

Downloading of this book for private use and official government purposes is permitted and encouraged. Commercial use is protected by international copy right and translation, reprinting and electronic or other means of reproduction of the book or any part thereof requires the authorization of the publisher.

**Contact: MR Publishing, Lutz.Kliche@mrpublishing.nl
Copyright: Matthias Rath, M.D.**



4

High Blood Pressure

**Dr. Rath's Cellular Health Recommendations
for Prevention and Adjunct Therapy**

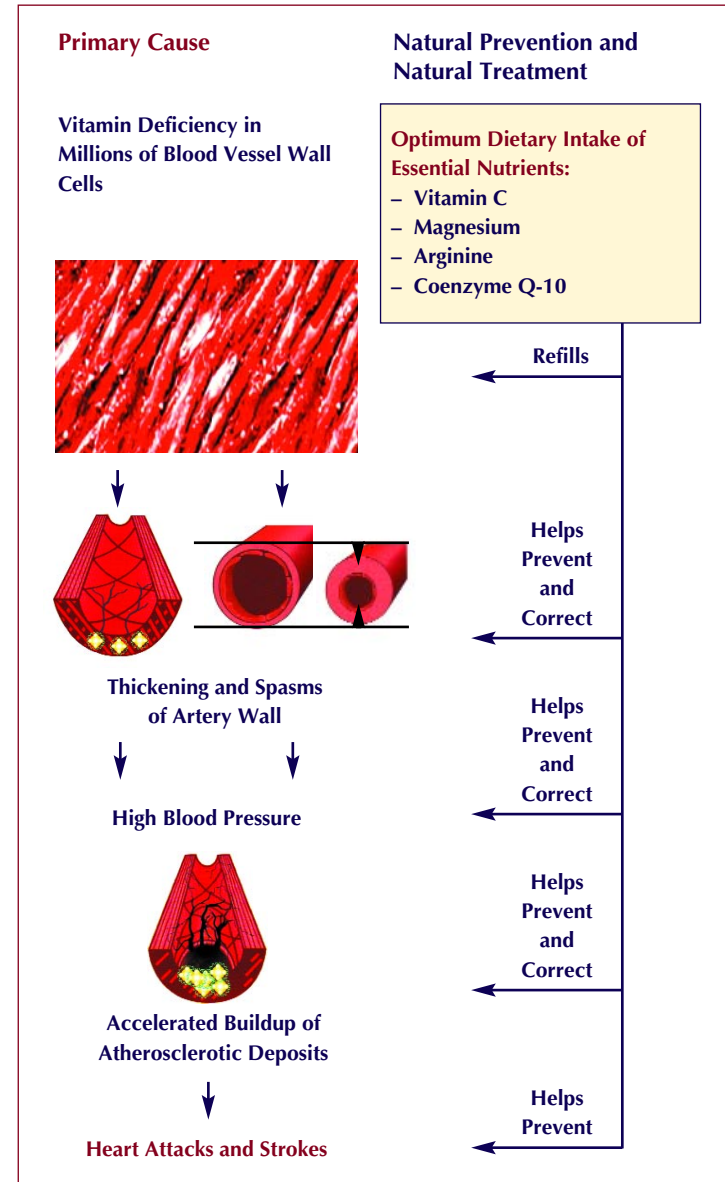
- **The Facts About High Blood Pressure**
- **Dr. Rath's Cellular Health Recommendations:**
 - Documented Health Benefits in Patients
 - Documented Health Benefits by Clinical Studies
- **Scientific Background Information**

The Facts About High Blood Pressure

Worldwide, several hundred million people suffer from high blood pressure. Of all cardiovascular health conditions, this is the single largest epidemic. The epidemic spread of this disease is largely due to the fact that, until now, the causes of high blood pressure have been insufficiently, or not at all, understood.

Conventional medicine concedes that the causes of high blood pressure are unknown in over 90% of patients. The frequent medical diagnosis “essential hypertension” was established to describe high blood pressure conditions in which the causes remain unknown. Conventional, pharmaceutical-oriented medicine is confined to treating the symptoms of this disease. Beta-blockers, diuretics and other high blood pressure medications artificially lower the blood pressure (symptom-oriented approach) without correcting the primary underlying problem — a “spasm” of the blood vessel wall.

