STRAUSS NATURALS

Dr. Michael Garko, Ph.D.

HIGH BLOOD PRESSURE - THE SILENT KILLER

High blood pressure(HBP), also called hypertension, is often referred to as a “silent killer” because it does not signal any warning signs or symptoms, especially during its early stages of development. Consequently, many individuals go undiagnosed and become at risk for heart attack or stroke, two leading causes of death.

Facts About High Blood Pressure

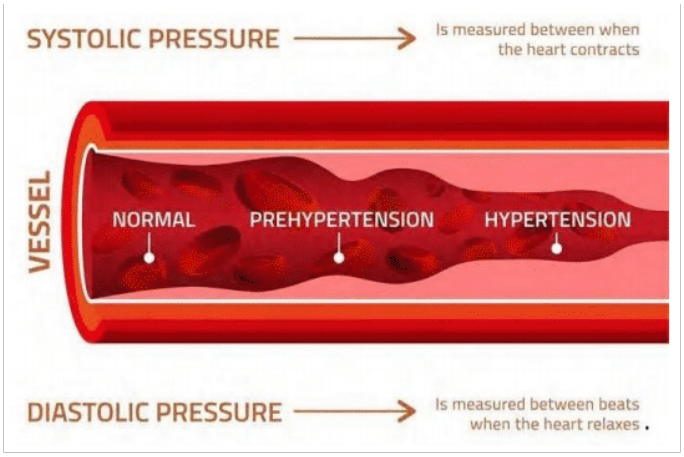
- Globally, HBP is responsible for approximately 19% of deaths and accounts for up to 50% of deaths caused by heart disease and stroke, while being a leading cause of kidney disease and kidney failure.
- In Canada 22.7% of adults suffer from diagnosed high blood pressure, while nearly 50% of adults suffer from hypertension in the United States.
- HBP contributes to nearly 500,000 deaths annually in the United States,[1] while in Canada the age-adjusted mortality rate from hypertension is 2.79 deaths per 100,000 people.
- Only about 25% of hypertensive adults in the US have it under control, whereas in Canada, 66% have it managed.
- The higher the blood pressure, the greater the likelihood of heart attack, hear failure, stroke, and kidney-related disease.
- Hypertensive women are more likely to have complications during pregnancy compared to women who are not hypertensive.
- African American men and women have higher rates of hypertension compared to all other racial or ethnic groups and more likely to be hospitalized for hypertension.

Blood Pressure

Blood pressure (BP) is the degree of force of blood pushing up against the walls of the arteries caused by the heart muscle contracting. The relationship between BP and the risk of cardiovascular disease-related events (e.g., heart attack, heart failure and stroke) is significant and independent of other risk factors. Further, the higher the BP, the greater the chances of experiencing a heart attack, heart failure, stroke and kidney diseases. Your BP is modifiable or otherwise it is something you can do something about. Hence, knowing how BP is measured and classified can help you effectively manage it and reduce the risk of having an unexpected cardiovascular event, especially if you have been diagnosed with HBP.

Measurement of BP

BP is measured in millimeters of mercury (mmHg)using two numbers expressed as a fraction. The top number is the systolic blood pressure (SBP)measuring pressure in the arteries when the heart contracts. The bottom number is the diastolic blood pressure (DBP) measuring pressure in the arteries in-between contractions. If you suffer from HBP itis important to measure your BP often if not everyday using a home blood pressure monitor that you can use yourself. It is helpful to keep a record of your BP readings, which you can share with your physician.



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Know Your BP Numbers – It Could Save Your Life!

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
BLOOD PRESSURE CATEGORY	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISES (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Classification of BP

BP is classified into five categories. It is important to know your BP numbers b/c the treatment, along with the management and prevention of HBP are based upon which blood pressure category you might fall into.

HBP is risky business. There is a constellation of modifiable and unmodifiable factors that put you at risk for HBP. That said, it is important to understand that HBP is treatable and preventable.

Knowing what modifiable risk factors contribute to HBP can help in treating, managing and preventing it.

