, if made right, should be all anybody would need for maximizing nitric oxide levels, so long as vitamin D status is good—that's where the cod liver oil comes in.

Plain raw beet juice would be high in sugar. So I recommend that you make beet kvass for lowering your blood pressure and boosting nitric oxide—this is still raw but the sugars have been converted to lactic acid by the beneficial microbes. Raw beets are well-known to lower blood pressure. [3]

[3] <https://articles.mercola.com/sites/articles/archive/2016/12/26/fermented-beets-benefits.aspx>

Cod liver oil contains a full-spectrum vitamin D, and not just synthetic vitamin D<sub>3</sub>. This should be good for lengthening the lifespan of nitric oxide in the human body, without relying on any synthetic supplement. According to the Weston A. Price Foundation, there are thousands of kinds of vitamin D and hundreds of kinds of vitamin A, thus it is important to get full-spectrum vitamin D from real food: cod liver oil. Raw butter, cream and other full-fat dairy from cows grazing on fast-growing grass and with exposure to sunlight (i.e. not confined to a giant barn for their entire lives) should be a better source of vitamin D than the cod liver oil. I realize that many people have been taking vitamin D supplements and that these have been fairly cheap. Some people might not initially see the benefit of taking cod liver oil and raw butter instead of a vitamin D supplement, but I can tell you that vitamin D supplements on their own (i.e. without the other necessary fat-soluble nutrients) would increase the risk of kidney stones.

Now while real traditionally made cod liver oil is not cheap, beet kvass sure is if you make it yourself!

In order to make beet kvass, I recommend using a very high-quality airlock system called The Probiotic Jar. The makers of The Probiotic Jar found that a number of airlock products on the market were

unknowingly using a type of plastic which was permeable to oxygen, and this was causing fermentation failure. So they built their own airlock system, and they made sure that it was sealed up like laboratory equipment to keep oxygen out!

They also started the Foundation for Functional Fermented Food ([fermentingseminar.org](http://fermentingseminar.org)) and they offer an excellent seminar for people who want to learn more than the basics.

But to learn the basics, you do not need to pay to attend their seminar or access video of the seminar online—you can use the free information on their product website <http://www.probioticjar.com/>:

Simply go to their homepage and put your mouse over the tab at the top of the page which says “How to Ferment”. This will make some options appear. Then, use the “Quick Start Guide” or the “Expanded Guide” and you will soon learn the basics of how to reliably make a mold-free batch of fermented vegetables!

The Foundation for Functional Fermented Food is now recommended by the Weston A. Price Foundation, because it helps to clear up questions people might have about how to reliably make mold-free batches of sauerkraut and other fermented foods, despite the many incorrect recipes which have been disseminated by various books and internet articles on the topic.

The key here is that true, old-world fermentation was never done with an open lid—it was always done with an airlock system! That, and getting the salt concentrations right, are key to success. Also it is essential that any water used must have no chlorine or fluoride added to it, because those would kill off the good bacteria. Finally, the vegetables used should be ideally very fresh, free of chemicals and obtained from one's own garden or a farmer's market, because the good bacteria on the surface of the produce would start the fermentation process: without it, the batch would fail.

In any case, I strongly encourage you to make beet kvass with the Probiotic Jar as one means of controlling your blood pressure. Please ask if you would like me to teach you how to do this. The instructions on their website are very clear but it might be fun to have somebody helping you get started with such a project in the kitchen. Their refrigerator magnet is a handy tool for calculating the amount of salt to add to each batch of fermented vegetables. If you buy The Probiotic Jar, then you might like to order that refrigerator magnet also because it would speed up the process for you. I promise: beet kvass is easy to make! Just get everything right the first time.

Now for real unprocessed cod liver oil, I recommend the brands Rosita and Dropi.