Modern Cellular Medicine provides a breakthrough in our understanding of the causes, prevention and adjunct treatment of high blood pressure. The main cause of high blood pressure is a chronic deficiency of essential nutrients in millions of artery wall cells. Among other functions, these cells are responsible for the availability of “relaxing factors” (nitric oxide), which decrease vascular wall tension and keep the blood pressure in normal range. The natural amino acid arginine, vitamin C and other components of Dr. Rath’s Cellular Health recommendations contribute to the optimum availability of these artery wall relaxing factors. In contrast, chronic deficiency of these essential nutrients can result in spasms and a thickening of the blood vessel walls, which can eventually elevate blood pressure.



The causes, prevention and adjunct treatment of high blood pressure

Scientific research and clinical studies have documented the value of vitamin C, magnesium, coenzyme Q-10, arginine and other essential nutrients in helping to normalize high blood pressure conditions. Dr. Rath's Cellular Health recommendations comprise select essential nutrients that are needed for the optimum functioning of vascular wall cells and, thereby, contribute to preventing high blood pressure and helping reverse existing high blood pressure conditions.

My recommendations for high blood pressure patients: Start immediately with these Cellular Health recommendations and inform your doctor about it. Follow this program in addition to using your regular medication. Do not stop or change your regular medication without consulting your doctor.

Prevention is better than treatment. The success of Dr. Rath's Cellular Health recommendations in patients with high blood pressure is based on the fact that the millions of artery wall cells are supplied with "cell fuel" for optimum function. A natural cardiovascular program that contributes to correcting high blood pressure conditions is, of course, your best choice in preventing the development of high blood pressure in the first place.

How Dr. Rath's Cellular Health Recommendations Can Help Patients With High Blood Pressure

The following section presents a selection of letters from patients with high blood pressure who are following Dr. Rath's Cellular Health recommendations. With the help of this book, millions of high blood pressure patients around the world can now also take advantage of this natural medical breakthrough.

Dear Dr. Rath:

*About 8 weeks ago, I was introduced to a fiber product for the reduction of my cholesterol, which had reached 260 in spite of my efforts to get it down. After being on that product about 2 and a half weeks, I realized that my blood pressure was going up. **I have been on blood pressure medication for essential hypertension since my teen years.** I supposed that it was due to the energy I was feeling from the fiber formula.*

*Then I heard that your essential nutrient program could lower blood pressure. I immediately started on your program. **Within two weeks, my blood pressure had gone from 145/150 over 90/96 to 130/82 - sometimes a bit higher if I am really busy!** I also noticed a lessening of a feeling of chest pressure, and I could breathe deeper.*

*Sincerely,
S.S.*

Dear Dr. Rath:

I am a 53-year-old man, and my blood pressure was being controlled by blood pressure medication. **I had been taking blood pressure medication of various types for 10 years.**

After 4 months on your cardiovascular vitamin program, I went off all blood pressure medication, and my blood pressure was checked every two weeks. My blood pressure has now been normal for 6 weeks, with your cardiovascular health program. I had noticed some angina prior to this program, and those symptoms have also been eliminated.

Sincerely,
J.L.

Dear Dr. Rath:

I have been following your Cellular Health recommendations for five months. In the meantime, my doctor reduced my blood pressure medication by half so I can honestly say I'm now taking half the medication I was five months ago. I am maintaining a blood pressure average of 120/78. Thrilled? You'd better believe it! Next goal: no medication at all. Thank you again.

Sincerely,
L.M.

Dear Dr. Rath:

I am a 52-year-old male with a high blood pressure problem that spans 25 years. I've been through six different physicians, and I've lost count of the different blood pressure medications that have been prescribed for me. The best that any doctor was able to reduce my blood pressure to was an average of 135/95 for the last five or six years, with a combination of prescription medication.

I began following your vitamin program last December. My blood pressure dropped to an average of 124/82 by the first week of January, and I experienced a greater feeling of energy and well-being. That occurred despite no change in diet or lifestyle. **My doctor reduced one of my blood pressure medications by half, and my blood pressure still dropped over the next few months to an average of 122/80.**

The third week of May last year, it dropped to 120/64. So far, that level seems to be the start of a trend, so I'll have to visit my doctor again for a further reduction in medication.

I am now absolutely convinced that your recommendations did really help to lower my blood pressure and all I can say is a big "Thank You."

Sincerely,
L.M.

