

# High Blood Pressure

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## Dr. Rath's Vitamin program for Prevention and Adjunct Therapy

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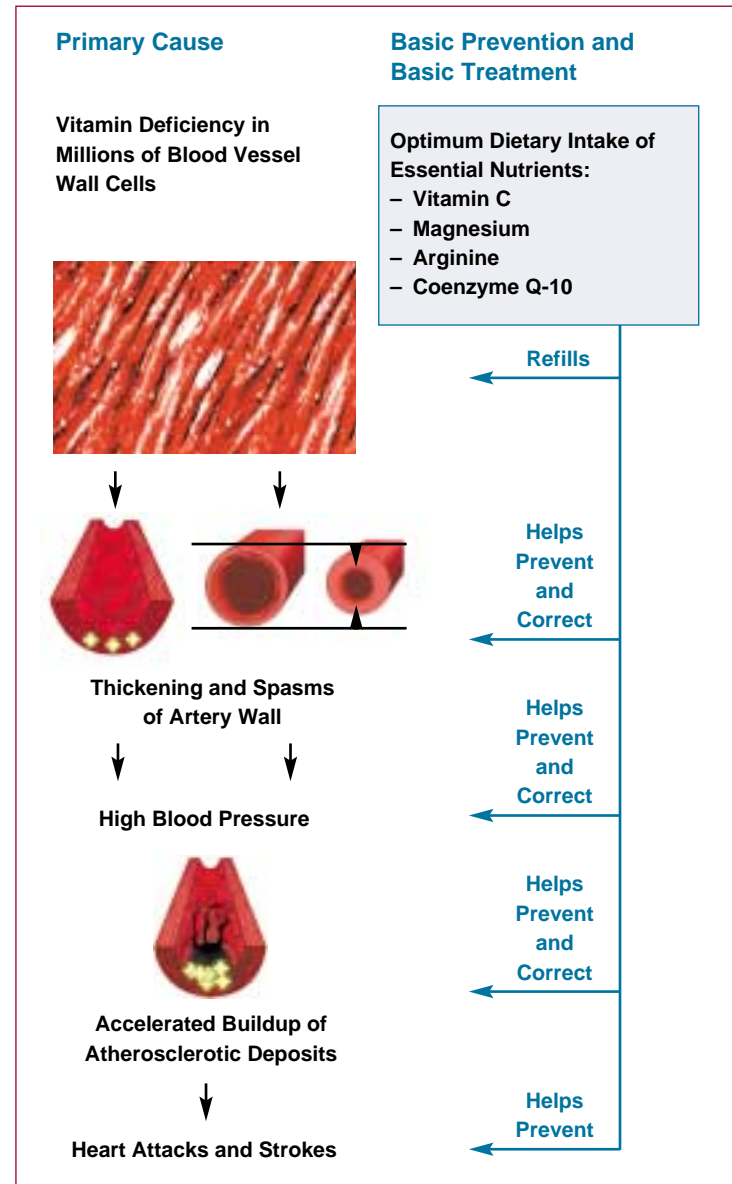
Further Clinical Studies With Vitamins and High Blood Pressure

## The Facts About High Blood Pressure

**Worldwide several hundred million people suffer from high blood pressure conditions.** Of all cardiovascular conditions, this is the single largest epidemic. The epidemic spread of this disease is largely due to the fact that, until now, the causes for 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 the high blood pressure conditions in which the causes remain unknown. Accordingly, conventional medicine is confined to treating the symptoms of this disease. Beta-blockers, diuretics and other high blood pressure medications target the symptoms of high blood pressure, but not its underlying cause.

**Modern Cellular Medicine** provides a breakthrough in our understanding of the causes, prevention and adjunct therapy of high blood pressure conditions. 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 production of “relaxing factors” which decrease vascular wall tension and keep the blood pressure in a normal range. The natural amino acids arginine, vitamin C and other components of Dr. Rath’s Vitamin Program contribute to optimum availability of these artery wall relaxing factors. In contrast, chronic deficiency of these essential nutrients can result in spasms and thickening of the blood vessel walls, and can eventually elevate blood pressure.



*Causes, Prevention and Adjunct Treatment of High Blood Pressure*

**Scientific research and clinical studies** have already 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 Vitamin Program comprises selected essential nutrients that are needed for optimum functioning of vascular wall cells, and thereby contribute to preventing high blood pressure conditions and help to reverse existing high blood pressure disease.

**My recommendations** for high blood pressure patients: start immediately with this vitamin program and inform your doctor about it. Follow this program in addition to 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 Vitamin Program in patients with high blood pressure conditions is based on the fact that 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 to prevent the development of high blood pressure conditions in the first place.

## How Patients With High Blood Pressure Benefit from Dr. Rath's Vitamin Program

The following section documents a selection of letters from patients with high blood pressure conditions who are following Dr. Rath's Vitamin Program. 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 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 am 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 about your essential nutrient program and that it had lowered 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 noticed a lessening of a feeling of chest pressure also, 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, while my blood pressure was checked every two weeks.** My blood pressure has now been normal for 6 weeks, only 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 cardiovascular vitamin program 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 than five months ago. I am maintaining 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, along with 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 cardiovascular program did really help to lower my blood pressure and all I can say is a big 'Thank You'.*

Sincerely,  
L.M.

## Further Scientific Information Related to High Blood Pressure and Dr. Rath's Vitamin Program

This page summarizes in more detail the mechanisms by which Dr. Rath's Vitamin Program helps patients to normalize high blood pressure conditions. 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 thereby helps to normalize high blood pressure.

**Vitamin C** increases the production of prostacycline, a small molecule which not only relaxes the blood vessel walls, but also keeps the 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 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 the first chapters of this book in detail. Since atherosclerosis is intertwined with high blood pressure, these ingredients are also essential to prevent and correct this health condition.

All these components are part of Dr. Rath's Vitamin Program.

## Further Clinical Studies With Vitamins and High Blood Pressure

Various clinical studies show that different components of Dr. Rath's Vitamin Program are able to lower high blood pressure conditions. The following table summarizes some of the most important studies:

Components of Dr. Rath's Vitamin Program	Blood Pressure-Lowering	Reference
Vitamin C	5% to 10%	McCarron
Coenzyme Q-10	10% to 15%	Digiesi
Magnesium	10% to 15%	Turlapaty, Widman
Arginine	more than 10%	Korbut

It is important to note that in all these studies the natural components helped to normalize the 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.

## Cellular Medicine Program for Patients with High Blood Pressure

*In addition* to the basic vitamin program (page 18-19), patients with elevated blood pressure are recommended to take the following bio-energy cell factors in higher dosages:

- **Vitamin C:** decreased tension of the artery wall, increased supply of relaxing factors, lowering of elevated blood pressure.
- **Vitamin E:** anti-oxidant protection, protection of cell membranes and blood components.
- **Arginine:** improved production of "relaxing factors", decreased tension of the artery walls, lowering of elevated blood pressure.
- **Magnesium:** optimizing cellular metabolism of minerals, decreased tension of the blood vessel walls, lowering of high blood pressure.
- **Calcium:** optimizing mineral metabolism, decreased tension of the artery walls, lowering of high blood pressure.
- **Bioflavonoids:** catalysts, which among others, improve the efficacy of vitamin C.