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## Action summary:

*This letter wouldn't be complete without a concise summary of what you should do!*

**1.** Eat only unrefined salt, and eat plenty of it. “Salt your food to taste” is good general health advice. It is remotely possible that some very small percentage of people could benefit from using a somewhat less salt (even high quality unrefined salt) if they are already using a very large amount of it, but I can't see that there would be any health benefit to restricting salt to the level recommended by the government dietary guidelines. At least use enough salt that you feel satisfied. In my own experience, using a lot of unrefined salt was very good for stabilizing my blood pressure and it seems very very likely that many others would experience the same thing because of Dr. Tom Cowan's outstanding results in his practice. If try eating a lot of good unrefined salt, but feel better eating somewhat less, then just go for what makes you feel better.

I like gray sea salt, but Himalayan salt or Redmond Real Salt from Utah are also good. I've been using the Noirmoutier French gray sea salt from New Seasons, which is very similar to Celtic Salt but less expensive. But because of the radioactive materials which were apparently dumped into the Irish Sea and English Channel for decades, I think it might be good go for unrefined sea salt that comes from Ice-land or from the Southern Hemisphere, though I don't know of any such brands to recommend at this time. Celtic salt is what I'm using, though, and it's very widely available. There can be no doubt that a patient will experience a lot of benefits from eating plenty of it.

**2.** Try taking Beyond Osteo FX by Youngevity or a similar product. It is likely that this will supply enough calcium for your high blood pressure to be cured. I am also a big believer in raw milk. The Real Milk Finder online is a good resource for finding it in your local area, no matter what state you may live in. According to *The Milk Book* by William Campbell Douglass MD, a criteria for the adequate Pasteur-i-zation of milk has been the complete destruction of the enzyme phosphatase—yet phosphatase is essential for the absorption of calcium in milk! Many raw milk farmers are only too happy to arrange weekly “drop-points” in the city for city dwellers. Beyond Osteo FX will also supply magnesium and this will surely help your blood pressure a great deal.

**3.** Eat lots of vegetables and avocados, much more than you think you need. It is good to eat them with plenty of butter and—you guessed it—quality unrefined salt! These will supply, among other things, potassium. Surely you have been not eating enough potassium. An easy way to get lots of potassium is to eat avocados. They are not sugary like bananas and not very fibrous like vegetables. It could be pretty easy to overdose on bananas especially if they're not extremely green or you don't digest very green bananas very well. You could certainly eat a couple of avocados per day and find that your blood pressure is additionally helped by that strategy. You know, three a day would not be too many if you really like them. If you make some guacamole, consult me about how to make something healthy and delicious for dipping into them that won't kill you—most of the corn chips and potato chips on the market have included deadly industrial seed oils (vegetable oils) and table salt. Those would not help at all. Thank you.

**4.** Take high quality cod liver oil (Rosita or Dropi) and Green Pasture's raw butter oil, and make beet kvass from the Quick Start Guide and Expanded Guide, accessible from the HOW TO FERMENT tab at the top of this page: <http://www.probioticjar.com/>



Drink 4 ounces of the beet kvass morning and night, for a total of 8 ounces per day. However, start very slow (maybe ½ ounce once per day) and work up to it from there, or else you might experience the unpleasant Jarish-Herxheimer reaction as pathogenic microbes (yeast overgrowth for instance) die off rapidly in your intestinal tract, releasing byproducts of their demise in great quantities. If you regularly eat unPasteur-ized sauerkraut or similar foods, you can probably jump into the beet kvass routine a little faster than if you don't eat those kinds of probiotic foods regularly. If you find that you don't very much like the taste of beet kvass, just gulp it down quickly—there are a lot of other extremely delicious fermented vegetables to make with The Probiotic Jar!