Background Information on Dr. Rath's Cellular Health Recommendations in High Blood Pressure

This page summarizes in more detail the mechanisms by which Dr. Rath's Cellular Health recommendations help patients to normalize high blood pressure. The following therapeutic mechanisms have been identified for one or more of the ingredients of this vitamin program:

Arginine, the natural amino acid, splits off an artery wall "relaxing factor," a small molecule called nitric oxide. Nitric oxide increases the elasticity of the artery walls and helps to normalize high blood pressure.

Vitamin C increases the production of prostacycline, a small molecule that not only relaxes the blood vessel walls, but also keeps blood viscosity at optimum levels.

Magnesium, "nature's calcium antagonist," is essential for an optimum mineral balance in the blood vessel wall cells. Optimum mineral balance is a precondition for the relaxation of the artery walls.

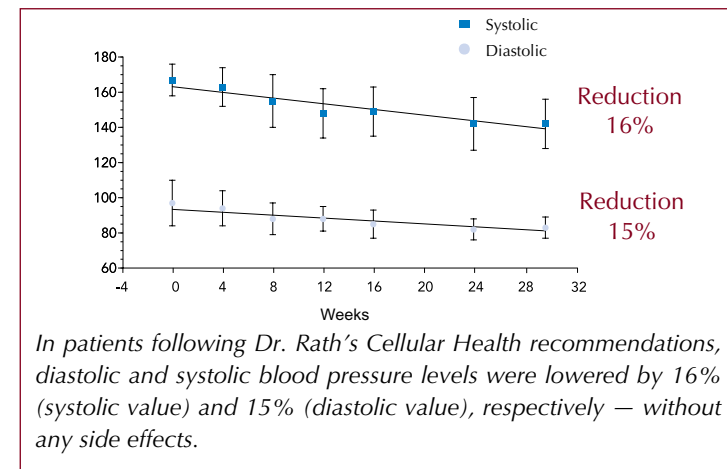
Lysine and proline help protect the artery walls and prevent the development of atherosclerotic deposits. This important mechanism was discussed in Chapters Two and Three of this book in detail. Since atherosclerosis is intertwined with high blood pressure, these ingredients are also essential for preventing and correcting this health condition.

All these nutrients are components of my Cellular Health recommendations.

A Clinical Study With Dr. Rath's Cellular Health Recommendations in High Blood Pressure

Dr. Rath's Cellular Health recommendations were tested in a clinical pilot study with 15 patients suffering from severe hypertension. The patients, ranging in age between 32-69, participated in the study for a period of 32 weeks. They followed my Cellular Health recommendations in addition to taking their prescribed high blood pressure medications. Each patient's blood pressure was measured bi-weekly for the duration of the study. At the beginning of the study, all patients had elevated systolic and diastolic blood pressure readings. The average systolic blood pressure reading was 167, and the average diastolic blood pressure reading was 97.

After 32 weeks of following my Cellular Health recommendations, the blood pressure of all patients improved. At the end of the study, patients had an average systolic blood pressure reading of 142 and an average diastolic blood pressure reading of 83. These readings were 16% and 15% lower, respectively, than the measurements taken at the beginning of the study. These results were achieved without any side effects.



Other Clinical Studies With Cellular Nutrients in High Blood Pressure

Various clinical studies show that different components of my Cellular Health recommendations are able to lower high blood pressure. The following table summarizes some of the most important studies:

Cellular Nutrients Tested	Blood Pressure Lowered	Reference
Vitamin C	5%–10%	McCarron
Coenzyme Q-10	10%–15%	Digiesi
Magnesium	10%–15%	Turlapaty and Widman
Arginine	More than 10%	Korbut

It is important to note that in all these studies the natural components helped to normalize blood pressure, but did not cause a too-low blood pressure situation. This is another advantage compared to conventional medication, where overdosing frequently leads to decreased blood circulation, dizziness and other health problems.

Specific Cellular Health Recommendations for Patients With High Blood Pressure

In addition to the Cellular Health recommendations found on page 25, I recommend that patients with elevated blood pressure take the following nutrients in higher dosages:

Vitamin C: decreases tension of the artery wall, increases supply of relaxing factors and lowers elevated blood pressure

Vitamin E: provides antioxidant protection and protection of cell membranes and blood components

Arginine: improves production of “relaxing factors,” decreases tension of the artery walls and lowers elevated blood pressure

Magnesium: optimizes cellular metabolism of minerals, decreases tension of the blood vessel walls and lowers elevated blood pressure

Calcium: optimizes mineral metabolism, decreases tension of the artery walls and lowers elevated blood pressure

Bioflavonoids: catalysts, which among others, improve the efficacy of vitamin C