Modifiable Risk Factors for HBP

These are the factors that are in our control, including:

- Unhealthy diet-diet low in whole plant-based foods, high in salt, sugar and fat typically associated with nutrient-deficient in processed foods
- Sedentary lifestyle/physical inactivity
- Sleep apnea
- Smoking and tobacco use
- Excess alcohol consumption
- Excess stress

Non-modifiable Risk Factors for HBP

Nonmodifiable risk factors are those variables that are not changeable and include:

- **Genetics/family history** – HBP is known to run in families.
- **Gender** – Prior to age 60, more men than women have HBP but after age 60 is switches.
- **Race/ethnicity** – African Americans are at higher risk to have HBP at a younger age. Among Hispanics, people from Cuba and those of Puerto Rican and Dominican heritage areata higher risk for HBP.
- **Age** – Blood pressure tends to rise with increasing age but can also affect younger people.

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The Connection Between HBP and Kidney Disease

It turns out that HBP is an independent risk factor for atherosclerosis, whereby, arteries serving the kidneys (as well as the heart and other organs of the body) become thickened, hardened and narrowed by the build-up of plaque, restricting blood flow to the kidneys. Eventually the kidneys become damaged, impairing the RAAS system and the ability of the kidneys to properly manage sodium and fluid levels and eliminate wastes and excess fluids, all of which causes the blood pressure to rise. As the excess build-up of fluids increases in the blood vessels so does blood pressure causing even further damage to the kidneys, thereby, creating a dangerous pathophysiological cycle leading to chronic kidney disease(CKD).

HBP is among the leading causes of kidney disease and kidney failure in the United States and Canada. HBP and chronic kidney disease are inextricably linked in that HBP can cause chronic kidney disease and vice versa. The kidneys regulate blood pressure (as well as blood volume and blood pH) via a series of reactions called the Renin Angiotensin-Aldosterone System (RAAS). The RAAS is central in maintaining fluid and sodium balance, the regulation of hypertension, progressive renal injury and the pathophysiology of HBP. It is heavily implicated in renovascular hypertension, where increased BP is caused by either a partial or complete blockage of one or more renal arteries and their associated branches.

STRAUSS HEARTDROPS & STRAUSS KIDNEY & BLOOD PRESSURE DROPS

Strauss Heartdrops® & Kidney & Blood Pressure Drops® taken in tandem can help prevent and manage modifiable risk factors associated with HBP and moderate their deleterious effects, while limiting the effects of nonmodifiable risk factors by reducing the number of modifiable risk factors and the burden they impose on the cardiovascular system.

Strauss Heartdrops® & Kidney & Blood Pressure Drops® are both crafted from carefully selected herbs that, through generations of experience and hundreds of years of historical herbal usage, have proven to be beneficial for the circulatory system and are especially effective botanical intervention for HBP.

Strauss Kidney & Blood Pressure Drops®

As it was discussed above, the kidneys are heavily implicated in HBP in that they regulate blood pressure and blood volume via a series of reactions of the RAAS. Hence, it is crucial to keep the kidneys healthy and properly functioning, especially if you suffer from HBP.

Please visit www.straussnaturals.ca to learn more about how a blend of 11 selected, proven herbs can keep your kidneys vital so as to better manage blood pressure and help prevent HBP and heart disease

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Strauss Heartdrops® - May help prevent and manage HBP in the following ways with the following herbs:

Aged Garlic - with S-Allyl Cysteine

- Decreases LDL and triglycerides, which contribute to atherosclerosis a risk factor for HBP
- Possesses anti-coagulant and anti-platelet aggregation effects, thereby, lowering blood pressure
- Serves as an antioxidant, which reduces oxidative stress, a risk factor for HBP
- Reduces coronary plaques by reducing membrane calcification
- Counteracts bacterial, viral, fungal infections, which increase blood pressure

Hawthorn Fruit, Flower, Leaf

- Lowers high blood pressure by causing blood vessels to relax with stimulation of Nitric Oxide
- Decreases cholesterol, which contributes to atherosclerosis, a risk factor for HBP
- Strengthens vascular walls, and also relaxes smooth muscles of arteries, there by, lowering BP
- Serves as an antioxidant, which reduces oxidative stress, a risk factor for HBP

European Mistletoe Leaf

- As a vagal nerve tonic, promotes vagal nerve stimulation, which reduces blood pressure

Motherwort

- Contains phytochemicals, having a relaxing effect on smooth muscles, like arterial walls, thereby reducing BP & heart rate

Cayenne Fruit

- Influences venous structure--vasodilates, which reduces blood pressure

Bilberry Leaf

- Manages blood sugar levels and prevents oxidation of bad cholesterol, which contribute to HBP
- Possesses antioxidant properties, which helps prevent buildup of arterial plaque (atherosclerosis), a risk factor for HBP
- Possesses overall ability to balance BP