The cod liver oil and butter oil should supply vitamins A, D and K. You could use plenty of full-fat raw dairy purchased locally instead of the butter oil but it wouldn't be expected to contain vitamin D in the winter months! Again, the reason for consuming vitamin D along with the beet kvass is because vitamin D is supposed to extend the lifespan of nitric oxide (naturally formed by consuming beet kvass) in the human body. The reason why you need vitamins A, D and K is because these three fat-soluble vitamins work together in the human body to make sure that calcium is deposited in the right places (the hard tissues: the bones and teeth) and not deposited in the wrong places (the soft tissues: the kidneys, the arteries, the joints and the brain). It would be irresponsible of me to recommend a food that includes vitamin D without recommending a food that also includes vitamin A—and the reverse is true. Those two vitamins are each known to be toxic in the absence of the other and very beneficial when combined!

Now I am very much aware that some patients have been told by their doctor to take vitamin D<sub>3</sub> and avoid vitamin A-containing foods. This has been the wrong advice, since vitamin A is toxic when the patient is depleted of vitamin D and since vitamin D is toxic when the patient is depleted of vitamin A. I think the advice to supplement only with vitamin D<sub>3</sub> has put a lot of people at increased risk of kidney stones, for example. A vitamin D<sub>3</sub> supplement is probably safe if consumed in the context of a Weston A. Price Foundation diet, which includes plenty of vitamin A and vitamin K<sub>2</sub>.

However, I am aware that some people might not know about the profound benefits of the combination of cod liver oil and Green Pasture brand raw butter oil, since they may not have been previously acquainted with the tremendous work of the Weston A. Price Foundation. I can foresee that it is likely that some people, even after reading this, might say, “Can't I just take vitamin D<sub>3</sub> in order to extend the lifespan of nitric oxide in my body?” My answer is that it would be irresponsible to take only synthetic vitamin D long-term. So taking cod liver oil, for instance, or eating a truly huge amount of grass-fed liver every week, would supply the necessary vitamin A to balance the vitamin D in supplements.

The fermented foods (including but not limited to beet kvass) will absolutely help you to eliminate your sugar cravings. If you eat more sugar, your blood pressure will be higher. So don't eat more sugar!

According to the 2003 article “What Causes Heart Disease?” by Weston A. Price Foundation President Sally Fallon Morell and lipid chemist Mary Enig PhD:

Vitamin D helps prevent high blood pressure and protects against spasms. [1]

[1] <https://www.westonaprice.org/health-topics/modern-diseases/what-causes-heart-disease/>

**5.** Also eat plenty of pastured egg yolks, wild-caught cold water fatty fish (like wild Alaskan salmon) and whole raw grass-fed dairy for the essential fatty acids (especially DHA and EPA). Dr. Tom Cowan regards these as very important for the patient seeking to eliminate high blood pressure. Pastured eggs are worth the extra price—though they are more expensive they are very cost-effective because of their health benefits. Pastured eggs are now readily available at most grocery stores, including Fred Meyer, which was not the case a few years ago. Some nutrients are 3 times higher than in confinement-raised eggs. According to Joel Salatin, folate (vitamin B<sub>9</sub>) is 20 times higher in a pastured egg).

It goes without saying that you must eat a Weston A. Price Foundation diet. It doesn't seem reasonable to expect to get better if you would continue to eat deadly industrial seed oils (vegetable oils). Eating butter is fun and easy to do. Beware of olive oil fraud (in 2015 CBS 60 Minutes did a segment about this problem, reporting that 75-80% of olive oil sold in America was “cut” with vegetable oils. The antidote is of course to use the Weston A. Price Foundation Shopping Guide to select real olive oil or hire a tester yourself).

**6.** Try taking magnesium oil. Also called transdermal magnesium. You put it on your skin and rub it in. Some folks recommend ionic magnesium or angstrom magnesium. Some people have reported great results with this form of magnesium. Others have reported that it didn't work as well for them.

