

BLOOD PRESSURE

- **Blood pressure is the amount of resistance that the cardiac muscle must push against to move blood through the heart.**
- **Factors that affect blood pressure: cardiac output, blood volume, peripheral resistance, and blood viscosity or thickness.**
- **What do mummies teach us?**
- **Systolic pressure the upper number 120/ Sodium**
- **Diastolic pressure the lower number /80 Potassium**
- **Dehydration----decrease blood volume....soda? Caffeine?**
- **Stress----constriction of blood vessels/low blood pressure/stress**
- **Syndrome X.. high insulin, elevated blood fats**
- **Stimulants...caffeine Cataplex G and B for low BP**
- **Atherosclerosis... What causes it....Trans fat...inflammation**
- **5% caused by Sodium or Na/Cl or table salt vs. Celtic Sea Salt**
- **Treatment Protocols: Mung beans? No sugar/ Low fat/ No fat**
- **Herbs; Kelp, Alfalfa, Garlic, Black Cohash- Licorice for low BP, pomegranate juice**
- **Fast food sodium...Hair Analysis with low sodium**
- **BP medications side effects....weaken heart muscles**
- **Cataplex B.. needed for strong heart muscles depleted by sugar**
- **Lung congestion Adrenal weakness? Heart Stress? Low BP lg. pupils**
- **Subluxation Atlas/Axis/Upper Back**