**7.** Consider taking one of the nitric oxide boosting supplements. Personally, I doubt that these will be necessary for anyone doing 4 ounces of beet kvass twice a day and getting their vitamin D from real food. I can't recommend the Cardio STX product by Dr. Wallach's supplement company Youngevity because they have caffeine in them! But I should say that he has had great success with patients who followed his recommended diet and took his complete supplement program AND Cardio STX and Niacin Plus. People who have had kidney failure have great results on this protocol, according to Dr. Wallach. I think Cardio Miracle would be a good supplement to try because it does not have caffeine. I also have a lot of respect for G. Edward Griffin (who now very highly recommends Cardio Miracle) and I do find his personal account of using the product on himself (not to mention the supporting research) to be trustworthy. Cardio Miracle is thankfully not terribly high in sugar: the powdered fruits and cane sugar in it are not in large amounts and the supplement appears to be primarily sweetened with stevia (which some people might not do so well on).

Now I suspect that beet kvass will make such nitric oxide boosting supplements unnecessary, but that doesn't mean people with high blood pressure shouldn't try them. Because it is caffeine-free and has been recommended by G. Edward Griffin, whose work is amazing, I would start by trying Cardio Miracle.

**8.** Read a copy of my recommendations for what to do to remove heavy metals from the body without the use of pharmaceutical chelation therapy drugs—I would expect such chelating drugs to be very damaging to the kidneys because they would bring the poisonous metals out of the body through the kidneys. Heavy metals should be excreted through the bowel, bound relatively harmlessly to sulfur-containing molecules such as glutathione, the human body's endogenous (homemade) master antioxidant. The kidneys have been known to be the most mercury-sensitive organs in the body aside from the nervous system. Anyone with amalgam fillings in their mouth should consider that this might be a possible contributor to high blood pressure. After you read my recommendations, please go ahead and implement them.

**9.** Consider taking intramuscular magnesium injections. These are amazing at helping people to sleep better, and they should raise your magnesium status far more quickly than supplementing orally.

**10.** If your doctor put you on lisinopril or some other drug because you went to the hospital with high blood pressure, you should be aware that your condition is not caused by a drug deficiency. There are no drug deficiency diseases. And so if you have been prescribed a drug and have been told that you would die without it, you also know very well that you have been given careful instructions about how to cut your pills in half, etc., if your blood pressure would drop too low by taking a full dose! Using this knowledge and with the help of your doctor, implement the steps in this section '**Action summary**' while weaning off of the drug cautiously and according to the instructions your doctor will give you for weaning off. If your blood pressure is normal (i.e. 120 over 80) without the drug, then that means that you don't need the drug. But such drugs should be reduced gradually and might not be good to 'cold turkey' off of, unless the natural treatments are working so well as to make such a drastic change necessary. Thank you.

In the year 2000, Tom Cowan MD wrote:

...the studies show that while it is clear that having normal blood pressure is better for your long-term health than elevated blood pressure, lowering pressure with medicines does not demonstrably improve the outcome. Furthermore, many of the drugs in use to treat hypertension have unfortunate side effects. Diuretics cause the loss of valuable electrolytes (minerals), thereby predisposing the patient to cardiac arrhythmia. Beta-blockers alter lipid levels and can worsen the tendency to type-II diabetes, which can lead to the same adverse outcome as elevated blood pressure. Similar problems have been found with calcium channel blockers and even with the new ACE inhibitors. [2]

[2] "Blood Pressure, High" article by Tom Cowan MD for the Weston A. Price Foundation. 2000.  
<https://www.westonaprice.org/health-topics/ask-the-doctor/blood-pressure-high/>

A good article to read for further information about this drug topic is "Everything You Ever Wanted to Know About Blood Pressure Drugs...and How to Avoid Them" by William Campbell Douglass MD.  
[3] However, this article does not talk about most of the strategies I recommend in this letter.

[3] <https://www.westonaprice.org/health-topics/modern-diseases/everything-you-ever-wanted-to-know-about-blood-pressure-drugs-and-how-to-avoid-them/>

**11.** Read and implement the recommendations in my diabetes report. High insulin levels have been well-known to increase blood pressure! This is not a mystery! Anyone who has been eating that which has been called the "standard American diet" and taking a statin drug can expect that they probably have insulin resistance/the metabolic syndrome if not full-blown type II diabetes.

**12.** Consume plenty of whole, raw, grass-fed dairy. The Real Milk Finder (online resource) includes a listing of raw milk producers in all 50 states here in the USA. Nowhere in America is it illegal to consume raw milk, thanks to the efforts of the Weston A. Price Foundation. Raw cheese is a condensed way of getting lots of calcium from food (assuming there are sufficient amounts of it in the soil from which the cow is eating grass). Since high blood pressure is primarily a calcium deficiency, this is one

of the most important of all the recommendations here in the section “Action summary”.

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### **Additional resources:**

I put together this letter in haste, and before it becomes a full report I feel that I have to investigate more into the following resources:

Jonathan Wright, MD:

Dr. Wright says:

Hypertension (high blood pressure) occurs the least around the Earth's equator—doesn't matter what the ethnic group is...

Dr. Wright says that this is because it has not been well-publicized that vitamin D deficiency is a major cause of high blood pressure. Dr. Wright contends that at least one pharmaceutical company wishes to invent and then patent a vitamin D analogue. The simple answer, of course, would be to consume vitamin D. Dr. Wright says that people should go to a doctor and get their vitamin D level measured:

Is it [your vitamin D level] the same as people who live in the tropics, who have lived there all their lives, get some sun, don't die of vitamin D overdose—is it the same as there? Because if it isn't, you haven't got enough vitamin D in you.

Dr. Wright shoots for 60-100 nanograms per deciliter vitamin D levels—what he calls “the tropical optimum.” NOTE: this is not the same vitamin D level recommended by the Weston A. Price Foundation! The Foundation and board member Chris Masterjohn PhD have written extensively on this topic, and recommend a lower vitamin D level of about 20-40 nanograms per deciliter. Somebody must be right and somebody must be wrong! I have yet to reach a conclusion in this area.

Dr. Wright also emphasizes the importance of removing toxic metals from the body to reduce blood pressure. I don't recommend the use of chelating agents to do this. Please ask for more information when you need it.

Dr. Wright also stresses:

If a calcium channel blocker worked on your body, that was because you didn't have enough magnesium! (Because magnesium is nature's calcium channel blocker.)

Some very smart scientists with electron microscopes examined what do calcium channel blockers do...sitting in the inside of each one of them—inside the cell is a magnesium ion and it blocks the calcium from coming through...what do calcium channel blockers do? They studied with the electron microscope: the calcium channel blockers literally turned those [calcium] channels into spaghetti, so that nothing could get through. They actually twisted and deformed a normal formation in the cell membrane so nothing could get through. Now excuse me: nature wants that calcium to get through when it's needed—it parks this magnesium [ion] in the way,

and when it's needed the magnesium [ion] somehow knows to get out of the way and here comes a little calcium and the magnesium gets back in there, but the channel is still intact. It can work the way nature intended it to.

...

I know one gentleman who unfortunately lost both of his kidneys to kidney cancer. His blood pressure was up here [pointing to ceiling]. His doctor can't believe that he's taking no antihypertensive medications because all he does is to rub in half a teaspoon of this magnesium stuff every day—his nephrologist doctor, that is—and his blood magnesium is twice normal, which, by the way never hurt anybody unless it slows their pulse. And his blood pressure is under perfect control, thank you! The magnesium keeps those blood vessel dilated—as dilated as they can.

The above quotations are excerpted from the interview “Four Things Your Doctor Didn't Tell You About High Blood Pressure!” by iHealthTube.com with Jonathan Wright MD. [4]

[4] “Four Things Your Doctor Didn't Tell You About High Blood Pressure!” by iHealthTube.com with Jonathan Wright MD. January 28<sup>th</sup> 2014. <https://www.youtube.com/watch?v=h0w7buQrnAw>

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I hope that this letter has been useful to you, \_\_\_\_\_. Consider it a prototype for a future complete report on high blood pressure.

Very best,

John

John H. Hingson IV, Health and Homestead Consultant

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